



## DINING

Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

## CAMP CARE SERVICES

Our ESU Summer Camp Care Staff are first aid and CPR/AED certified. Summer Camp Care Staff will provide routine first aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Lehigh Valley Health Network-Pocono, located one block from campus.

## MEDICAL INSURANCE

ESU does not provide individuals with medical insurance. Campers must provide their own medical insurance plans. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

East Stroudsburg University of Pennsylvania is located in the beautiful Pocono Mountains in East Stroudsburg, Pennsylvania. ESU is 90 minutes west of New York City and two hours north of Philadelphia. You may also find directions through our website at [esu.edu](http://esu.edu).

FAN YANG  
[fyang@esu.edu](mailto:fyang@esu.edu)  
570-422-3873

Register Online at: [esu.edu/camps](http://esu.edu/camps)

# DAILY SCHEDULE

## DAY CAMP SCHEDULE

### Wednesday, July 15

- 9:00 a.m. - Drop off
- 9:10 a.m. - Talk on college visits and scholarships
- 9:40 a.m. - Pool training Session:  
Fly drill and technique work
- 12:00 p.m. - Lunch
- 1:30 p.m. - Yoga
- 2:00 p.m. - Pool training session:  
Back drill and technique work
- 4:00 p.m. - Individual technique work
- 4:30 p.m. - Pick up

### Thursday, July 16

- 9:00 a.m. - Drop off
- 9:10 a.m. - Talk on nutrition
- 9:40 a.m. - Pool training session:  
Breast drill and technique work
- 12:00 p.m. - Lunch
- 1:30 p.m. - Yoga
- 2:00 p.m. - Pool training session:  
Free drill and technique work
- 4:00 p.m. - Individual technique work
- 4:30 p.m. - Pick up

### Friday, July 17

- 9:00 a.m. - Drop off
- 9:10 a.m. - Talk on mental toughness
- 9:40 a.m. - Pool training session:  
Dive and turns drill and technique work
- 12:00 p.m. - Lunch
- 1:30 p.m. - Yoga
- 2:00 p.m. - Pool training session:  
Putting it all together
- 4:00 p.m. - Individual technique work
- 4:30 p.m. - Pick up

EAST STROUDSBURG  
**WARRIORS**

Office of Conference Services  
200 Prospect St  
East Stroudsburg PA 18301-2999



**ESU**  
SWIMMING

## SKILL DEVELOPMENT CLASSES

SESSION 1: JUNE 22 - JULY 2  
SESSION 2: JULY 6 - JULY 16

**DAY CAMP**  
JULY 15 - 17

[esu.edu/camps](http://esu.edu/camps)

# DAY CAMP

# CAMP STAFF

# COST

# SWIMMING

JULY 15-17

This Day Camp is geared towards competitive swimmers from grades 9-12 who are interested in continuing their swimming careers at the collegiate level, and also want to perfect their techniques. The camp will include lectures on college visits and scholarships, nutrition and mental toughness.

The goal is to provide professional swimming instruction as well as preparing swimmers for their collegiate careers.

## GENERAL INFORMATION

- For competitive swimmers from grades 9-12
- Will provide information on college visits and scholarships, nutrition and mental toughness
- Focus on each stroke's drill and drill progressions
- Focus on dive and turn
- Individualized technique correction
- All-you-can-eat meals at campus dining hall



FAN YANG

## Swimming Head Coach

- First season at ESU
- 25 years of professional swimming and coaching experience
- 3 seasons as assistant coach at DI Lafayette, and has coached in Seattle, Los Angeles and Beijing
- Competed in China national championships and placed in butterfly and freestyle

## SKILL DEVELOPMENT CLASSES

SESSION 1: JUNE 22 - JULY 2

SESSION 2: JULY 6 - JULY 16

(Monday through Thursday, 4-5 p.m.)

This class is designed for children ages 6 and older, who already know at least one competitive stroke and are able to swim 25 yards without flotation devices. The class will focus on learning and developing four competitive strokes. Swimmers will learn through body balance and positions, drills and drill progressions, and correct format of techniques.

East Stroudsburg University of Pennsylvania is committed to equal opportunity for its students, employees and applicants. The university is committed to providing equal educational and employment rights to all persons without regard to race, color, sex, religion, national origin, age, disability, sexual orientation, gender identity or veteran's status. Each member of the university committee has a right to study and work in an environment free from any form of racial, ethnic and sexual discrimination including sexual harassment, sexual violence and sexual assault. (Further information, including contact information, can be found on the university's website at [esu.edu/titleix](http://esu.edu/titleix)).

In accordance with federal and state laws, the university will not tolerate discrimination. This policy is placed in this document in accordance with state and federal laws including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and the Civil Rights Act of 1991 as well as all applicable federal and state executive orders.



For more information, assistance or special accommodations, please call 570-422-3061.

Register Online at: [esu.edu/camps](http://esu.edu/camps)

## SKILL DEVELOPMENT CLASSES

\$90 for 8 lessons

Two weeks, Monday - Thursday, 4-5 p.m.

## DAY CAMP

\$220 for 3 days

Wednesday - Friday, 9 a.m. - 4:30 p.m.

Make Checks Payable to:  
**ESU WARRIOR SWIMMING CAMP**

Mail to: Office of Conference Services  
200 Prospect Street, E. Stroudsburg, PA 18301

## DEPOSIT/PAYMENT/CANCELLATIONS/REFUNDS

Please enclose a \$100 non-refundable deposit with your application for the day camp. Camp balance is due two weeks prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered.

All refund requests must be submitted in writing to the Office of Conference Services within 14 days of the last day of camp. No refunds will be issued to campers who were sent home for disciplinary reasons. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

Medical documentation may be required for refund. Please send refund requests to [conferences@esu.edu](mailto:conferences@esu.edu) with the name of your child and camp they participated in.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

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[fyang@esu.edu](mailto:fyang@esu.edu)  
570-422-3873

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Please print clearly in ink.

PARTICIPANT

ADDRESS

CITY/STATE/ZIP

HOME/CELL

EMERGENCY PHONE

EMAIL

GRADE ENTERING (FALL 2020)

AGE

DOB

SCHOOL/TEAM

COACH

POSITION

SELECT CAMP(S):

SKILL DEVELOPMENT CLASSES

DAY CAMP:

SESSION 1: 6/22 - 7/2

7/15 - 7/17

SESSION 2: 7/6 - 7/16

T-SHIRT SIZE:

S M L XL

(PLEASE CIRCLE ONE - DAY CAMP ONLY)

**\$100 NON-REFUNDABLE DEPOSIT MUST ACCOMPANY  
EACH REGISTRATION FORM FOR THE DAY CAMP**

MEDICAL INSURANCE INFORMATION:

COMPANY NAME

POLICY NUMBER

GROUP NUMBER

NAME OF PARENT/GUARDIAN

I hereby authorize the camp staff of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son's/daughter's attendance in ESU Warrior Sport Camp. I certify that he/she is in good health, and is able to participate in all camp activities. I understand that the camp staff, first responders, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature