

CAMP EMPHASIS:

The Salo Swim Camps will provide campers the opportunity to train with one of the most successful coaches in the world today. Coach Salo's uniquely different style will meet the needs of every level of participating camper, from Olympic hopeful to the emerging "A" swimmer.

HIGHLIGHTS:

- Guest Olympic Celebrities
- Underwater Videotaping with take-home CD
- Competition Strategies
- Diet, nutrition, and mental training techniques
- Safe Comfortable environment
- Camper Goodie Bag

EQUIPMENT:

Bring goggles, suits, towels, sneakers, and workout clothes. Kickboards, pull-buoys, and videotapes will be provided. Campers must also supply bed linens or sleeping bag.

INSURANCE:

Campers are covered and the cost is included in the tuition cost.

HEALTH AND SAFETY: Each camper must have a medical statement and release signed by the parent.

TYPICAL DAILY SCHEDULE

7:20 am	Wake up
7:30 am	Breakfast
9:00-11:00 am	Pool Session I
11:00-12:00	Celebrity Q&A
12:15 pm	Lunch
1:00 pm	Rest
2:00 pm	Dartfish Video Analysis
2:30-4:15 pm	Pool Session II
4:30 pm	Dryland Activity
5:30-6:30 pm	Dinner
6:30-7:30 pm	Presentation (eg nutrition)
7:30-9:30pm	Supervised Dorm Activities
10:00 pm	Lights out

RULES AND REGULATIONS

Persons enrolled for the swim camps will be required to attend all sessions and to comply with the rules and regulations of University of Southern California governing conduct of all students on campus.

Any serious violation will result in immediate dismissal without a refund!

NOTE: Day Campers are provided with lunch and dinner and snacks.

Resident Campers are provided with breakfast, lunch and dinner and snacks. Day Campers depart campus at 7:30 pm

TUITION PER SESSION

Resident Camper—\$725 per session

Extended Day Camper—\$625 per session—Checkout—7:30 pm

Regular Day Camper—\$450 per session—Checkout—4:30 pm

Open Water Option—No additional fee

Discounts: \$25 for multiple weeks; \$25 discount for siblings attending same camp.

TRAVEL INFORMATION

Pickup and delivery at local airports (LAX, LGB, ONT) is available for \$45 round trip fee. We will escort to security checkpoint or gate as permitted upon departure. Our staff will pick up at baggage claim or gate as permitted. Once we receive your application and deposit, we will send a travel form which **MUST** be in our office **WITH PAYMENT** 3 weeks prior to arrival date.



Salo Swim Camps

USC—Kennedy Athletic Building
1026 W. 34th Street
Los Angeles, CA 90089-2511

Phone: 949 . 547 . 7007

Fax: 213 . 740 . 6177

E-mail: SaloSwimCamp@gmail.com

SALO SWIM CAMPS

at
**University of
Southern California**



2012 Sessions

- ▶ June 10 — June 15
- ▶ June 17 — June 22
- ▶ June 24 — June 29
- ▶ July 1—July 6



FEATURING

Celebrity Guests
Underwater DartFish Videotaping
Safe and Comfortable Campus
Olympic Coach Salo & Staff
Expanded Day Camp Program
Great Food & Activities

Camp Phone—949-547-7007

www.saloswimcamp.com

CAMP STAFF

DIRECTOR

DAVID C. SALO, Ph.D.... Is Head Swimming & Diving Coach at the University of Southern California. He is also the long time Head Coach and General Manager of the Novaquatics Swimming Team and the founding Director of Aquatics at Soka University. Salo is a two-time USA Olympic Coach and served as the Head Men's Coach for the 2005 World Championships as well as the Dual in the Pool. Coach Salo has placed 11 swimmers on the past four USA Olympic Teams including Amanda Beard, Jason Lezak, Aaron Peirsol, Colleen Lanne, Gabe Woodward, Staciana Stitts, Gabrielle Rose, Lenny Krayzelburg and most recently, Klete Keller, Larsen Jensnen and Rebecca Soni. Salo's most current athletes accounted for 6 medals at the Beijing Olympic Games including gold medals won by Ous Mellouli (1500 Free) and Rebecca Soni (200 Breast)

CAMP COORDINATORS: Assistant Coaches with USC

PAUL DAVIDSON - JEREMY KIPP

CATHERINE VOGT - KEVIN CLEMENTS

Paul, Jeremy, Catherine and Kevin are assistant coaches for the University of Southern California Men's and Women's Swimming Teams. All three have many years of coaching experience at the age group and collegiate level with tremendous success at teaching and coaching young athletes. They will coordinate the activities for each day and will be in attendance at all sessions. Coach Vogt will oversee the optional Open Water program where interested campers will learn the ins and outs of Open Water training and competition strategies.

CELEBRITY GUESTS -

The Salo Swim Camps are pleased to have some of the finest USA National Team Members be part of the camp staff as celebrity guests. The celebrity guests will make appearances at the camps treating the campers to an opportunity to learn from the best. Celebrity guests in attendance at the camps have included:

- Rebecca Soni – Olympic Gold Medalist
- Ous Mellouli – Olympic Gold Medalist
- Jessica Hardy—SC World Champion and WR Holder
- Eric Shanteau—World Championship Medalist
- Markus Rogan—Olympic Silver Medalist
- Many, many others

COUNSELORS

Athlete Counselors and Coach Counselors will provide additional staffing to maintain a camper:counselor ratio of 10 to 1.

CAMP INFORMATION

RESIDENT CAMPER: Check-in is 3 pm on Sunday with the last session ending on Friday at noon. The dorm is open to all participants ages **9-18**. Tuition cost includes 5 days accommodations, three meals and snacks, T-Shirt, videotaping and take-home CD, goodie bag and insurance and all camp activities.

Resident campers are assigned two per room (please indicate room-mate preferences when submitting registration forms). Campers are assigned to dorm floors on day of registration. Coach Counselors and athlete counselors will be assigned throughout the dorm floors for adequate supervision.

The dormitory experience may be intimidating for some younger campers. While The Camp accepts 9-12 year olds as resident campers, it is highly recommended that this age group attends with a friend. Please call with any concerns or questions regarding The Salo Swim Camps - office at 949-547-7007, or send email to dsalo@usc.edu. Visit The Camp web site at www.saloswimcamp.com for any other information and FAQ's.

HOUSING ACCOMODATIONS: Campers are housed in residence halls on USC campus. There is a \$10 refundable key deposit due at registration. ALL RESIDENCE HALLS ARE SUPERVISED BY UNIVERSITY PERSONNEL – COUNSELORS, SECURITY, AND SUPERVISORS.

MEALS: Meals are prepared and served at the USC Dining Halls by an experienced caterer. All meals are unlimited so no one should go hungry.

EXTENDED DAY CAMPER: Check-in is 3 pm on Sunday. Sessions are open to all participants ages 9-18. Tuition covers 5 days accommodations, lunch and dinner and snacks, T-Shirt, videotaping and take-home CD, goodie bag and insurance and all camp activities.

Day campers must arrive on campus each day at 7:30 am. Day campers can be picked up at 7:30 pm each full day of camp.

To guarantee space in each session, a **non-refundable** deposit of \$100 **must** accompany this application.

REGULAR DAY CAMPER: Check-in is 3 pm on Sunday. Sessions are open to all participants ages 9-18. Tuition covers 5 days accommodations, lunch and snacks, T-Shirt, videotaping and take-home CD, goodie bag and insurance and all camp activities.

Day campers must arrive on campus each day at 7:30 am. Day campers can be picked up at 4:30 pm each full day of camp.

To guarantee a space, a **non-refundable** deposit of \$100 **must** accompany this application. If paying by check, the balance will be due and payable by **May 1. Payment is by check only.** All camps are limited to no more than 125 campers (day camper and resident camper).

REFUNDS: No refunds will be made except for illness or injury. Requests must be in writing, and accompanied by a written physician's statement no less than 24 hours before enrolled session begins.

SALO Swim Camps 2010

Indicate Session(s): June 10 – June 15 June 17–June 22 June 24–June 29 July 1 – July 6
Day Camper (\$475 per session) Extended Day Camper (\$625) Resident Camper (\$725 per session)
Roommate Preference: _____

Name: _____ T-Shirt Size: _____ S _____ M _____ L _____ XL _____ XXL

Swim Team Affiliation: _____

Street Address: _____ Birthdate: _____ Gender: _____

City: _____ State: _____ Zipcode: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email Address: _____

Planned Arrival Airport: _____ LAX _____ LGB _____ Other _____ Camper requires airport pickup: _____ Yes (\$45 r/t) _____ No

PLEASE DETACH AND SEND APPLICATION AND \$100 (**non-refundable**) DEPOSIT FOR EACH WEEK ATTENDING TO: **SALO SWIM CAMPS**, USC-KENNEDY BLDG 1026 W. 34th ST, LOS ANGELES, CALIF. 90089. UPON RECEIPT OF REGISTRATION FORM YOU WILL BE NOTIFIED BY EMAIL. ANY QUESTIONS PLEASE CALL 949-547-7007 OR EMAIL SaloSwimCamp@gmail.com