

**Pace University Swimming & Diving Competitive Camps
Release & Authorization**

I, _____ (print name) in full recognition and appreciation of the dangers and hazards inherent in participation, hereby indicate my desire to have my children _____ (Print Names) participate in the Pace University Swim Lesson Program and use the equipment and facilities of the Ann & Alfred Goldstein Health, Fitness, and Recreation Center (Fitness Center) of Pace University (Pace or University), located on Pace's Pleasantville, New York Campus between _____ and _____ 200__. My child's (children's) participation in the Pace University Swimming Program and use of the Fitness Center's equipment is completely voluntary. Inconsideration for permitting my child (children) to participate in the Swim Lesson and being permitted to use the Fitness Center's equipment and facilities, I agree to the following:

1. To abide by all of Pace's applicable policies, rules, regulations and standards of conduct during and in connection with the of the Fitness Center, including but not limited to parking and security policies. I understand that violation of these policies, rules, regulations and standards may result in removal from the Fitness Center an the University's campuses, without refund of membership fees.
2. If I require an accommodation due to a disability and/or religious observances in order to fully use the Fitness Center's equipment and facilities, I will follow and/or have already followed) the proper procedures for assessment and approval of such accommodation by the necessary University parties as reasonable. Such approval of accommodations must be granted prior to my use of the Fitness Center's equipment and facilities. Except as I have confirmed to Pace in a writing attached to this Release, I have no medical or psychological condition that would preclude or limit my use of the Fitness Center's equipment or facilities or my participation in any programs offered by the Fitness center, and I am not taking any medications that would impair my ability to use the equipment or facilities or participate.
3. I authorize Pace, its employees, agents, and representatives to act on any attempt to safeguard and preserve the health and/or safety of _____ (print children's name) during use of the Fitness Center's equipment and facilities or participation in a program offered by the Fitness Center, including authorizing emergency medical treatment on my behalf and at my expense.
4. I agree for myself, my heirs and my personal representatives, to hold harmless, and forever release and discharge Pace and all its officers, agents, and employees from and against any and all claims, demands, actions or causes of action, on advent of damage to personal property, personal injury, or death which may result from my use of the Fitness Center's equipment and facilities and my participation in Fitness Center Programs and activities and incident thereto.
5. I acknowledge I have read this entire document and understand its terms.
6. This release shall be construed in accordance with, and governed by, the laws of the State of New York. Any litigation relating to this Release or the Event shall be conducted in a court of competent jurisdiction in the State of New York, County of New York.

(Print participant's name clearly)

(Signature- must be signed by parent or legal guardian) (Date)

Person to be notified in Case of an Emergency:

Name: _____ Relationship: _____

Phone: Home _____ Work: _____

Address: _____

Competitive Camp Staff



All competitive swim programs will be led by **Bill Natlo, Pace University's Head Coach of Men's and Women's Swimming & Diving.** Coach Natlo will be

assisted by members of his staff, and current and former athletes.

In just two seasons with the Setters swim program, Coach Natlo's athletes have rewritten the Pace record board over 50 times. Additionally, Coach Natlo has grown a young small team from 12 swimmers he inherited to a current 27 in just one full year of recruiting. Under Coach Natlo's guidance, the Setters have begun to experience success as a team, finishing 5th at their NE-10 Conference Championships in 2010, the highest placing EVER for the young squad. 2010 marked the first time Pace had an athlete achieve an NCAA qualifying time as well as "NE-10 Freshman of the Year".

In addition to his role at Pace, Coach Natlo is a lead coach with Empire Swimming, where he has been responsible for the development of athletes who have gone on to compete at the Junior and Senior National level, as well as at Division I, II and III National Championships.

Coach Natlo has achieved Level III Recognition from the American Swim Coaches Association (awarded to only 10-15% of coaches in the USA) and is a certified USA Swimming member coach.

Pace University Policies

Swim caps are required except for children under 18 months.

Street shoes are not allowed on deck.

Viewing is from observation area only

Facility usage restricted to Pace students & members.



**Spring/Summer 2010
Competitive
Swim Camps**

Spring 2010

"Summer Swimming Prep Camp"
(10 sessions)

Wednesdays & Fridays from 3:40pm to 4:10pm
May 19th through June 18th

Summer 2010

"Setters Swim Camp"

June 28th to July 1st
1:00pm to 4:45pm

For further information, please contact
Bill Natlo, Head Coach

914-773-3279
wnatlo@pace.edu

Summer Swimming Prep Camp

Camp Dates:

May 19th through June 18th

Camp Days and Times:

Wednesdays and Fridays / 3:40pm – 4:10pm
5 Weeks / Total of 10 sessions

Camp Cost:

\$275

Camp Instructor:

Pace University Head Coach Bill Natlo

Camp Description:

Are you getting ready for your summer swim team? Looking to improve your strokes, starts, turns and endurance prior to the summer season beginning? “Summer Swimming Prep Camp” will provide swimmers the opportunity to improve in these areas, giving them a jump start on their summer swim season and allowing them to swim with greater efficiency. Build endurance, learn/modify the four competitive strokes, improve starts and turns and more.

Over the course of 10 sessions, swimmers will feel stronger in the water, display more endurance and have cleaner, smoother strokes, starts and turns!

Stroke video analysis will be offered during 1-2 sessions, allowing swimmers to see themselves on video and more fully understand the corrections that can be made to produce more efficient swimming.

*Summer Prep Camp
Registration due by May 10, 2010.*

Setters Swim Camp

Camp Dates:

June 28th to July 1st

Camp Days and Times:

Monday through Thursday
1:00pm to 4:45pm daily

Camp Cost:

Camp Fees \$350
Video analysis \$50

Camp Director:

Pace University Head Coach Bill Natlo

Typical Daily Schedule:

1:00pm to 1:30pm	Drop-off / Check-in
1:30pm to 2:00pm	Dryland Activity
2:15pm to 3:45pm	Swim Session
4:00pm to 4:30pm	Discussion/Guest Speaker
4:45pm	Departure / Video Analysis

The Setter Swim Camp will feature focused and specific work and instruction, aimed at improving each swimmers overall competitive swimming ability. All four strokes will be covered, as well as the opportunity for videotaped stroke analysis.

In addition to swimming instruction the campers will learn about nutrition, motivation, goal setting, dryland training, and more. Guest speakers (to be announced) will discuss appropriate topics to enhance the campers overall experience and learning situation.

The “Setters Swim Camp” is appropriate for swimmers ages 8 & older who have competitive swimming backgrounds. The camp is not appropriate for those learning to swim.

*Setters Swim Camp
Registration due by June 1, 2010*

Registration: Separate registration required for each camper.

Please print clearly.

Registering for: Summer Prep Setters Camp

Camper Name _____

Age _____

Street Address

City _____

State _____ Zip _____

Phone (day) _____

Phone (eve) _____

Legible E-Mail _____

Summer Prep Camp: \$275
Setters Swim Camp: \$350
Setters Swim Camp w/ Video Analysis: \$400

Ways to register:

- 1) Online:** www.pacesettersathletics.com/aquatics
- 2) Mail in:** Pace University Swimming & Diving
Goldstein Fitness Center
861 Bedford Road
Pleasantville, NY 10570

Check # _____ Make payable to Pace University

- 3) Leave Form in Drop Box at Front Desk with check**

Check # _____ Make payable to Pace University

Note: All information on front and back of this form is required or registration will be returned unprocessed.