**Quaker Swimming Staff**

**Mike Schnur** recently completed his 17th season as head coach at Penn of both the men’s and women’s swimming programs but has been involved with Penn swimming for over 25 years. Schnur has coached nine athletes to 19 Ivy League Champion titles and has had over 150 school records broken during his tenure. He has also coached 10 Olympic Trial qualifiers and 2016 NCAA National Champion (1,650 Free) Chris Swanson.

**Michael Schuber** recently completed his first season as an assistant coach at Penn after spending the 2015-16 season at NC State, where he helped coach the Wolfpack to an ACC Championship on the men’s side. Prior to his time in Raleigh, Schuber spent three seasons as the assistant swim coach and recruiting coordinator at Trinity University (Texas).

**Nikki Kett** has completed her second season as an assistant coach for the Quakers. Prior to Penn, Kett spent three seasons at Johns Hopkins in the same role. Kett helped the Blue Jays to a combined six top-eight NCAA Championship finishes during her time in Baltimore, including being named Women’s Assistant Coach of the Year by College Swimming and Diving in 2013.

**Facility**

Located inside the David Pottruck Health and Fitness center on the corner of 37th and Walnut Streets, Sheerr Pool has been the home of the Penn men’s and women’s swimming and diving programs since 1968. Sheerr Pool has hosted a number of Amateur Athletic Union events as well as being the site for intercollegiate meets and championships.

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**Quaker Swim Camp**

A Competitive Swim Camp for Boys and Girls Open to All, Ages 6-18

Learn to Swim Beginner Camp for Boys and Girls Open to All, Ages 6-10

**Session 1:** June 19th - 23rd
**Session 2:** June 26th - 30th
**Session 3:** July 10th - 14th
Camp Schedule

Session I: June 19-23
Session II: June 26-30
Session III: July 10-14

Each session runs Monday through Friday from 9 a.m. to 3 p.m. Campers should bring their lunch or money for lunch. They will eat at Houston Market, a food court on Penn’s Campus, located at 34th and Spruce Streets.

Campers will learn proper swimming technique and current skills from collegiate-level coaches and staff. Campers will train and complete conditioning workouts, as well as play games and get to know other campers. Campers will also listen to coaches and current collegiate swimmers talk about such topics as nutrition, cross-training, goals and motivation. Campers will receive a Quaker Swim Camp t-shirt and swim cap.

A Typical Day At Camp

9 a.m. .................................................... Roll Call
9:15-9:30 a.m. ................................... Stretching
9:30-11:15 a.m. .............................. Warm-up & Practice
11:15 a.m.-12:30 p.m. ... Lunch at Houston Market
12:30-12:45 p.m. ................. Games/Team-Building Activities
1:30-2:45 p.m. ....................... Video Taping & Stroke Technique Stations
2:30-3:00 p.m. ................. Swimming Group Discussion
3:00 p.m.............................................. Camp Ends

Fees & Information

• The fee is $450 per one week session for the competitive camp and $475 for the Learn to Swim beginner camp, which includes an official Quaker Swim Camp t-shirt, a swim cap and a personal DVD with comments and suggestions from the coaching staff.
• For two or more campers from the same family, the fee is $425 per camper.
• All registration fees are non-refundable.
• The Learn To Swim beginner program features a 4:1 swimmer to coach ratio.
• Campers in the competitive camp should be able to complete a 1.5 hour practice and finish a 200 freestyle (8 laps) without stopping.
• For more information, please contact:
  Mike Schnur - Head Swim Coach
  University of Pennsylvania
  235 South 33rd Street, Weightman Hall
  Philadelphia, PA 19104
  215-898-4495
  mschnur@pobox.upenn.edu

Parental Consent Form

Name: ________________________________
Address: ________________________________
City/State/Zip: ________________________________
Home Phone: ________________________________
Email: ________________________________
School: ________________________________
Grade in Fall: ________________________________ Age: ________________________________
Position: ________________________________
Name of coach: ________________________________
Name of parent/Legal guardian: ________________________________
Emergency telephone number: ________________________________

I certify that this registration fee has not been provided by a representative of Penn athletics interest (booster)

Signature of Parent/Legal Guardian:

Important: Please Read Carefully!

Release: I hereby request that you accept the application of [child’s name] to the 2017 Quaker Swim Camp during the date set forth in this application, and in consideration of your acceptance of the application, I hereby release the Quaker Swim Camp and the University of Pennsylvania, and all their trustees, officers, employees, and agents, from any and all liability or claim relating to any injuries that may be sustained by the camper while attending the 2017 Quaker Swim Camp or any and all claims which may hereafter be presented by or on behalf of the camper (minor child) relating to such injuries. Such released claims include claims for negligence, gross negligence, or recklessness.

Signature of Parent/Legal Guardian:

Important: Please Read Carefully!

Authorization for Medical Treatment and Release: In case of emergency or if any medical attention is required by my child, I hereby give my permission to the 2017 Quaker Swim Camp staff and/or Penn to secure medical treatment and to act on my behalf according to their best judgement, and I hereby release the Quaker Swim Camp and the University of Pennsylvania, and all their trustees, officers, employees, and agents, from any and all claims relating to exercise of such judgment.

Signature of Parent/Legal Guardian:

Registration Form

Camper’s Name: ________________________________
Address: ________________________________
City: __________________ State: ______ Zip: ______
Phone: __________________ Age at Camp: ______
Best Stroke: ______ Number of years swimming: ______
How did you hear about camp? ________________________________

*IF YOU WOULD LIKE TO RECEIVE CONFIRMATION THAT YOUR REGISTRATION FORM AND FEE WERE RECEIVED, PLEASE INCLUDE AN E-MAIL ADDRESS: ________________________________

Circle Desired Camp
Competitive Swim Camp Learn to Swim Beginner Camp

Circle Desired Session
Session I (June 19-23) ______ Session II (June 26-30) ______
Session III (July 10-14) ______

T-Shirt Size Circle One:
Child S M L XL
Adult S M L XL

• Payment is due upon registration
• $25 fee will be charged for all returned checks

Please make check payable to: Quaker Swim Camp
Mail To:
Mike Schnur - Head Swim Coach
University of Pennsylvania
235 South 33rd Street, Weightman Hall
Philadelphia, PA 19104