33rd Annual
SUPERSKILL SUMMER SWIM CAMP
2016
HAVE AN ACTIVE SUMMER

SAINT LOUIS UNIVERSITY.
LEARN TO SWIM CAMP
Enrollment is open to ages 6–13

The Learn to Swim Camp is designed for children with little or no swimming skills. A goal for this camp is to be able to swim at least 25 to 50 yards at the end of the week and be safe and comfortable in deep water.

This level is available in three one-week camps in three different sessions (all-day, a.m. and p.m.) for children between the ages of 6 to 13.

<table>
<thead>
<tr>
<th>★ CAMP DATES</th>
<th>☀ SESSION TIMES</th>
<th>$ COST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1:</strong> Jun 27 – Jul 1</td>
<td><strong>A.M. Session:</strong> 9 – 11:15 am</td>
<td><strong>A.M. or P.M. Session:</strong> $109</td>
</tr>
<tr>
<td><strong>Session 2:</strong> Jul 11 – 15</td>
<td><strong>P.M. Session:</strong> 1:45 – 4 pm</td>
<td><strong>All-Day Session:</strong> $249</td>
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<tr>
<td><strong>Session 3:</strong> Jul 18 – 22</td>
<td><strong>All-Day Session:</strong> 9 am – 4 pm</td>
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CAMP DISCOUNTS

1. A one-time $10 discount will apply for two or more campers from the same family.

2. A $10 discount will apply if the application is received before April 8, 2016.

3. A $10 discount per child/session will apply to participants of more than one camp session. (Maximum discount for each camper is $10.) No discount for half-day camp. Note: For each week of camp, a nonrefundable check for $89 for each full day or $50 for each half-day should accompany your registration form. The balance is due upon arrival on the first day of camp. Also, please note, there are no refunds if your child is dismissed from camp for disciplinary reasons.
IMPROVEMENT CAMP
Enrollment is open to ages 6–14

Children who participate in this camp generally have some type of competitive swim team experience or at least have a little swimming background. Admission to the Improvement Camp requires that the child swim 50 yards of freestyle with the proper breathing technique and without stopping. The goal for this camp is to learn how to swim all four competitive strokes technically correct.

This camp is available in two one-week programs in different sessions (all-day, a.m. and p.m.). This camp is for children between the ages of 6 to 14 who want to learn the four competitive strokes in a very short time. Each swimmer will receive coaching tips from our top-level coaches.

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<tr>
<td>Session 1:</td>
<td>A.M. Session: 9 – 11:15 am</td>
<td>A.M. or P.M. Session: $109</td>
</tr>
<tr>
<td>Jun 6 – 10</td>
<td>P.M. Session: 1:45 – 4 pm</td>
<td>All-Day Session: $249</td>
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<tr>
<td>Session 2:</td>
<td>All-Day Session: 9 am – 4 pm</td>
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<tr>
<td>Jun 20 – 24</td>
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CAMP PURPOSE
The SuperSkill Summer Swimming Camps at Saint Louis University are uniquely tailored to the needs of youngsters ages 6 to 16. This camp is intended to provide swimming instruction for young children so that they can discover new skills and learn correct swimming techniques. The SuperSkill Summer Swimming Camps at Saint Louis University are among the country's most complete camps with a planned schedule of supervised instruction, training and recreation for swimmers of all skill levels. Enrollment is limited to 50 swimmers for each session. Our professional, top-level coaches are ready to spend an exciting summer with the camp participants.

SuperSkill Summer Swimming Camps help you improve your swimming techniques!
SUPERSKILL CAMP
Enrollment is open to ages 8–16

This group consists primarily of swimmers who aspire to join the National Team. Training sessions are designed to improve stroke technique, work on endurance and to orient the swimmer to the competitive aspects of the sport. Swimmers will be spending four hours in the pool daily.

This camp is only offered for one week in an all-day session and is designed for the athlete who wants to pursue the sport of competitive swimming. Each swimmer will receive coaching tips from our top-level coaches.

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<tr>
<td>Session 1:</td>
<td>All-Day Session:</td>
<td>One Week, All-Day Session:</td>
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<tr>
<td>Jun 13 – 17</td>
<td>9 am – 4 pm</td>
<td>$249</td>
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SUMMER AT SLU
COACHES

Hossein Dastgah
Hossein has been the SuperSkill Summer Swim camp director since 1984. He was also the head age-group coach of the Saluki and Harrin Swim Club (1981–82) and the SIUC men’s assistant swim coach (1983). As a coach and a sport's journalist, Hossein participated in numerous Asian games, World Cups and Olympic championships. He is currently coaching for the Clayton Shaw Park Tideriders swimming team.

Terry Varney Freerks, Ph.D.
Terry is the team director for the Clayton Shaw Park Tideriders swimming team. She has coached USS Senior National Finalist, Olympic Trial Qualifiers and numerous Top 16 athletes. She is a former age-group and masters national record holder.

Morgan Dodge
Morgan started coaching at the SLU SuperSkill Swim Camp in 2005–2006. In 2008, Morgan began coaching year round for Rockwood Swim Club where he would spend the next five years working with swimmers ranging from novice to nationally ranked age group athletes. Presently, Morgan coaches in the senior program at Flyers Aquatic Swim Team where he has helped create a positive team culture and has coached kids that compete at the local, regional and national level.

Marjan Kempen
Marjan was a competitive swimmer with the Saluki Swim Club (Carbondale, Illinois.), Clayton Shaw Park Tideriders and Saint Louis University. She also has more than 20 years of coaching experience with the SuperSkill Swim Camps and many different swim teams in St. Louis, Missouri. Marjan graduated from Saint Louis University with a degree in education and is presently the assistant swim coach for Westminster Christian Academy High School.
Hap Gentry
Hap is a Total Immersion senior coach/director of Weekend Workshops (1995–present), Ozark LMSC masters coach (1989–present) and Ladue High School swimming and diving coach (2005–present). He was a Yale Swim Club team member (1965–80) and team captain (1972–76).

Lauren Terzis
Lauren has been an assistant coach at SuperSkill Summer Swim Camp for the past three years. She is a second-year doctoral student at SLU in the College for Public Health and Social Justice. Lauren was a Division I swimmer at Illinois State University, competing in distance freestyle and butterfly events.

Niki Tajik
This is the second year that Niki will be working as an assistant coach at the Superskill Swim Camp. Niki was a competitive swimmer for eight years with the Lake Chesterfield Swim Team and won the highpoint trophy of her team’s division three times.
REGISTRATION FORM – 2016

Name:________________________________________________
Nickname: _____________________________________________
Address:_______________________________________________
_____________________________________________________
City:__________________________________________________
State:_______________ Zip:________________ Age:___________
Phone:________________________________________________
Email Address___________________________________________

Child’s School:___________________________________________

We qualify for the $10 discount for the following reason:
_____________________________________________________

Make checks payable to:
Hossein Dastgah or SuperSkill Summer Swimming Camp
Please include child’s name and session on the check.

Mail to:
SuperSkill Summer Swimming Camps, Hossein Dastgah
16440 Centerpointe Dr.
Wildwood, MO 63040

Please ENROLL ME in the following:

_____ Learn to Swim Camp (Please check session below.)
Session 1: ___ A.M. ___ P.M. ___ All-Day
Session 2: ___ A.M. ___ P.M. ___ All-Day
Session 3: ___ A.M. ___ P.M. ___ All-Day

_____ Improvement Camp (Please check session below.)
Session 1: ___ A.M. ___ P.M. ___ All-Day
Session 2: ___ A.M. ___ P.M. ___ All-Day

_____ SuperSkill Camp (Only one session!)

Medical Release Form
By signing this form, I agree and acknowledge the following: I am familiar with the policies of the SuperSkill Summer Swimming Camps at Saint Louis University and the physical activities that may include physical contact, strenuous physical exercise and could result in personal injury. Knowing these risks, I hereby agree to waive, release and discharge Saint Louis University, its employees and agents, and the SuperSkill Summer Swim Camp director, coaches and employees from all claims, injuries, damages or actions of any kind arising out of my son/daughter’s participation in the SuperSkill Summer Swimming Camp activities or use of the facilities which may be brought by myself and anyone who might make a claim on my behalf.

_____________________________________________________
Parent/ Guardian Signature Date
POLICIES

The following policies for participants and parents are established for the safety and enjoyment of all involved. Please read the following policies and become familiar with them.

1. Parents/Guardians are responsible for the welfare of their children prior to the start of and after the swim camp in which the child is enrolled.

2. Children should not be dropped off before or leave more than 10 minutes past the end of the camp times.

3. Disruptive or dangerous behavior by participants, as determined by the staff, cannot be allowed. Program staff will issue verbal warnings to children. If the issue persists, parents will be contacted by phone. Children may be dismissed from the program if the problem cannot be corrected or if behavior poses a risk to other participants.

4. Enrollment in the swim camp programs does not entitle the parents or participants use of the department of campus recreation facilities for any purposes other than swim camp programs.

5. A lost and found area is located at the Simon Recreation Center.

6. Children should carry necessary items: swimsuit(s), towels, swim fins, kickboard, notebook and pencil, goggles, and a well-marked backpack to carry these items. Each child should wear comfortable clothing, tennis shoes and socks. Swim camps and the department of campus recreation are not responsible for lost clothing or belongings.

7. SuperSkill Summer Swimming Camps do not retain a full-time registered nurse and/or licensed physician so children requiring assistance in the administration of medication may require a parent/guardian to be present because medical personnel are not on duty.

8. SuperSkill Summer Swimming Camps reserve the right to cancel programs due to underenrollment, facility or staffing concerns. In these cases, a deposit will be returned in full.

Correspondence

Send all applications, checks and correspondence to:
Hossein Dastgah
16440 Centerpointe Drive
Wildwood, MO 63040
Phone: 636-405-7006  ///  314-769-SWIM (7946)