

RESIDENTIAL CAMPER

To participate in the residential camp, the camper must be a female going into their sophomore year in high school.

Campers will have the opportunity to stay overnight at the Scott Village housing facilities on south campus. Participants will be provided with all meals. Breakfast and Dinner will be all-you-can-eat buffet style in the Scott Hall cafeteria. Shuttle buses will offer free transportation to and from the natatorium. Counselors will monitor the campers under 24-hour supervision. DVD player and game room activities will amuse swimmers before lights out at 10:00 pm.

*Room changes can be made upon extenuating circumstances.

Don't Forget to Pack . . .

- ✓ Bedding, Pillow, Towels
- ✓ Swim Gear, Padlock, more Towels
- ✓ Running Shoes
- ✓ Free Time Entertainment
Frisbee, Cards, Movies, Books, Headphones, etc.
- ✓ Spending Money for a movie

Money can be checked into the counselor.

Tell Your Friends!
Only 24 campers will be lucky enough to attend!

COMMUTER CAMPER

To participate in the commuter camp, the camper must be a female going into their sophomore year in high school.

Enjoy 3 chlorinated days of intense training at the UNO Natatorium from Wednesday, August 6th through Friday, August 8th. During the three days the campers will start each camp day with a 2 hour practice at 9:00am. Lunch will be provided and the campers can be picked up from training at 5:30 pm.

Memorabilia Stuff

Each Camper will receive:

- ❖ Swim Cap
- ❖ Camp T-Shirt



Contact the Coaches

Todd Samland
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(402) 554-2346
Jessica Hessel
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REGISTRATION

CLASS OF 2015

Only open to class of 2015 until:
April 30th

CLASS OF 2016

Only open to class of 2015 & 2016 until:
May 31st

CLASS OF 2017

Camp is open to class of 2015-2017

COST OF CAMP

EARLY BIRD REGISTRATION

July 11th

- Commuter \$225
- Residential \$325

RACING CAMP REGISTRATION

ENTRY DEADLINE:

July 23rd

- Commuter \$250
- Residential \$350

Registration includes a
\$50 non-refundable deposit.

Total payment due by August 1st

Checks can be payable to:
Maverick Swim Camp

Detach Registration Form and Mail to:
Maverick Swim Camp
6001 Dodge
Omaha, NE 68182

CAMP REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Age: _____

e-mail: _____

Family Insurance Company: _____

Policy Number: _____

Emergency Contact: _____

T-Shirt Size:

Small Medium Large X-Large

Camp Selection: Commuter or Residential

Parent's Agreement and Release Form

I, _____, as legal guardian of _____, authorize this child to participate in all activities, as outlined in the foregoing brochure, related to the 2014 Maverick Swimming Racing Camp. By signing this document, I agree to release the Maverick Swimming Racing Camp and the University of Nebraska Board of Regents and their employees or agents, from any and all claims and liability for injuries, including death, sustained by this child while participating in or as a result of participation in the 2014 Maverick Swimming Racing Camp. In case of an accident, this child is covered by medical insurance. Written verification of such insurance will be supplied upon request of a representative of the Maverick Swimming Racing Camp. In the event of an emergency, this child may be give care and transportation, and I will be responsible for any and all costs associated with such care or transportation. I grant permission to the Maverick Swimming Racing Camp to use photographs of my child for advertising, publicity, and promotional purposes.

Parent/ Guardian Signature _____

Date: _____

Applicant Signature: _____

Date: _____

MAVERICK SWIMMING

Women's Elite High School Training Camp

August 6th - 8th

Short Course
25-yard
Training
Experience!

Welcome to Maverick Swimming

Elite High School Training Camp Female Athletes Only!

This camp aims to give *elite high school swimmers* an opportunity to experience what college swimming is all about. During the three days athletes will swim 2 times a day, participate in dryland training, and have classroom time with Coach Samland and Coach Hessel. All campers will have 100% direct access to ask questions for coaches and current UNO swimmers on any topic they desire! Campers will have a better understanding of what being a college athlete is all about by the end of camp.

- **Short Course Workouts (25-yard)**
Campers will have high intensity workouts as well as individual stroke work during practices.
- **Classroom**
Campers will discuss mental toughness, race strategy, and goal setting to increase swimming IQ.
- **Becoming a Faster Swimmer**
Campers will learn new drills and skills to help them be more efficient in the water.
- **Strengthening and Conditioning**
Dryland exercises will accompany running, stairs, and Pilates/yoga.



MEET THE COACHES

Coach Todd Samland has many years of experience on the pool deck. Prior to coaching collegiate athletes, for 16 years, Todd was the head coach for the Maverick Masters swim program. Samland has been the UNO Women's Swimming and Diving Team coach since the program began in 1997. Coach Samland has brought the Maverick team into national recognition. Competing at the Division II level (1997-2011), the team was ranked Top Ten 8 times. Over that span, 31 Mavericks earned All-American status, we crowned two National Champions – the 400 Free Relay in 2008 and the 200 Backstroke in 2002 (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, with seventeen individual champions (seven conference records) and twenty relay champions (five records).

In the Fall of 2011, Coach Samland and the UNO team, embarked on a journey into the Division I waters. 2012-2013 was their first stab at a Division I Conference Championship. The Mavericks placed third at the Summit League Championships, just 4.5 points away from 2nd. In the second year at the Summit League Championships the Mavericks crowned their first conference champion with Colorado native Morgan Stepp winning the 200 fly! Our next goal is to get a B cut qualifier of Division I nationals and offer a quality program for swimmers and divers from the Midwest.

Coach Jessica Hessel is the assistant coach for the men's and women's team at Truman State University. Jessica swam for the UNO Mavericks from 2004-2008 and was part of the NCAA champion 400 relay team. She started her coaching career while in Omaha with Millard Aquatic Club and Millard South High School. 2010-2012 Hessel coached at Henderson State University in Arkadelphia, AR. In her four years as a DII coach she has had 24 national qualifiers, 11 All-Americans, 16 Honorable Mention All-Americans, 3 World Champion Qualifiers (Zimbabwe) and a U.S. Olympic Trial Qualifier. Hessel's women's team finished 2nd this year at conference while the men finished 6th. Truman returns to the 2014-2015 season with a strong incoming class and looks to improve from last season.