

**WAIVER STATEMENT**

I, the undersigned, hereby certify that I am the parent or legal guardian of:

\_\_\_\_\_

My signature below authorizes the Camp Director, and his staff, to seek appropriate medical attention for my son/ daughter in the event of accident, injury, or illness, throughout the duration of the PANTHER SWIM CAMPS.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**INSURANCE**

All swimmers must provide their own medical coverage throughout the duration of the camp.

\_\_\_\_\_

Insurance Company

\_\_\_\_\_

Policy Number

**HOLD HARMLESS**

I, hereby, grant consent for my child to participate in all activities of the PANTHER SWIM CAMPS. I release the Schuylkill Valley School District and the coaching staff from any claims or responsibility for any injuries suffered during this activity. I knowingly assume all risks associated with the participation even if arising from the negligence of the participants or others, and assume full responsibility for my child's participation. I certify that my child is in good physical condition and can participate.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contacts:

Name/Phone: \_\_\_\_\_

Name/Phone: \_\_\_\_\_

T-Shirt size: \_\_\_AS \_\_\_AM \_\_\_AL \_\_\_AXL

PANTHER SWIM CAMPS  
Attn: Jim Burkman, Director  
114 Ontelaunee Drive  
Leesport, PA 19533



Schuylkill Valley  
School District

**PANTHER  
SWIM CAMPS  
2010**



**Camp 1 : June 14-18  
Camp 2 : July 19-23**

**Day camps for the competitive  
swimmer, ages 10-18**

Camp Director: Jim Burkman  
610-741-9626  
jburkman@schuylkillvalley.org

# PANTHER SWIM CAMPS 2010

## CAMP DIRECTOR, Jim Burkman

Jim took over a program 10 years ago that won only 29% of its dual meets from 1978-2000. During the past 10 seasons, Jim has a combined 132-115-1 record, has coached swimmers to 229 District 3-AA medals, 5 Individual District Championships, 27 PIAA-AA medals, 2 Individual PIAA-AA Championships, 1 PIAA-AA Record Holder, 81 All-State Honors, and 10 All-Americans. His teams have finished in the top-5 at Districts 9 times, the top-20 at States 5 times, and the top-10 in the NISCA National Power Points rankings (enrollment under 900) 5 times. Jim has also coached 98 of the 160 swimmers on the school's All-Time Top-10 List. His teams have achieved NISCA Team Scholar Award Bronze Level twice. Jim has also been named *Reading Eagle* Coach of the Year twice.

## DAILY SCHEDULE

10:00 am – 12:00 pm ... pool instruction

12:00 pm – 1:00 pm ... lunch

\*\*LUNCH\*\*

food will be available for purchase

1:00 – 3:00 pm ... pool/classroom/outdoors

## GENERAL INFORMATION

The camps are designed to provide a safe, fun, and rewarding experience. The swimmers will learn about technique, nutrition, goal setting, how to train effectively, and much more. Each day is limited to 48 swimmers to ensure a great learning environment. In addition, each swimmer will receive a swim cap and camp t-shirt. Weekly registrant get priority of daily registrants.

## CORPORATE SPONSORS

T&T Swimming      Jam On Sound Productions

## GUEST COACHES

Monday, June 14

**Jenis Frederick**, Former Head Coach Albright College, Reading, PA  
(AM) Butterfly Technique  
(PM) Nutrition

Tuesday, June 15

**Tim O'Connor**, Head Coach, Emmaus High School, Allentown, PA  
(AM) Long Vessel Freestyle  
(PM) Mental Swimming

Wednesday, June 16

**Frank Tribendis**, Head Coach, Wyoming Valley West HS, Scranton, PA  
(AM) Breaststroke Technique  
(PM) Underwater Video Taping Session

Thursday, June 17

**Tim Flannery**, Head Coach, Kutztown University, Kutztown, PA  
(AM) Backstroke Technique  
(PM) Underwater swimming

Friday, June 18

**Jeff Hiestand**, Head Coach, McDaniel College, Westminster, MD  
(AM) Swimming with Strength and Dryland Training  
(PM) Persistence in the Pool

Monday, July 19

**Roy Snyder**, Head Coach, Wilson High School, West Lawn, PA  
(AM) Breaststroke Technique  
(PM) Swimming a Great Individual Medley

Tuesday, July 20

**Erin Goodhart**, Interim Head Coach, Shippensburg University, PA  
(AM) Starts  
(PM) Turns

Wednesday, July 21

**Cindy Zack**, Assistant Coach, Kutztown University, Kutztown, PA  
(AM) Butterfly Technique  
(PM) Outside Team Building Activities

Thursday, July 22

**Walter Holt**, Head Coach, Wyomissing High School, Wyomissing, PA  
(AM) practice breathing patterns  
(PM) Sprinting Freestyle

Friday, July 23

**Dick Guyer**, retired Head Coach, York Suburban High School, York, PA  
(AM) Backstroke Technique  
(PM) Goal Setting

## PANTHER SWIM CAMPS 2010 REGISTRATION FORM

This form and complete payment are due no later than June 3, 2010 for Camp 1, and by July 8, 2010 for Camp 2.

Family discount only applies for all week swimmers and must be mailed together (each swimmer must have a separate registration form).

Swimmer: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

\_\_\_\_\_ Camp 1 : June 14-18, 2010

\_\_\_\_\_ - SVSD resident - \$125.00 (all week)

\_\_\_\_\_ - SVSD resident - \$50.00 (daily)

which day(s) - \_\_\_\_\_

\_\_\_\_\_ - non resident - \$150.00 (all week)

\_\_\_\_\_ - non-resident - \$60.00 (daily)

which day(s) - \_\_\_\_\_

\_\_\_\_\_ - 2nd child (\$50.00 all week discount)

\_\_\_\_\_ Camp 2 : July 19-23, 2010

\_\_\_\_\_ - SVSD resident - \$125.00 (all week)

\_\_\_\_\_ - SVSD resident - \$50.00 (daily)

which day(s) - \_\_\_\_\_

\_\_\_\_\_ - non resident - \$150.00 (all week)

\_\_\_\_\_ - non-resident - \$60.00 (daily)

which day(s) - \_\_\_\_\_

\_\_\_\_\_ - 2nd child (\$50.00 all week discount)

Please make checks payable to:

PANTHER SWIM CAMPS

Please mail to:

PANTHER SWIM CAMPS

attn: Jim Burkman

114 Ontelaunee Drive

Leesport, PA 19533