## COED Resident and Commuter Camp

**Ages 10-18 years old**

### Sprint Camp

**Ages 13-18 years old**

Directed by Swim Coach Matt Gianiodis and other staff members to include former and current MSU men and women varsity swimmers.

*Must be 12 years old to spend the night*

### 2015 DATES

**Regular Camp**
- June 14-18
- June 28-July 2

**Sprint Camp**
- June 21-24

### Check-in:
**3:00 p.m. (Sunday)**

### Check-out:
**10:30 a.m. (Thursday)**

### Camp fees:
- **Resident Camp**: $520.00
- **Commuter Camp**: $460.00

### Check-in:
**3:00 p.m. (Sunday)**

### Check-out:
**10:30 a.m. (Wednesday)**

### Camp fees:
- **Resident Camp**: $535.00
- **Commuter Camp**: $475.00

10% Discount for groups of 6 or more

### Registration:
Spartan Stadium (South off Shaw Lane)
Park and proceed to Gate C

**This Summer We Train Like Spartans!**

[www.sportcamps.msu.edu](http://www.sportcamps.msu.edu)

@msuswimdive
Resident and Commuter Camps

CAMP INFORMATION

Resident campers MUST be 12 years old to spend the night.

Refund Policy
Campsers unable to attend camp are entitled to a refund. A $55 administrative fee (only $30 if you enrolled online) will be deducted from all refunds, regardless of the reason. Refund requests must be submitted in writing PRIOR to the first day of the camp session in which the camper was originally enrolled. No refunds for any reason (i.e. injury, illness) will be given once a camper is on campus.

Medical Policy
Each participant should have his or her own medical insurance. A student trainer will always be available. Participants are automatically enrolled in MSU’s accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance. No physicals are required.

Meals
Breakfast 7:00 a.m. – 8:30 a.m.
Lunch 11:30 a.m. – 1:30 p.m.
Dinner 4:00 p.m. – 6:30 p.m.

Discounts
10% Discount for groups of 6 or more.
Please print application and mail all 6 applications in the same envelope.

REGISTRATION INFORMATION

Register online at www.sportcamps.msu.edu or complete the attached application. Full payment by either check, MasterCard, VISA, Discover or American Express must accompany the application. Make checks payable to Michigan State University. No applications will be accepted before February 1st. You will receive confirmation for receipt of enrollment by mail within 12-15 business days.

Walk-In Registration Policy
Walk-in registration (signing up on the day camp begins) will be accepted on a space available, first come, first served basis. An additional $10.00 fee will be charged for walk-in registrations. Please note that walk-ins are not guaranteed admission once a camp is full. Cash payment only. No checks or credit cards.

MSU Sport Camp Policy
Persons enrolled in MSU Sport Camps will be required to attend all sessions and to comply with the rules and regulations of Michigan State University governing the conduct of all students on the campus.
The Swim Camp Application

REGISTER AT WWW.SPORTCAMPS.MSU.EDU

PLEASE PRINT INFORMATION BELOW OR ENROLL ONLINE

Name

Address

City State Zip

Parent or Guardian

Daytime Telephone

Evening Telephone

E-mail

School

Grade in September: Age:

Sex: Date of Birth: Ht: Wt:

Must be 12 years old to spend the night.

Roommate preference:

Youth Shirt Size: Medium Large

Adult Shirt Size: Small Medium Large X-Large

Please enroll me in the following Swim camp:

<table>
<thead>
<tr>
<th>Camp Date</th>
<th>Resident</th>
<th>Commuter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular JUNE 14-18</td>
<td>$520.00</td>
<td>$460.00</td>
</tr>
<tr>
<td>Regular JUNE 28-JULY 2</td>
<td>$520.00</td>
<td>$460.00</td>
</tr>
<tr>
<td>Sprint JUNE 21-24</td>
<td>$535.00</td>
<td>$475.00</td>
</tr>
</tbody>
</table>

U.S. FUNDS ONLY.

Please make checks payable to MICHIGAN STATE UNIVERSITY

Check one:

☐ Check ☐ Mastercard ☐ VISA ☐ Discover ☐ American Express

Card Number

3 digit security code Exp. Date

Signature

Amount of Check/Charge enclosed

Medical Treatment Authorization Form

Participant’s Name DOB___/___/___

What Sport: Swim

Date of Camp:

Participants are automatically enrolled in MSU’s accident insurance plan. Eligible covered expenses will be paid only if they are in excess of other valid and collectible insurance.

1. List any medical conditions that camp personnel should be aware of (use additional pages if necessary):

2. List any medications currently taking:

3. List any allergies:

In case of emergency please contact:

Name

Daytime Telephone Evening Telephone

Insurance Information:

Name of Medical Insurance Company Insurance Company Telephone

Name of Insurance Policy Holder Policy Holder DOB

Medical Insurance Policy Number Medical Insurance Group# (if appl)

__________________________, as parent or legal guardian of the participant named above, authorizes MSU to seek medical and/or surgical treatment which is reasonably necessary to care for the participant. I further authorize the medical facility that treats the participant to release all information needed to complete insurance claims. I acknowledge my responsibility to pay all costs associated with the participant’s medical care and authorize all insurance payments, if any, to be made directly to the medical facility.

Signature (Parent or Guardian) Date

Send Application and Medical Treatment Form with payment in full to:

MICHIGAN STATE UNIVERSITY
Sports Camp Office
223 Kalamazoo, Jenison Field House
East Lansing, MI 48824-1025
Fax: 517-355-6891
**WHAT IS A CONCUSSION?**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

**WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

**SYMPTOMS REPORTED BY ATHLETE:**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

**SIGNS OBSERVED BY COACHING STAFF:**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

**“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”**
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION ➔ www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC’s Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).