

Falcon Swim Camp Staff



Camp Director will be Rob Rankin. He has been the head men and women's swimming coach at UTPB since 2003. During the 2008-2009 season, his swimmers broke 21 school records while competing at the

Rocky Mountain Athletic Conference Championships. Rob has 20 years of coaching experience and has directed various camp experiences for children of all ages for 14 years.



Current UTPB swimmers will be on staff throughout the camp to coach and supervise the campers in all activities.



Falcon Swim Camp Schedule

Monday, June 15

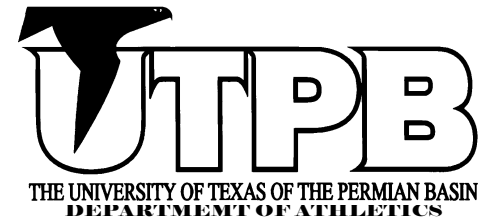
1:00-2:00pm	Check-in at Student Housing
2:00-3:00pm	Camp Orientation Session
3:30-4:00pm	Dryland Activities
4:30-6:00pm	Pool Session
6:30pm	Dinner served by Camp Staff
7:30-9:00pm	Recreation Activities
9:00-10:00pm	In Dorms
10:00pm	Lights Out

Tuesday-Friday, June 16-19

7:00am	Rise and Shine
7:45am	Breakfast
8:15am	Leave for Pool
8:30am	Drylands/Stretching
9:00am	Pool Session and Videotaping
11:00am	Classroom Session
12:00pm	Lunch
12:30-2:00pm	Rest Break
2:00pm	Leave for Pool
2:30pm	Drylands/Stretching
3:00pm	Pool Session - Technique/Drills/Starts/Turns Focus on one stroke per day
5:00pm	Get Dressed, Leave for Cafeteria
5:30pm	Dinner
6:30pm	Back to Dorms
7:00-9:00pm	Recreation Activities
9:00-10:00pm	In Dorms
10:00pm	Lights Out

Saturday, June 20

7:00am	Rise and Shine
7:45am	Pancake Breakfast by Camp Staff
8:30am	Final Meeting with Coach Rankin
9:00-10:00am	Prepare with coaches for Swim Meet
10:00-11:00pm	Warm-up for Swim Meet
11:00-1:00pm	Falcon Swim Camp Swim Meet Parents Welcome
1:00pm	Camp Concludes



JUNE 15-20

Personalized

- Low Swimmer to Coach Ratio
- Ability Based Groups

Encouraging

- Confidence enhancement
- Build on current abilities

Fun and Positive

- Enthusiastic support staff
- Optimistic future outlook

Informative

- Immediate feedback on strokes
- Age appropriate instruction

About Our Camp

Our goal at the Falcon Swim Camp is to encourage and assist each camper, ages 8-17 to reach his or her full potential. The six-day camp will focus on improving techniques and mastering mechanics through discussions, demonstrations, films and videotaping and analysis sessions (including below water video taping for swimmers). Campers will be split into ability based groups for the pool sessions to allow swimmers of similar skill levels to learn and develop together. Our camp is very flexible regarding special needs, and our staff is able to modify activities as needed.

Attention is also given to providing fun experiences, including evening activities that encourage the development of close friendships.

What To Bring

Use the checklist below when packing for your child to spend a week at Falcon Swim Camp:

- At least two swim suits
- At least two pair of goggles
- At least two swim caps (if needed)
- At least three towels
- Bed linens or sleeping bag
- One pair of running shoes or sneakers
- Several sets of casual clothes (shorts and T-Shirts)
- Plenty of sunscreen (our pool is outdoors)
- Toiletries
- Alarm Clock
- Spending money of about \$30.00.
- Necessary medications with specific directions

Electronic items such as portable video games, I-Pods, phones, etc. may be brought to swim camp, but will be the camper's responsibility.

Food and Housing

Breakfast, lunch and dinner will be provided by the camp staff. Healthy meals with several choices will be provided. Some snacks will be served in the evening. Commuter campers will be served lunch and dinner.

Participants who stay overnight will have a private room in a four bedroom apartment at our magnificent new student housing. These units are fully furnished, air conditioned and contain two full baths. Campers will be grouped according to age and gender. One camp counselor of similar gender will stay overnight in each of the units.

Facilities and Equipment

The training pool will be UTPB's Olympic size (50 meter x 8 lanes) outdoor heated pool. Training equipment, such as kickboards, pull-bouys, etc. will be provided. The Recreation Center's Gym and a fully equipped classroom will also be used.

Medical and Insurance

Upon arrival at camp, the parent of each camper must sign a liability release. UT System summer camp insurance policy will be included in the cost. Participants are strongly encouraged to have additional insurance coverage. Participants should be in excellent physical health

Falcon Swim Camp Fees

Resident Camper	\$495.00
Commuter Camper	\$395.00

Costs include room and board, meals and snacks, facility use, 24 hour supervision, camp T-shirt and water bottle. Commuter campers will be served lunch and dinner.

A \$100.00 deposit and the attached registration form must be received by Friday, June 5th. Registrations for Falcon Swim Camp will be limited.

2009 Falcon Swim Camp Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone(H) _____ (W) _____

Other Emergency Contact _____

Age _____ Grade (Fall'09) _____

School _____

Coach _____

Swim Experience (years/level) _____

Roommate Choice _____

Please Check Appropriate Boxes:

- Overnight Resident Camper \$495.00
- Commuter Camper \$395.00

T-Shirt Size Youth Medium Youth Large

Adult Small Adult Medium Adult Large

Send \$100.00 Deposit Check and Registration by Friday, June 5th to:

*Falcon Swim Camp
The University of Texas of the Permian Basin
Department of Athletics
4901 E. University Blvd.
Odessa, TX 79762*

Total amount of camper fees may be sent in advance if desired. Remainder of balance must be paid at time of check-in on June 15th.

Camp participants are limited to amount of housing available. Deposit fee is non-refundable. Other camp fees refunded on a pro-rated scale for medical or emergency situations only.

More information available at:
http://www.utpb.edu/utpb_student/students/athletics/mensswimming/main.htm