

Registration Form

Name _____

Birthday _____ Gender _____

Parent (s) _____

Phone _____

Email _____

Address _____

Grade in School _____ Age _____

Resident Camper \$ 550

Commuter \$ 420

Deposit _____ Full Payment _____

Return form to:

Minnesota Diving Academy

3437 Fairfax Lane

Woodbury, MN 55129

Head Coach: *Wenbo Chen*



Head Coach of Minnesota Diving Team with Over 30 years coaching experience, 2 time Olympic Coach. Silver Medal Coach at 2012 London Olympic Games. 5 time Big Ten Coach of the year and 2 time NCAA Diving Coach of the year.

Assistant Coaches

All assistant coaches are well experienced. They are US Diving Safety Certified and coaching members of the US Diving Association.

Contact Us
Wenbo Chen
651-592-7460

Niu6177@gmail.com
3437 Fairfax Lane
Woodbury, MN 55129

www.mndivingacademy.com

University of

MINNESOTA DIVING 2017 Summer Camp



June 18 - 22, 2017

University of Minnesota

Aquatic Center

www.mndivingacademy.com

Facility



UMN Aquatic Center is one of the best diving facilities in the nation. It has an 18-foot deep diving Well; two 1-meter and 3-meter spring boards; 1,5,7.5 and 10 meter platforms; 2 trampoline beds; port-a-pit with apparatus; tumbling mats and mirrors; hot tub; and classroom with video equipments.

Room & Board

Resident campers are housed in double occupancy dormitories just minutes from the pool with live-in counselors. Meals are served at University dining facilities.

Entertainment

University campus areas have activities such as concerts and movies during the summer time. We will take campers to Mall of American for fun at a scheduled activity time.

Transportation

Campers can be picked up at the airport and transported to dorms. For more parking info visit <http://www1.umn.edu/pts/park/index.html>

What You'll Learn

Specific diving techniques for somersaulting and twisting in all directions; perfecting the hurdle; strength and conditioning and plyometric training, dry board belt work and tramp drills; goal setting and meet preparation; Wenbo will teach diving skills; meet Olympic divers.

Sample Schedule

- 8:00 am Wake up and Breakfast
- 9:30 am Workout Part 1
- 12:00 pm Lunch and Rest
- 2:00 pm Workout Part 2
- 4:30 pm Video analysis, lectures
- 5:30 pm Free time and dinner
- 6:30 pm Evening Activities
- 10:00 pm Lights out

All campers need to participate the orientation meeting held on the check-in day. Bring signed medical release form and waiver (will email to campers after the signing deadline or download online.)

Things to Bring

Towel, chamois, swim suits, workout clothes, (shorts and t-shirts), athletic shoes, bags and any other required diving equipment; casual clothing, waterproof jacket /umbrella. Money for snacks and activities.

All campers will receive a free Minnesota Diving Camp t-shirt.

Costs and Explanation

- * Camp is open to any and all.
- * Resident camper cost is \$550 including camp fee, housing, dining.
- * Commuter cost is \$420 including camp fee, and lunch.
- * Non-refundable guarantee: \$200 deposit to be paid when registering.
- * If you have special requirements, please contact us.
- * Application deadline: May 15, 2017.
- * Cancellation policy: forfeit deposit. No refunds after camp begins.
- * Full payment due date: June 1, 2017.
- * Campers need to be a registered US diving member.

Year-around Diving Club

We provide year-around diving training for divers at all levels. We have a Learn-to-dive program, JO program, Elite program and High School program.

Please visit www.mndivingacademy.com for more information or contact coach Wenbo!

Diving with Olympic Silver Medal

Coach Wenbo Chen!

Enjoy Diving! Enjoy Summer!

MDA Welcomes You!