

Registration Dates

April 1st thru June 1, 2011

**Early Registration Discount thru May 6th
Only**

REGISTRATION FEES

Regular Registration: \$325/week

Early Registration: \$295/week

Additional child from same family discount:
\$255/ week.

**TEAM DISCOUNT: \$50 OFF FOR
TEAMS WITH 10 OR MORE SWIMMERS**

*Standard Cancellation fee of \$35 applies.

Checks made payable to:

“University of Hawaii Swim Camp”

Registration Costs Include: TYR goody bag
with a Camp T-shirt (1) TYR Key Chain,
Water Bottle, and a UH swim cap.

CAMP REQUIREMENTS

****Each camper must complete 25yds/ 1 lap
of the pool unassisted. It is preferred that
swimmers have a basic knowledge of all
four strokes.**



For More Information check out
www.hawaiiathletics.com
Camp link on the right hand side

OR Call/Email
Jennifer Buffin @ 808-956-7772
jljackso@hawaii.edu

**Please Send Payment/Registration Form
to:**

Jennifer Buffin
Camp Coordinator
UH Athletics-Swim Camp
1337 Lower Campus Road
Honolulu, HI 96822

2011

University of Hawaii Swim Camp



CAMP DATES

SESSION 1: JUNE 6-10th

SESSION 2: JUNE 20-24th

**MONDAY-THURSDAY:
8:30AM-3PM**

**FRIDAY:
8:00AM-12:00PM**

AGES: 8-17YEARS OLD

CAMP COACHING STAFF



CAMP DIRECTOR/ HEAD COACH
VICTOR WALES

Victor Wales finishes his sixth year at the helm of the men and women's swimming program at the University of Hawai'i. The program is coming off one of the most successful seasons in history with the Men winning conference USA title and the Women finishing 2nd in the WAC. UH was one of only 17 combined programs in the country to have a swimmer competing in both the Women's and Men's NCAA Championship this year. Coach Wales primarily works with the sprint and middle distance stroke groups and IM. He was traveling during last year's camp and looks forward to being on deck at this year's swim camp.



CO-DIRECTOR/ASSISTANT
COACH
JENNIFER BUFFIN

Jennifer Buffin finishes her fifth season as the assistant coach for the men and women's swim teams and her second year as the UH Swim Camp Director. In the water, Coach Jen primarily works with the sprint and mid-distance freestyle as well as butterfly, backstroke and breaststrokers. She has been instrumental in the success of the UH Swimming program. Over the past five years she has not only run the daily operations of the UH Varsity program but has directed the UH Masters Swim Team, swim clinics, fundraisers and continues with her passion to work with the summer swim camp. Finishing a very successful 2010 season with the Rainbow Wahine and Warrior's she looks forward to sharing her knowledge and love for the sport of swimming with local age group swimmers from Hawaii, mainland US and the Pacific this summer.

UNIVERSITY OF HAWAII SWIM CAMP

The purpose of the 2011 University of Hawaii Swim Camp is to teach proper stroke technique in the four competitive strokes, generate and encourage enthusiasm for the sport and increase skill level for both safety and competitive reasoning.

The 5-day camp will include skill instruction and stroke analysis of the 4 competitive strokes, starts and turns and Video Analysis.

Throughout the week you will have the unique opportunity to work one on one with the UH Coaching staff and UH Swimmers. Each session will provide the swimmers with a small group atmosphere to work on the techniques and skills to help them to reach their swimming goals. In addition to the skill and drills in the water each swimmer will have a rare opportunity to watch their strokes each day in real time. At the end of the week each camper will take home the underwater film of each of their four strokes to share with their teammates and coaches.

We look forward to having another successful season of swim camp with many returning faces as well as new swimmers from Hawaii and around the Pacific.

Aloha!
Jennifer Buffin
Camp Co-Director

CAMP ACTIVITIES

Stroke Analysis
Stroke Technique Instruction
Starts and Turns
Special Topics
(Nutrition, Mental Training, Goal Setting)
Under Water Video
Daily Film Analysis

Sample Daily Itinerary

8:30am: Check In

8:45am: Watch Video/Discussion (stroke of the day)

9:30am: Water Session 1 Drills (stroke of the day)

11:00am: Starts /Breakouts

11:30am: Lunch

12:30pm: Classroom activity

1:00pm: Water Session 2 (Filming, Turns and Review)

3:00pm: Check out

Items you will need to bring:

Swim Suit, Towel, goggles, shorts, athletic shoes, sunscreen and Hat

Lunch/Snacks: Please bring a bag lunch or cash for Pool snack bar (L&L). (Bag lunch is recommended). We will have breaks for snacks.