



## The Diving Camp @ Indiana University

# Individualized Training Camp (ITC) - Welcome Packet

Dear ITC Participant and Parents,

We are very excited to have your participation in this Individual Training Camp. Drew and Jenny Johansen, and their development team at TriSynerG are looking forward to making this a productive, memorable, and exciting building block for the future!

Each Participant will need a parent/guardian to accompany them to this training camp. Meals, transportation and lodging are the responsibility of the parent/guardian. Below is a list of hotels, any of which will work effectively and be close enough to make for easy transportation by automobile:

- \* Indiana Memorial Union Hotel 812-856-6381 in the heart of Indiana University;
- \* Hyatt Place: 812-339-5950 (about 6 blocks from the Dryland Center);
- \* Showers Bed & Breakfast: 812-334-9000 (quaint bed & breakfast in the heart of downtown Bloomington);
- \* SpringHill Suites (Marriott): 812-337-7772 (lower cost option within a few blocks of the Dryland Center).

The ITC Camp Schedule as well as a list of items of what to bring to camp is located on our website under "ITC Camps". You will be notified via email if there are any schedule changes during your stay.

### Indiana University Facilities:

#### **Dryland Center**

633 N. Morton St., Bloomington, IN 47404

Parking: On-street metered parking, cost is \$1/hour, coins and debit/credit cards accepted

#### **Councilman-Billingsley Aquatic Center (Pool)**

SRSC Building, Indiana University

1601 Law Lane, Bloomington, IN 47401

Parking: Gated lot East of the building. At the gate, select the button to receive a printed ticket. Bring the ticket with you to be validated in the pool. Take your validated ticket with you at departure and parking will be free.

To be prepared for your arrival, we need the following information from you.

- **DUE - NO LATER than the Wednesday prior to the start of your camp;**
- Submit the items above via email [divecamp@trisynerg.com](mailto:divecamp@trisynerg.com) (scan and email, or take photos with your phone and email pics to us), or via fax 844-234-8348.
  - Questionnaire. In order to provide world-class coaching, we need input from the diver, their coach, and parents.
  - USA Diving Membership. This is your diving insurance; in order to participate in our camp we must receive proof of your current USA Diving Membership.

Please call or email me with any questions. Safe travels and best wishes!

Jenny Keim-Johansen, Director of Camp Operations

TriSynerG Diving Camps

The dive camp at Indiana University since 1968.

Email: [DiveCamp@TriSynerG.com](mailto:DiveCamp@TriSynerG.com)

Phone: 844-234-8348 ext. 1

SPORT. CULTURE. EDUCATION.

## Questionnaire: Diver

We are committed to providing the best camp experience for each individual and to create the best atmosphere for all divers to learn. We need information from all members of the team to put together an individualized plan for your ITC Camp. Diver, Parent and Coach make up the team that supports your diving. If each member of the team can answer the questions below and return them to us we will be able to create the best plan possible for your time with us.

**DIVER NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**COMPETITION LEVEL (Please Indicate): HS/USA Diving/AAU/Team USA/Other** \_\_\_\_\_

1. How long have you been diving?

2. What are your current dives? Please list all optional dives that you train.

	<u>1 Meter</u>	<u>3 Meter</u>	<u>Platform</u>
100's			
200's			
300's			
400's			
5000's			
600's			

3. What new dives are you working on?

4. What are your top 3 goals for this camp?

5. What do you believe are your strengths and weaknesses in diving?

6. What are you most excited about seeing/hearing/learning/doing here at your training camp?

7. Who is your favorite diver?

## Questionnaire: Parent

Parents play an essential role in the success of your child's diving. That's why we want to hear from you. Parents are a huge part of the process. You have decided to send your child to the best camp available and we want to know what goals you have for your child while at our camp. Please answer the questions below and return to us so we can create an individualized plan for your child while they are at our camp.

**PARENTS NAMES:** \_\_\_\_\_

1. What are the top 3 things you hope for your child to learn or experience while at camp?

2. What can you tell us about how your child learns?

3. What are your child's strengths as a diver?

4. What areas do you want your child to improve in as a diver?

5. Is there anything else we need to know about your child that will help us interact and teach?

## Questionnaire: Coach

We want to hear from the person that has the most knowledge of your child's diving...their coach. Some divers attend our camps with the intention of learning specific skills, dives or new techniques. Others are here preparing for a specific competition or want new experiences on different levels that they don't have access to at home. It is imperative we are all on the same page and your coach is our leader. Please ask your coach to fill this out and return to us so we can be prepared for your visit.

**COACH NAME:** \_\_\_\_\_

1. What are the top 3 things you want your diver to learn at our camp?
2. Are there any meets pending that we can help your diver prepare for?
3. Are there any things you would like more information (drills, video, etc.) on regarding your divers technique or a specific dive?
4. What can you tell us about your divers learning habits?

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## USA Diving Membership

All campers must have the proper diving insurance through USA Diving before they will be permitted to participate at camp. Please note, we do not accept AAU insurance memberships.

**Current USA Diving members:** Please provide us with a copy of your current membership card or membership confirmation receipt.

**Need USA Diving membership:** Please follow the directions below to obtain the required membership:

- Go to [www.usadiving.org](http://www.usadiving.org)
- Select "Join USA Diving"
  - Select "Athlete Membership". You may wish to acquire another type of Athlete Membership; for camp participation only, Limited Athlete Membership is sufficient.
  - During registration, it will ask for your "Association Information"
    - Indicate your state and club affiliation.
    - If you do not belong to a club that is listed, select "Indiana" as your state and "Unattached" as your club.