

**Bedell Family YMCA Swim Camp
REGISTRATION FORM**

Name

Address

City

State

Parents Name

Home Phone

Cell Phone

Email Address

Age as of 6/1/2010

I understand Bedell Family YMCA will not be held responsible for injuries resulting from participation. As the parent or legal guardian of the above named child, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well being of my dependent. As the parent or legal guardian I release and consent the use of any and all photographs taken of my dependent.

Parent/Guardian Signature

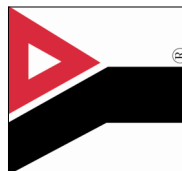
Date

Send registration and fee to:

Bedell Family YMCA
Attn: Bedell Swim Camp
1900 41st Street
Spirit Lake, IA 51360

Make checks payable to: Bedell Family YMCA

Bedell Family YMCA
Attn: Bedell Swim Camp
1900 41st Street
Spirit Lake, IA 51360



**Bedell Family YMCA
Swim Camp**



**July 13 -15th 2010
Spirit Lake, Iowa**

**Camp Director:
Megan Little
712-336-9622**

**Presented by: Bedell Family YMCA
We build strong kids, strong families,
strong communities**

CAMP COACHES

University of Northern Iowa Head Swim Coach: **Stacy Simmer**

Simmer swam for the University of Iowa from 1997-2001 and was team captain her senior year. She also swam the 50 free at the 2000 United States Olympic Trials. Simmer was the 2007 Missouri Valley Conference Coach of the Year. In the 2009-10 season all UNI swimming school records were broken under the coaching of Simmer.

University of Nebraska Omaha Women's Head Swim Coach:

Todd Samland

Samland has coached five national champions and his student-athletes have captured All-America status 70 times and honorable mention status 56 times through 2007-08. He has coached 33 North Central Conference individual champions and 13 relay champions. In 2009-10 season UNO finished 2nd out of 6 teams at conference with Samland receiving Outstanding Coach of the Year. The Mavericks sent 11 swimmers to Nationals finishing 24th.

Bedell Family YMCA Aquatics Director:

Megan Little

Little competed for the University of Northern Iowa swim team from 2003 -2007 where she was team captain her senior year. She qualified in the Top 5 times in 200 and 100 butterfly and was a member of the conference team all four years. She has been with the Bedell Family YMCA for over 1 year and is in her 2nd season coaching the Bedell Barracudas Swim Team.

Registered Dietitian:

Tina Bauermeister

Tina has been a registered dietitian with Avera Holy Family Health for 1 year and a consultant dietitian for several nursing homes in the area.

Tina is also a certified personal trainer and fitness instructor at the Bedell Family YMCA.

GENERAL INFORMATION

The Bedell YMCA Swim Camp is for **ages 9 and above.**

This clinic is highly competitive. Those who wish to participate need to be able to complete 25 yards front stroke.

Training at this camp will focus on both physical conditioning, superior stroke instruction, and analysis. The camp will be divided into two groups rotating as shown on the schedule below.

The camp is on a first come first serve basis. Early registration is recommended.

Fee: \$179.00 (includes daily lunch, t-shirt, and transportation to park).

REGISTRATION DEADLINE: July 1, 2010

DAILY ITINERARY

AM Pool Session—1.5 hours
AM Dryland Exercise—45 min
AM Video Session—30 min

LUNCH / Rec Time—1 hour

PM Pool Session—1.5 hours
PM Dryland Exercise—45 min
PM Video Session—30 min

*** One day will include a nutrition section conducted by a registered dietitian***

FOR MORE INFORMATION

Swim Camp Director:

Megan Little
712-336-9622 x121
megan.little@okobojymca.com

YMCA Senior Program Director:

Sasha Courbat
712-336-9622 x115
sasha.courbat@okobojymca.com

THINGS TO DO IN OKOBOJI

www.exploreokoboji.com
www.iowagreatlakes.com
www.okobojymca.com

HOTEL INFORMATION

Arrowood Resort/Conference Center

712-332-2161
\$99.00 per night

Bridges Bay (2 water park passes included)

\$129.00 per night

Super 8

712-336-4901
\$99.00 per night

The Inn of Okoboji

712-332-2113
\$89.00 per night

DIRECTIONS

The YMCA Aquatic Center is located on the East side of the Bedell Family YMCA facility. Please visit our website: www.ymcaoftheokobojis.com for directions.

