



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN WITH A SPLASH OF CONFIDENCE

Swim Camp 2020 BEDELL FAMILY YMCA JULY 14 - 16

712-336-9622
WWW.OKOBOJIYMCA.COM

The Bedell YMCA Swim Camp is for ages 8 and above. This clinic is highly competitive. Those who wish to participate need to be able to swim a 50 freestyle continuously.

Training will focus on physical conditioning, superior stroke instruction, and analysis. The camp will be divided into two groups rotating as shown on the schedule below.

The camp is on a first come, first served basis. Early registration is recommended. Limit 15 swimmers.

FEE: \$170 (includes camp t-shirt)

CAMPERS MUST BRING THEIR OWN LUNCH DAILY

REGISTRATION DEADLINE:
July 1, 2020

DAILY ITINERARY

9:00 A.M. – 11:00 A.M. – Pool Session
11:00 A.M. – 2:00 P.M. – Lunch/Video Instruction/ Downtime
2:00 P.M. – 4:00 P.M. – Pool Session

*Times subject to change.



CAMP COACHES

UNIVERSITY OF NEBRASKA OMAHA
WOMEN'S HEAD SWIM COACH:
TODD SAMLAND



"Samland has been the UNO Women's Swimming and Diving Team Coach since the beginning of the program in 1997. Throughout the duration of the program Coach Samland has brought the Maverick team into national recognition. Through the Division II years (1997-2011), the team had been ranked Top Ten 8 times. Over that span 31 Mavericks earned All-American status. Of those All-Americans they crowned National Champions in two events – the 400 Free Relay and the 200 Backstroke (who also set a National Record). While a member of the North Central Conference the Mavs claimed runner-up status 8 times and were crowned Champions twice – seventeen individual champions (seven conference records) and twenty relay champions (5 records). In the Fall of 2011, Coach Samland and the UNO team embarked on a journey into the Division I waters. It is his goal to offer a quality program for swimmers and divers in the Midwest."

THINGS TO DO IN OKOBOJI

www.exploreokoboji.com
www.iowagreatlakes.com
www.vacationokoboji.com



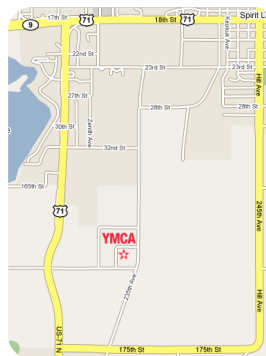
HOTEL INFORMATION

BRIDGES BAY
(2 water park passes included with stay)
(712) 332-2202
www.bridgesbayresort.com

OKOBOJI INN AND SUITES
(712) 338-4424
www.theokobojinn.com

SUPER 8
(712) 336-4901
www.super8.com/SpiritLakeIA

DIRECTIONS



The YMCA Aquatic Center is located on the East Side of the Bedell Family YMCA. Please visit our website: www.okobojimca.com

For more information, please contact Angie Gillespie at 712-336-9622 or angie.gillespie@okobojimca.com.

SWIM CAMP 2020 REGISTRATION FORM

| | | |
|--------------|---------------|-------------|
| NAME | | ADDRESS |
| CITY | STATE | PARENT NAME |
| PHONE NUMBER | EMAIL ADDRESS | |

TSHIRT SIZE (Please Circle) YOUTH: S M L XL ADULT: S M L XL AGE AS OF 6/1/2020: _____

I understand Bedell Family YMCA will not be held responsible for injuries resulting from participation. As the parent or legal guardian of the above named child, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well being of my dependent. As the parent or legal guardian I release and consent the use of any and all photographs taken of my dependent.

| | |
|---------------------------|------|
| PARENT/GUARDIAN SIGNATURE | DATE |
|---------------------------|------|

Please Send Registration Fee and Form to: Bedell Family YMCA | Attn: Bedell Swim Camp | 1900 41st Street | Spirit Lake, IA 51360
Make Checks Payable to: Bedell Family YMCA OR Register Online at www.okobojimca.com