

REGISTRATION FORM

Name _____

Birthday / / Gender _____
MM DD YY

Parent(s) _____

Phone _____

Email _____

Address _____

City _____ State _____ Zip Code _____

Grade in School _____

Age _____

Prices

Resident Camper \$550

Commuter \$420

I am paying for my...

Deposit

Full Payment

Return Form To:

Minnesota Diving Academy

3437 Fairfax Lane

Woodbury, MN 55129

Or register online at our website.

HEAD COACH: WENBO CHEN



Head coach of the University of Minnesota Diving Team with over 30 years of coaching experience and two-time Olympic Coach.

Silver-medal coach at the 2012 London Olympics.

Five-time Big Ten Coach of the Year and two-time NCAA Diving Coach of the year.

Assistant Coaches

All assistance coaches are well experienced. They are US Diving Safety Certified and coaching members of the US Diving Association.

Contact Us

Wenbo Chen

651-592-7460

niu6177@gmail.com

www.mndivingacademy.org

Please note that our domain has changed from .com to .org.

UNIVERSITY OF MINNESOTA DIVING SUMMER CAMP 2018



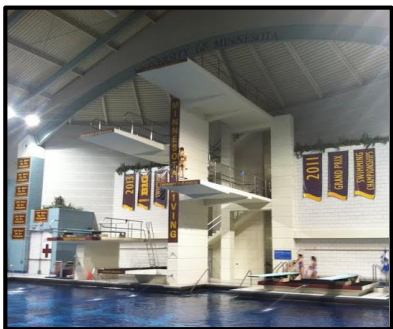
JUNE 17 - 21, 2018

UNIVERSITY OF MINNESOTA

AQUATIC CENTER

WWW.
MNDIVINGACADEMY
.ORG

FACILITY



UMN Aquatic Center is one of the best diving facilities in the nation. It has:

- an 18-foot deep diving well,
- two 1-meter & 3-meter springboards,
- 1-meter, 5-meter, 7.5-meter & 10-meter platforms,
- 2 trampoline beds,
- port-a-pit with apparatus,
- tumbling mats and mirrors,
- hot tub,
- and classroom with video equipment.

Room & Board

Resident Campers are housed in double-occupancy dormitories just minutes from the pool with live-in counselors. Meals are served at the University dining facilities.

Entertainment

University campus areas have activities such as concerts and movies during the summer time. We will take campers to the Mall of America for fun at a scheduled activity time.

Transportation

Campers can be picked up at the airport and transported to the dorm. For more parking info visit <http://www1.umn.edu/pts/park/index.html>.

WHAT YOU'LL LEARN

Specific diving techniques for somersaulting and twisting in all directions, perfecting the hurdle, strength, conditioning, plyometric training, dry-board belt work and trampoline drills

Sample Schedule

- 8:00AM Wake-up & Breakfast
- 9:30AM Workout Part 1
- 12:00PM Lunch & Rest
- 2:00PM Workout Part 2
- 4:30PM Video Analysis & Lectures
- 5:30PM Free Time & Dinner
- 6:30PM Evening Activities
- 10:00PM Lights Out

All campers must participate in the orientation meeting held on the check-in day. Please bring the signed medical release form and waiver.

The medical release and waiver will be emailed to campers after the signing deadline or can be downloaded online

THINGS TO BRING

- Towel
- Chamois
- Swim suits
- Workout clothes (shorts & t-shirts)
- Athletic shoes
- & any other required diving equipment
- Bags
- Casual clothing
- Waterproof jacket/umbrella
- Money for snacks/activities

All campers will receive a free Minnesota Diving Camp t-shirt.

COSTS & DETAILS

- **The camp is open to any and all divers***
- **Resident Camper** cost is \$550 which includes: camp fee, housing, and dining
- **Commuter Camper** cost is \$420 which includes camp fee and lunch
- Non-refundable guarantee is a \$200 deposit to be paid when registering
- If you have special requirements, please contact us.

* Campers must be a registered US Diving member

Important Dates

Application Deadline: May 15, 2018
Full Payment Due Date: June 1, 2018

Cancellation Policy

Upon cancellation, the \$200 deposit will be forfeited, otherwise a full refund will be given up until the first day of camp. On and after June 17, 2018, no refunds will be given.

Year-round Diving Club

Minnesota Diving Academy provides year-round diving training for divers at all levels. We have a Learn-to-Dive Program, JO Program, Elite Program, and a High School Program.

Please visit us at www.mndivingacademy.org for more information or contact Wenbo Chen.