2010 Swim Camp
92 Alumni Arena
Buffalo, NY 14260-5000
www.buffalobulls.com

WAIVER FORM RELEASE FOR MEDICAL TREATMENT

Please complete this application carefully and fill out all of the information. Your admittance to the camp may be delayed if the information is incomplete.

Name: __________________________
Date of Birth: ______ Sex: ______ Age: ______

Health History: Please list ANY allergies, disease, medications, special needs, restrictions, and/or limitations. Please include a separate sheet if you need more space.

List date(s) of immunization against the following:

- Diphtheria
- Haemophilus Influenza Type B
- Measles
- Mumps
- Poliomyelitis
- Rubella
- Tetanus
- Varicella

Family Physician’s Name: __________________________
Physician’s Phone Numbers: ______ (Day) ______ (Evening)
Parent/Guardian Health Insurance Company: __________________________
Policy Number: __________________________
Address: __________________________

Parent/Guardian Authorization:
This health history is correct to the best of my knowledge, and the person herein as described has permission to participate in all camp activities except as listed above. In the event that I can not be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for and order injection, anesthesia, or surgery for my child as named above.

My son/daughter has had a physical recently and may participate in all activities at the UB Camp. I give permission for my son/daughter to be treated by a certified athletic trainer or licensed physician. I further agree that the UB Camp staff should be held harmless from and indemnified against any and all liability, cost claims, loss or damage which it or they may incur as a result of an accident or injury to my child.

Parent/Guardian Signature (Required) Date __________________________

A FULL TIME ATHLETIC TRAINER WILL BE AVAILABLE AT ALL TIMES

CAMPER REGISTRATION INFO

CHECK-IN
Overnight Campers:
Sunday, June 27 from 5:00 pm - 6:30 pm
Day Campers:
Monday, June 28 from 7:15 am - 8:15 am

CHECK-OUT
Thursday, July 1 at 4:30 pm

HOUSING AND MEALS

All Overnight Campers will be housed (2 or 3 per room) on the University at Buffalo campus. Superb meals are provided (3 per day for overnight campers) in the campus dining halls. Commuter campers will be provided with lunch every day.

CAMPER BONUS ITEMS

Each camper will receive:
- Camp t-shirt
- Swimming cap
- Downloadable Personal Swimming vides

register online at www.ubcams.com

2010 SWIM CAMP
56 Alumni Arena
Buffalo, NY 14260
www.ubcams.com
2010 Buffalo Swim Camp

Camp Philosophy

The Buffalo Swim Camp places a heavy emphasis on developing proper technique. The morning swimming sessions are geared towards swimming 25's and 50's, working on specific parts of each stroke. The afternoon swimming sessions will review the swimming drills and have a swimming set. During each session, we will focus on starts and turns. There will be plenty of coaches on deck so that swimmers will receive constant positive feedback on what they are doing well, and what they need to improve.

During the morning swimming session, each swimmer will be video taped so he/she can watch their stroke in the afternoon before getting back into the water. When the swimmers are not in the water working on their technique, they will watch swimming videos, listen to stroke technique lectures, and have fun playing games that focus on the mental side of competing.

Typical Daily Schedule of Activities

7:30 am  ------ Breakfast
8:00 am  ------ Commuter Camper check in
8:15 am  ------ Team Building/Dry Land Exercises
8:45 am  ------ Stroke of the day lecture
9:45 am  ------ Practice session
12:00 pm  ------ Lunch
1:30 pm  ------ Watch personalized stroke video
2:30 pm  ------ Practice session
4:30 pm  ------ Commuter Camper pick up
5:00 pm  ------ Dinner
6:30 pm  ------ Group Activity
8:30 pm  ------ Free time
10:00 pm  ------ Lights out

PARTICIPANT QUALIFICATIONS

• Age for Overnight Campers: 10-18
• Age limit for all campers: 8 – 18
• All campers should be able to swim a 25 of each of the 4 strokes.

Cost:

Overnight Camper: $490  Commuter Camper: $290

20% discount for UB Athletic Department Employee
15% discount for Blue & White Club Member
10% discount for a third family member

The first 100 campers will be guaranteed a spot in camp.

2010 UB SWIM CAMP REGISTRATION FORM

Please indicate the camp(s) you are registering for:

□ Overnight Camper: $490  □ Commuter Camper: $290

* Total enclosed

□ 10% discount for each additional family member attending camp
□ 20% discount for UB Athletic Department Employee
□ 15% discount for Blue & White Club Member
□ 10% discount for UB Employees

I hereby request that my child be admitted to the UB Swim Camp and authorize the directors or any member of the staff to act for me according to their best judgement in any emergency requiring medical attention for which I will pay all costs. I understand that any camper who does not abide by the rules and regulations of the camp is subject to dismissal without reimbursement or recourse.

Parent/Guardian signature  Date

Fast and easy online registration at www.ubcamps.com

or mail application, payment and completed medical form to:

University at Buffalo Swim Camp
121 Fargo Building • Buffalo, New York • 14261

The deadline for application submission is June 21, 2010.