



Total Performance Science & Swim Camp

Camp Admin: 620 W. Waveland Ave. #3E, Chicago, IL 60613 – 773-904-7976 –
sholcomb@tpscamps.com


Dear Camper!

Thank you for completing the on-line application to the Total Performance Science & Swim Camp. After we review your application, you will receive an email confirming your spot at camp.

During your stay at Kenyon, you will interact with scientists and coaches who have achieved extraordinary success as well as counselors who are scholar-athletes, NCAA Champions and All-Americans. By participating in “Swimming Creatures”, student-athletes get an opportunity to explore what has made Kenyon College one of the leading academic institutions in the country and Kenyon Swimming the most successful intercollegiate sport program in history. Leading professionals in the areas of ecology and biochemistry will lead you through an in-depth investigation of structure and stress response in aquatic ecosystems; expert coaches will provide up-to-date information on the “total approach” to swimming performance. This is one of the best camp staffs in the country and we look forward to working with you this summer.

This newsletter will provide information on details of the camp, along with the needed health forms & travel form. If you have any additional questions, please feel free to email us at sholcomb@tpscamps.com or call (773-904-7976). Check out our FAQ page for more camp information on our REGISTRATION INFORMATION page.

If you have paid your deposit by credit card, we will process the final camp payment from your credit card between May 15 and May 30. If you have changed credit cards since you registered, please contact us at sholcomb@tpscamps.com or call 773-904-7976.

Whether you pay by credit card or check or money order, **the medical and travel form along with a copy of your medical insurance card is DUE before MAY 15.** The forms may be scanned and emailed to sholcomb@tpscamps.com or mailed to TPSC, 620 W. Waveland Ave. #3E, Chicago, IL 60613 before MAY 15. 

If you wish to pay by check or money order, (payable to TPSC) please mail to the address above. The deposit is due with the paper application (found on the FORMS page) and final camp payment is due before May 15.

Finally, no camper will be allowed to participate unless all fees have been paid and all forms (health, travel, and proof of insurance) have been submitted in full.

Thanks again... And keep an eye out for a camp acceptance email from us. If for some reason, you do not receive an email within a day or two after you have sent your on-line application or after mailing your check and paper application, please call 773-904-7976 to make sure we have received it.

Swim Fast, Study Hard!

Jim Steen and the TPSC Staff

*WWW.TPSCAMPS.COM – (773) 904-7976
Kenyon College - Calvin College
Colgate University - Franklin & Marshall College*



Science & Swim Camp Newsletter

Camp Admin: 620 W. Waveland Ave. #3E, Chicago, IL 60613

The Swimming and Science Camp Program

Each student-athlete will be assigned to a training group of 6-8 swimmers for every pool session under the guidance of one top-level coach. Field and laboratory sessions will pair groups of 12 or fewer with experienced science faculty or instructors. In all camp activities there will be approximately one coach or faculty member for every six campers. The "Swimming Creatures" Program includes:

- Up to eight training sessions in the water. The swimming curriculum is built around three principles - swimming efficiently, training effectively, and having fun. Champion swimmers need exceptional technique and intelligent training. Our program believes these go hand-in-hand and emphasizes proper stroke mechanics and effective training techniques.
- One classroom session on "Swimming Psychology" with Guest Lecturer.
- Field exercises focusing on invertebrate and vertebrate sampling techniques in aquatic ecosystems.
- Training in species identification and effective scientific sampling.
- Laboratory exercises investigating how environmental stressors can be tracked through genetic markers in individual animals.
- Access to additional sport-specific training opportunities and presentations both in and out of the water.
- Classroom sessions on scientific communication, river biology, ecology, tracking energy through food webs and how individual animals respond to environmental stresses.
- Free time and organized activities to facilitate the fun side of being at camp, making new friends and working with some of the finest coaches and scientists in the business.

The main objectives of the camp are to introduce you to high-quality research techniques while helping you to train more effectively in the pool. For this reason, we would like to encourage you to come to the camp in shape and with some academic background in biology. Success in science and swimming – like most activities – requires a level of preparation and commitment that is consistent with ones expectations. We want you to get the most out of this opportunity.

Payment Procedure

A camp deposit is required by check when mailed with your paper application. The balance of the camp fee is **due MAY 15**. If you have paid your deposit by credit card, we will process the final camp payment from your credit card between May 15 and May 30. Cancellation will result in refund of all camp fees, less \$100.00. If reasonable notice of cancellation (at least 48 hours prior to the start of camp) is not provided, we reserve the right to retain all payment received.

Camp Rules

- Smoking of any kind, the use of illegal or non-prescription drugs, consumption of alcoholic beverages, is strictly prohibited.
- Swimmers are not permitted to drive cars or leave the campus while at camp. Automobile keys will remain with the camp director until departure.
- Any individual whose behavior is deemed unsuitable or detrimental to the best interest of the camp is subject to immediate dismissal without refund.

Registration and Departure

Registration will take place **at 12:00 pm-noon** (EST). Please follow "Swim Camp" signs to the registration site. Campers will pick up their room key at registration and check belongings into their dorm room. After check-in, resident counselors will take campers to the Kenyon Athletic Center Natatorium for pre-camp benchmark measurements. The Thursday time trials will begin at 10:30 am & conclude around 11:30-12:00 pm with check out taking place immediately afterwards. We would prefer campers not to leave before scheduled departure time.

Convenience Items

Convenience items for personal use may be purchased at either the Kenyon College Book Store or the Village Market. Pocket money in the amount of \$20-\$40 is suggested for the camper's personal use (college souvenirs, magazines, toiletries, snacks, etc.)

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Medical Care

Be sure to complete both pages of the health form, including parents' home and business phone numbers, and name and address of another family member. Health care cannot be provided unless permission to treat has been authorized on the health form. **We also need a copy of your medical insurance card.** The Knox County Hospital is within five miles of the campus in case of emergency. Campers will be provided any medical treatment that might be required, with all bills for such medical service sent to parents at the end of the session. Every attempt will be made to contact parents in an emergency situation.

Directions to Kenyon College

Kenyon College is located in Gambier, OH, five miles east of Mt. Vernon. From downtown Mt. Vernon, take Ohio Route 229 East (East Gambier St.). To reach Mt. Vernon:

- From the North or Northwest, take U.S. 23 South to Rt. 229 East.
- From the East or Northeast take I-71 southwest from the Cleveland area, exiting on Ohio Rt. 13 South at Mansfield, or take I-80 and I-76 West to I-71, then Southwest on I-71 to Ohio Rt. 13 South at Mansfield. A more scenic drive is from I-71 to Ohio Rt. 83 South to Ohio Rt. 3.
- From the East or Southeast, take I-70 West, exiting on Ohio Rt. 13 North at Newark, or take I-77 North from Charleston and the West Virginia Turnpike, then I-70 West to exit on Ohio Rt. 13 North at Newark.
- From the West or Southwest, take I-71 Northeast from Columbus and exit at U.S. Rt. 36, proceeding East to Mt. Vernon.

Recommended Clothing and Equipment

- | | | |
|---------------------------|-----------------------|--------------------------------------|
| • Notebook and Pen/Pencil | • 1 Sweatshirt | • Cell Phone or Prepaid Calling Card |
| • 2 Swim Suits | • 1 Pair long pants | • Alarm Clock |
| • 2 Swim Caps | • 5 T-shirts | • Rain Coat |
| • 2 Pair Goggles | • 3-4 Pair gym shorts | • Umbrella |
| • 1 Pair Gym Shoes | • Underwear | • Small fan |
| • 1 Pair of River Shoes | • Laundry Bag | • Sheets (extra long) |
| • 5 Pair Socks | • 2 Large Towels | • Bath Towel |
| • 1 Swim Bag | • Personal Toiletries | • Blanket / Pillow optional |
| • 1 Water bottle | • Sun Screen | |

Kenyon College does not provide linens, so please plan accordingly. Please make sure that personal items are labeled. All valuables should be left at home. We will not be responsible for any clothing, cameras, music equipment, etc. that is lost, damaged, or misplaced while at the camp.

Telephone Calls

Each TPSC camper will have a telephone in his/her room for use throughout the camp session. They can receive calls but not call out without a calling card. If there is an emergency, campers can be reached through their counselor. We ask that parents and friends refrain from calling, except in the case of an emergency. It is suggested that all correspondence be done through letters. Parents will receive the camp address and a list of counselors phone numbers upon registration. We will provide you with an emergency cell phone number at registration to reach the staff during camp.

The Kenyon College switchboard number is (740) 427-5000. Please be assured that we will make every effort to contact parents if there is an emergency, or if it is in the best interest of the camper.

Lost Key

College policy requires that a lost key must result in replacement, not only of the key, but also of the entire door lock. Any camper losing a dorm room key will pay the cost of replacement - \$25.00 -. We've had few lost keys in the past, and this year we hope we don't have any.

Airport Shuttle

The camp will provide a pick-up and return service for any campers flying into the Columbus International Airport (CMH). A fee of \$50.00 will be charged for the round trip transportation: \$25.00 one-way transportation. This is payable with the remaining camp fee. If interested in the service, please schedule your airline flight to **arrive some time before 11:00 am and your departure after 3:00 pm the last day of camp.** (See Travel Form)



Kenyon Science & Swim Camp Medical Form

Name: _____ Age: _____

Birth date: _____ Height: _____ Weight: _____ Male ___ Female ___

Immunization History:

This is a record of the dates of basic immunizations and the most recent booster doses.

Dtap / TD / Tdap _____ Tetanus Booster _____

Polio OPV (sabin) _____ Booster _____

M.M.R. _____ Varicella (Chicken Pox) _____

Haemophilus influenza Type B _____ Hepatitis B _____

Health History: Check – giving approximate dates

	Allergies	Diseases
Ear Infections	Hay Fever	Chicken Pox
Rheumatic Fever	Ivy Poisoning, etc.	Measles
Convulsions	Insect stings	German Measles
Diabetes	Penicillin	Mumps
Behavior	Other drugs, etc.	Asthma

Do you have any health or injury problems related to swimming, such as tendonitis, swimmer's ear, allergic reactions to chlorine, etc.? _____ What has been the treatment for the problem?

Please discuss any health / injury precautionary measures that are required of you for participation in the swimming: _____

Are you currently taking medication? _____ If so, what? _____

Reason for taking medication? _____

Are you allergic to any medication? _____ If so, what? _____

What is your reaction? _____

Physician's Name and Address: _____



Kenyon Science & Swim Camp
Travel Form

Name: _____ Age: _____

Attach a copy of your medical insurance card (copy both front and back).



Health Insurance Information:

Full Name of Insurance Company: _____
Name of Primary Insured _____
Social Security Number of Primary Insured _____
Date of Birth of Primary Insured _____
Policy Number: _____ Group Number _____

Parent's Information:

Parent's Name _____
Home Address _____
Home Phone _____

Dad's place of employment: _____
Dad's work phone number _____
Dad's Cell Phone Number _____

Mom's place of Employment _____
Mom's work phone number _____
Mom's Cell phone number _____

Parent's Consent For Emergency Medical/Surgical Care:

I hereby give permission for (Camper's Name) _____
to receive emergency medical and/or surgical treatment and to be hospitalized if necessary. It
is understood that every attempt will be made to contact me, or a person named below, before
taking this action.

Parent's Name: _____
Signature: _____

If not available in an emergency, notify:

- 1. Name _____
Phone number _____ - _____ - _____

Parent's Consent For Possible Publication of Camp Photos:

I hereby grant deny permission to the Total Performance Swim Camp, LLC. (TPSC) to use my
child's photograph, video, or likeness without further consideration, and I acknowledge TPSC's right to
crop or treat the photograph at its discretion. **NO NAME USED, only picture.**

I also understand that once my child's image is captured and used, the image can be used to promote
TPSC. Therefore, I agree to indemnify and hold harmless from the Total Performance Swim Camp, its
officers, employees and staff.

Parent's Name: _____ Signature: _____



Kenyon Science & Swim Camp
Travel Form

Name _____ Camper's Cell Phone # _____

Dad's Cell Phone # _____ Mom's cell phone # _____

With Parent's by Car _____ With Friends by Car _____
Personal Car _____ Bus _____ Other _____

Approximate Day & Time of Arrival _____

Approximate Day & Time of Departure _____

Travel by Plane _____
Airport — Port Columbus International Airport (CMH)

Airline / Flight No. / Arrival Time / Date _____

Airline / Flight No. / Departure Time / Date _____

Do You Wish to Use the Camp Shuttle Service? Yes _____ No _____

Pickup? _____ Return? _____ Both? _____

Airport Shuttle Service:

The camp will provide a pickup and return service for any campers flying into the Port Columbus International Airport. **The charge for this service is listed in the Camp Newsletter. This is payable with the remaining camp fee, which is due May 15.** This fee can be charged to your credit card.

Please schedule your flight to **arrive before 11:00 am**, and **depart after 3:00 pm**.

<p><u>Due before May 15:</u></p> <ul style="list-style-type: none"> • Complete 2 page medical form • Copy of medical insurance card • Travel form • Final camp payment if by check or money order <p>www.tpscamps.com</p>	<p>Mail to:</p> <p>Sarah Holcomb, TPSC Camp Admin 620 W. Waveland Ave. #3E Chicago, IL 60613</p> <p>773-904-7976 sholcomb@tpscamps.com</p>
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