

## 2015 Navy Diving Camp

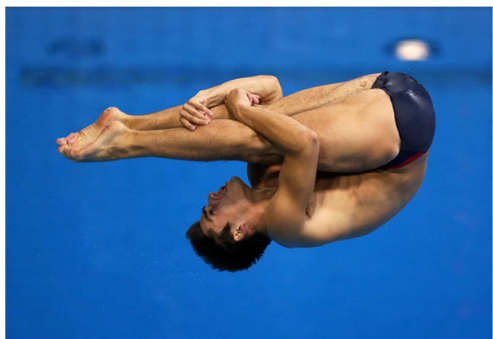
*Week 1= June 14- June 19*

*Week 2= June 21- June 26*

The Navy Diving Camp is led by the United States Naval Academy Head Diving Coach Rich MacDonald. Coach MacDonald, will be assisted by guest coaches who are or have been national level divers.

In addition to two daily diving sessions, campers will receive instruction on the importance of stretching routines and the fundamentals of the hurdle and back presses. We will review techniques used for ripping, twisting and somersaulting and the significance of doing dry-board/belt work in addition to trampoline skills/drills. Finally we will review daily video analysis. Throughout the sessions, there will be diving specific strength and conditioning.

Campers will be housed at Bancroft Hall, the largest dormitory in the U.S. and official housing of the United States Naval Academy. Eat like a King! All camp meals will be provided in King Hall, allowing campers to see how all 4,400 midshipmen dine during the academic school year. Camp counselors will supervise the campers at all times, including in the dorms. Various fun evening activities will be provided under the strict guidance of our staff counselors.



For Questions, call (410) 293-2970 or  
email (preferred) Navy Diving at:  
[rmacdon@usna.edu](mailto:rmacdon@usna.edu)  
[www.navysports.com](http://www.navysports.com)



# NAVY DIVING CAMP

## Medical Information

Applicants  
Name: \_\_\_\_\_

(Please print)

### Medical Treatment Authorization

I/We being the legal guardians of the above applicant authorize the Naval Academy Athletic Association, the specific camp and its agents, permission to request medical treatment as necessary to insure the well-being of the applicant.

\_\_\_\_\_  
(Parent or Guardian Signature)

\_\_\_\_\_  
(Date)

### Insurance

Coverage for accidental injury is required by all participants. Please complete the healthcare information below.

Health Insurance  
Carrier: \_\_\_\_\_

Policy  
Number: \_\_\_\_\_

I approve of my child's attendance at the Naval Academy Athletic Association Sports Camp and certify that s/he is in good health and able to participate in all activities. I (am/am not) attaching a statement explaining special physical limitations and/or required medication. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Naval Academy Athletic Association accepting this application. I/we hereby agree to save and indemnify and keep harmless the Naval Academy Athletic Association, its agents and employees against any and all liability, claims, judgments or demands for damages arriving as a result of injuries sustained by the applicant during or as a result of any course given the applicant by the Naval Academy Athletic Association. Furthermore, as the parent/ legal guardian for this child, I understand it is my responsibility to provide the Naval Academy Athletic Association with a COMPLETE AND VALID PHYSICAL EXAMINATION FOR THIS CAMPER PRIOR TO THE START OF CAMP.

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

# About the Camp Directors & Staff



## Rich MacDonald- Director/Head Coach

MacDonald began his first season as head diving coach of Navy's Men's and Women's Diving Teams this year. He arrived after having served as the head diving coach at The University of Virginia for the past four seasons. During his stay at Virginia his divers advanced to the NCAA Championship in each of the last two seasons. This was the highest finish in an event by a Virginia diver at the meet in school history. They were the first Virginia divers to have earned NCAA All-America recognition.

Additionally, a minimum of three Virginia divers qualified for the NCAA Zone Championship meet in each of his four years, with all nine of his divers advancing to the 2013 event. Virginia swept the men's and women's Atlantic Coast Conference swimming and diving team titles and recorded a combined seven top-20 showings in the final team standings at the respective NCAA Championship meets during MacDonald's four-year stint.

A 1997 graduate of Rhode Island, MacDonald began serving as the diving coach at his alma mater immediately upon his graduating from the school. He would coach a pair of conference champions and three NCAA Zone Championship meet qualifiers in his three seasons at Rhode Island.

MacDonald then became the first full-time diving coach in East Carolina history when he accepted the position in 2000. He guided at least one diver to the NCAA Zone Championship meet in all but one of his nine seasons at the school.

Additionally, MacDonald's divers broke every school diving record during his stint at the school. He saw eight of his diver's final in multiple events at the conference championship and he coached one of his athletes to the 2005 Conference USA Freshman Diver-of-the-Year award.

## Camp Staff

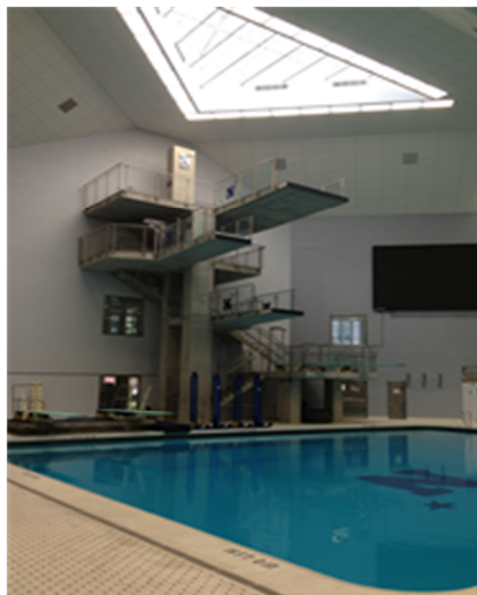
Each camp season, an enthusiastic and knowledgeable staff is put together. Staff members come from all over the United States with a variety of experience. Staff members are active in the diving community. All staff members are or have been successful collegiate divers.

## What to bring

Pillow, linens & blanket for single bed, pad lock, towel, swim suits, workout clothes (shorts and t-shirts), sneakers and any other required diving equipment, toiletries, alarm clock. Casual clothes are recommended for times away from the pool. Pocket money. All campers will receive a free Navy Diving Camp t-shirt!

## The Facilities

The diving well features two new 1 and 3-meter springboards, as well as a full set of 5, 7.5 and 10-meter platforms. The diving pool is 60-feet-by-52-feet with depths varying from 14-17 feet. There is a bubbler system under each level and a trampoline-dry land board port-a-pit apparatus located on the pool deck to assist in training. In addition, the diving well houses TiVo with large flat screen TV's on both the one meter and 3 meter sides.



## Sign-up Form

<b>Sign up for:</b>	<b>Price:</b>
<input type="checkbox"/> Week 1 Resident (June 14 -19)	\$ 595.00
<input type="checkbox"/> Week 1 Commuter (June 14-19)	\$ 495.00
<input type="checkbox"/> Week 2 Resident (June 21-26)	\$ 595.00
<input type="checkbox"/> Week 2 Commuter (June 21-26)	\$ 495.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ Grade (Fall15) \_\_\_\_\_

Email: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ T-Shirt Size: S/M/L/XL

### Method of Payment

(You must also check which session you will be attending above)

**Preferred-** Payment by credit card is accepted online ONLY at [www.NavySports.com](http://www.NavySports.com)

Amount \_\_\_\_\_  
Enclosed: \_\_\_\_\_  
Check #: \_\_\_\_\_

Please make all checks payable to Navy Diving Camp  
Naval Academy Athletic Association, NAVY diving Camp,  
566 Brownson Rd., Annapolis, MD 21402

### Payment:

No cash accepted. A non-refundable deposit of \$150.00 is due with registration. Deposits apply to final camp fee.

### Cancellations/ Refund Policy:

The \$150.00 deposit is non-refundable for any reason at any time. Cancellations prior to May 31st will receive a full refund minus the \$150.00 deposit. There are no refunds or credits of any portion of the camp fee after May 31<sup>st</sup> for reasons other than documented medical conditions. Cancellations must be in writing with appropriate documentation.

### Enrollment:

Resident camp is open to divers who are ten and older. Commuter camp is open to all divers who are nine years and older. Divers with at least one year of experience are welcome! NCAA rules do allow graduated seniors to attend.