Swim

2017 DATES

June 11-15 Swim Camp

June 18-22
Swim Camp

June 25-28
Sprint Camp

Regular Camp June 11-15

June 18-22

Sprint Camp June 25-28

COED Resident and Commuter Camp

*Ages 10-18 years old

Sprint Camp

*Ages 13-18 years old

Directed by Swim Coach Matt Gianiodis and other staff members to include former and current MSU men and women varsity swimmers.

*Must be 12 years old to spend the night

Registration: Park at Ramp 7 off Harrison Rd. near Shaw Lane

or Spartan Stadium Lot 79 south off Shaw Lane

and proceed to Munn Ice Arena.

Check-in: 2:00 p.m. - 3:00 p.m.

Check-out: 11:00 a.m.

Camp fees: Resident Camp \$520.00

Commuter Camp \$460.00

Check-in: 2:00 p.m. - 3:00 p.m.

Check-out: 11:00 a.m.

Camp fees: Resident Camp \$535.00

Commuter Camp \$480.00

*\$25 Discount if you enroll BEFORE May 1. **Or** 10% Discount for groups of 6 or more. (Only 1 discount applies)

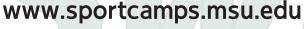
This Summer We Train Like Spartans!

Coach to camper ratio does not exceed 1:5

Sport Specific Equipment To Bring To Camp

- 2 Swim Suits
- 4 Towels
- Gym shoes

MICHIGAN STATE
SWIMMING & DIVING





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Swim Camp

June 25-28
Sprint Camp

CONTACT INFORMATION

Sports specific questions contact: 517-243-2765

General, Registration and Roommate questions:

www.sportcamps.msu.edu

Resident and Commuter Camp

CAMP INFORMATION

Resident campers MUST be 12 years old to spend the night.

Refund Policy

Campers unable to attend camp are entitled to a refund. A \$55 administrative fee (only \$30 if you enrolled online) will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.

fax: 517-355-6891 email: msucamps∂msu.edu

Check-In/Check-Out

Time and location of check-in/check-out will be printed on your receipt and sent to you at time of payment.

Medical Policy

Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU's accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Meals

Breakfast 7:00 a.m. – 8:30. a.m. Lunch 11:30 a.m. – 1:30 p.m. Dinner 4:00 p.m. – 6:30 p.m.

Discounts

10% Discount for groups of 6 or more. Please print application and mail all 6 applications in the same envelope.

REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application. Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12–15 business days.

MSU Sport Camp Policy

Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.

IMPORTANT PARKING INFORMATION

Parking on campus before, during and after camp check-in is no longer complimentary Monday thru Friday. Please visit www.police.msu.edu for campus maps, parking rates Monday thru Friday and visitor parking pass options. Lot 79 (south end of the Football Stadium) 62W (IM West) and 67 (Jenison Fieldhouse) are **COMPLIMENTARY ON SATURDAY AND SUNDAY ONLY**. It is recommended that when checking in or out of camp at Munn Ice Arena, Skandalaris Or Duffy Football Building, you park in Lot 79 (Stadium) or Ramp 7 on Harrison Road near Shaw Lane. If you are checking in or

out of an overnight camp it is recommended that you walk to your residence halls from these lots as parking at the residence halls is very limited and heavily monitored by MSU parking enforcement. If your camp check in or out is at Jenison Fieldhouse, McLane Stadium, Secchia Stadium or DeMartin Stadium Monday thru Friday, it is recommended that you park in Lot 62W (IM West) or the Kellogg Center parking ramp off Harrison road and walk to your camp check in or check out. Lot 67 (Jenison Fieldhouse) and Ramp 7 are for **STAFF**

ONLY MONDAY THRU FRIDAY with limited metered spots and you will be ticketed if you park in a staff lot Monday thru Friday without a staff parking permit. If your camp check in or check out is at IM West, please park in Lot 62W (IM West). Lot 62W is complimentary on Saturday and Sunday, however, Monday thru Friday, weekday rates will apply. Please note that the camp office has no authority over parking for camps and therefore cannot assist you with any parking issues or tickets you may receive. Parking is enforced by the MSU Police Department.



The Swim Camp Application REGISTER AT WWW.SPORTCAMPS.MSU.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name		
Address		
City	State	Zip
Parent or Guardian		
Daytime Telephone		
Evening Telephone		
E-mail		
School		
Grade in September:		Age:
Sex: Date of Birth	: Ht:	Wt:
Must be 12 years old to	spend the night.	
Roommate preference:		
Youth Shirt Size: ☐ Medium	□ Large	
Adult Shirt Size: Small	_	☐ X-Large
Please enroll me in the	following Swim car	mp:
Camp Date	Resident	Commuter
Regular JUNE 11-15	\$520.00	\$460.00
Regular JUNE 18-22	\$520.00	□ \$460.00
Sprint JUNE 25-28	□ \$535.00	□ \$480.00
U	S. FUNDS ONLY.	
Please n	nake checks payab	
MICHIGA	AN STATE UNIVER	SITY
Check one: ☐ Check ☐ Mastercard	□ VISA □ Discover	☐ American Express
Card Number		
3 digit security code		Exp. Date
Signature		
Amount of Charlette	- alasa d	
Amount of Check/Charge er	nciosea	

Medical Treatment Authorization Form

	DOB//
Participant's Name	
What Sport:	n
Date of Camp:	
Participants are automatically enro insurance plan. Eligible covered ex are in excess of other valid and co	penses will be paid only if they
List any medical conditions that aware of (use additional pages i	
2. List any medications currently t	aking:
3. List any allergies:	
In case of emergency please co	ontact:
Daytime Telephone	Evening Telephone
Insurance Information:	g reappoint
Name of Medical Insurance Company	Insurance Company Telephone
Name of Insurance Policy Holder	Policy Holder DOB
Medical Insurance Policy Number	Medical Insurance Group# (if appl)
of the participant named above, author surgical treatment which is reasona participant. I further authorize the me participant to release all information claims. I acknowledge my responsibilit the participant's medical care and autany, to be made directly to the medical signature (Parent or Guardian)	ably necessary to care for the edical facility that treats the needed to complete insurance by to pay all costs associated with thorize all insurance payments, if

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY

Sports Camp Office 535 Chestnut Rd, W239 Spartan Way, East Lansing, MI 48824 Fax: 517-355-6891

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.



Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.



SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- · Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall





"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

- If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
- 2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
- 3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED
STUDENT-ATHLETE NAME SIGNED
DATE
PARENT OR GUARDIAN NAME PRINTED
PARENT OR GUARDIAN NAME SIGNED
DATE

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