

TEXAS SWIMMING



2019 TECHNIQUE CLINIC INFORMATION PACKET

© 2019 Longhorns Swim Camp

WELCOME

Welcome to the 2018 Texas Swimming Technique Clinic! On behalf of head coach Carol Capitani, associate head coach Roric Fink, and the UT women's swimming team, we wish to welcome you to the University of Texas at Austin. We are excited to have you attend, and know you will come away more excited than ever about your swimming! The clinic is intended to help you learn new "skills and drills," refresh your technique, and supplement your club, high school, or summer league program. This packet contains important clinic information, and will answer many questions that may come up prior to your arrival. Please read it carefully!

If you have any questions prior to November 24, please contact Jon Alter, Clinic Director. We hope you are excited about being in the BEST swimming environment in the nation! Enjoy the top-notch coaches and athletes, world-class UT facilities, and the experience you will have! We look forward to seeing you. Hook 'Em Horns!

CONTACT INFORMATION

Jon Alter
Clinic Director

Phone: (512) 475-8652
Fax: (512) 232-1273
E-mail: Longhornswimcamp@athletics.utexas.edu

Mailing Address

Please check the address below to make sure your paperwork (if applicable) gets to the right place:

Standard USPS mail:

Longhorns Swim Camp | Texas Athletics | P.O. Box 7399 | Austin, TX 78713-7399

Overnight Mail / Deliveries using FedEx, UPS, DHL:

**Longhorns Swim Camp | The University of Texas at Austin | Texas Athletics |
2139 San Jacinto Blvd. | RMRZ Room206B | Austin, TX 78712**

SCHEDULE

NOTE: The Texas Swimming Center will not open until 8:45 a.m. for check in.

9 a.m.	Check in & registration at The Lee & Joe Jamail Texas Swimming Center
10 a.m. – Noon	Pool Session #1
Noon – 1 p.m.	Lunch; Q&A with UT swimmers & coaches
1 – 3 p.m.	Pool Session #2
3 – 3:15 p.m.	Break/snack
3:15 – 3:45 p.m.	Starts
3:45 – 4 p.m.	Clinic wrap up
4 p.m.:	Clinic closes

ONLINE CAMP ACCOUNT

ALL clinic attendees have an online Active.com camp account created if this is the first time registering with the clinic or the Longhorns Swim Camp. Your online account allows you to print statements for flexible spending accounts/tax purposes, check your medical forms status, and update your camper information.

To access your account:

1. Go to www.longhornswimcamp.com
2. Click “Account Log In” located at the top right of the page.
3. Enter your username (e-mail address used during registration) and password (case sensitive). If you do not remember your password, click “Forgot your password” and follow the steps to reset it.

Update camper information (contact information, etc.):

1. Log in to your account.
2. Edit your camper’s registration form.

FEES & PAYMENTS

ALL clinic fees and completed forms must be paid and submitted to guarantee space. Clinic fee includes coaching, facility use, clinic t-shirt, swim cap, and lunch. Payments must be made by credit card only.

Cash CANNOT be accepted at any time.

CANCELLATIONS & REFUNDS

Please direct all questions regarding the payment of fees, clinic policies, and information to Jon Alter at (512) 475-8652 or longhornswimcamp@athletics.utexas.edu.

Cancellations after October 31, 2019 will receive a full refund of camp fees less a \$50 administrative fee. There will be no refunds for any portion of the camp fee after November 8, 2019 for reasons other than documented medical conditions. There are no refunds for a “no show.” There are no refunds if a camper leaves early or is sent home for disciplinary reasons.

Medical cancellations have 5 days from the date of notification to provide a physician’s excuse to the camp. Medical refunds will still have the \$50 administrative fee deducted from their refund amount.

Cancellations meeting the refund policy will have their credit card refunded.

As a courtesy, please notify the clinic director immediately if you are unable to attend.

CHECK IN: Sunday, November 24, 2019; 9 a.m.

Check in will take place at the main entrance of the Lee & Joe Jamail Texas Swimming Center, located at the corner of Trinity and Martin Luther King Blvd. Enter the swim center thru either the “Athlete Entrance” shown on page 5, or the street entrance on MLK Blvd. directly across from the Trinity Parking Garage.

Check out <http://www.tsc.utexas.edu> for maps and directions. Map also provided on page 5.

Swimmers will pick up their clinic t-shirt and cap at check in. Please note that the pool deck area will not open until 9:30 a.m. Attendees checking in prior to 9:30 will be required to wait in the spectator seating area until the pool deck opens.

TRANSPORTATION

Clinic attendees are responsible for ALL transportation (air and ground) to/from the clinic. Austin-Bergstrom International Airport is the Austin airport.

WHAT TO BRING: EQUIPMENT & APPAREL

The Clinic and the Jamail Texas Swimming Center assume no responsibility for lost or stolen items. Please leave expensive/sentimental items at home.

Training equipment such as fins, kickboards, paddles, snorkels, etc. are not needed. Swimmers should bring a swim bag for their belongings. All bags will be brought out on deck and stored in the bleacher area.

ITEMS to BRING

1-2 SWIMSUITS

1-2 TOWELS

GOGGLES

SWIM BAG/BACKPACK

WATER BOTTLE

CAPS (if worn)

Sweatshirt/pants (the pool deck can get chilly)

(Optional) Plain, white cap with swimmer's name in large block letters (if worn).

Printing the camper's first name or nick name on a plain, white swim cap in large (3"-4"), black, waterproof, block letters on both sides helps us identify people in the water, and to get to know them faster, but is optional. *Participants are not required to wear a cap.*

We ask that cell phones be left at home or with parents in the stands. They have no place on deck, and we do not want to see them. The Clinic assumes no responsibility for lost/damaged phones. We reserve the right to confiscate phones until the end of the clinic if they are acting as a distraction. Thank you in advance for your cooperation.

PARKING AT THE UNIVERSITY OF TEXAS AT AUSTIN

- There is **NO** free parking on the University of Texas campus at any time.
- Interactive maps available at: <http://www.longhornswimcamp.com/maps.html>
- The University of Texas requires a UT parking permit **AT ALL TIMES** (including weekends) for parking on campus.
- If you park on campus without a permit at **ANY** time, you will be ticketed and possibly towed. Please observe posted signs carefully. The Camp cannot help with any parking citations from University Parking and Transportation Services or the City of Austin. Please see the map to the Texas Swimming Center (TSC) below. Campus maps may be found online at: www.utexas.edu/maps. Parking information and visitor maps can be found at the UT Parking and Transportation Web site: <http://www.utexas.edu/parking/>

Parking to observe camp sessions at the Texas Swim Center is available at the Trinity parking garage (TRG – see map) located at the corner of Martin Luther King, Jr. Boulevard (MLK), and Trinity (directly across from the Swim Center). *This is the best way to observe clinic sessions and avoid parking citations.* There are also parking meter spaces located on Trinity and San Jacinto south of MLK, as well as state parking lots and garages (which are typically free on Sundays) – but always check posted signs to be sure.



REQUIRED MEDICAL FORMS

Due by NOVEMBER 20, 2019

You will receive an e-mail confirming receipt of your forms, and if anything is needed to complete them.

- These forms are intended to ensure the camper has the best experience possible, and allow the camp staff to provide immediate and appropriate care.
- **Medical forms can now be electronically completed, signed, and submitted thru DocuSign, a secure document handler extensively used by The University of Texas.**
- **Campers will not be allowed to check in & participate unless ALL forms are complete and on file with the CLINIC PRIOR TO ARRIVAL.**
- **Completed forms and payment of fees must be received to guarantee clinic space. Final payment of fees and completed forms hold your initial reservation.**

MEDICAL HISTORY, MEDICATIONS and MEDICAL CARE

The Clinic is able to dispense medications (prescription or over-the-counter) to your child if it is necessary during camp if we have the appropriate paperwork. OTC medications include prescription medications such as antibiotics and asthma inhalers in addition to over-the-counter medications such as Tylenol, Advil, vitamins, and homeopathic remedies. However, before any medication is dispensed, we must have the following information from you:

- A completed Permission to Dispense section of the required medical forms.
- Deliver all medications to the athletic trainer the first day of camp in the original prescription bottle or in clearly marked containers which include the camper's name, medication, dosage and time of day medication is to be given. Zip-loc bags work great to keep all medications together. Please mark the outside of the bag with the camper's name.
- Verbally communicate with the athletic trainer regarding specific instructions for dispensing medication during the first day of camp.
- If the camp athletic trainer will help in dispensing medications, they will arrange times to help administer to the camper.
- **The "PERMISSION TO DISPENSE" allows the camp staff to dispense listed prescription and approved over the counter medications to the camper while at camp. Even if the camper is currently not on any prescriptions or taking any OTC medications – please sign this form in the event they must get a prescription or need OTC meds while at camp.**

This form is also used to list any medications your camper will keep and self-dispense while at camp. This includes ALL medications, including inhalers and epi-pens.

Inhalers should be brought on deck during all training sessions, and be kept with campers at all times.

Campers with epi-pens should always have one in their swim bag.

The Camp will always call parents to notify them of any medical condition, health concerns, permission for physician's visits, OTC medications, emergency situations, and consultation.

In order for your child to carry and self-administer medication during camp, you must affirm and agree that:

1. Your child has been instructed in the proper use of the medication and is physically, mentally, and behaviorally capable of administering the medication on his/her own without camp personnel supervision.
2. Your child has an adequate supply of the medication for the duration of the camp and has the ability to properly store and secure the medication.
3. Your child will use the medication only as prescribed by a physician and/or according to dosage instructions and will not share or otherwise provide medication to any other camper.
4. Your child understands and agrees that failure to abide by this agreement constitutes a violation of camp rules that will result in disciplinary action, up to and including removal from camp.

Medical treatment is provided by Texas Sports and Family Medicine (TSFM), or MedSpring Urgent Care. Providers do charge an office visit fee, plus charges for any procedures. You and/or your insurance will be billed for services provided. DELL Children's, Seton, or St. David's Hospitals will handle emergency and after-hours medical conditions. If your camper needs a prescription filled, we will attempt to use your insurance first, but must have a copy of your insurance card. If your camper must use their spending

money to have it filled, they should bring a receipt back to you for insurance purposes. If neither of the above works, the camp will pay for your camper's prescription, and bill you for reimbursement.

We take the care and well-being of your child very seriously! Please be as candid as possible with the camp regarding medical, physical, or psychological history which may restrict the camper or require special handling. We have managed campers with serious chronic problems without incident because we were aware of the situation. Please help us to help your child have a great experience.

REMEMBER:

- **CLINIC PARTICIPANTS WILL NOT BE ALLOWED TO CHECK IN OR PARTICIPATE IN ANY CLINIC ACTIVITY UNTIL ALL CLINIC FORMS ARE RECEIVED AND COMPLETE.**
- **CAREFULLY COMPLETE REQUIRED FORMS. ONCE SIGNED AND SUBMITTED, THEY CANNOT BE MODIFIED, AND ANY CHANGES MUST GO THRU THE CAMP OFFICE. WE WILL SEND YOU A NEW FORM(S) TO RESUBMIT FOR NEW OR OMITTED INFORMATION.**
- **CHECK THE FORM STATUS SECTION IN YOUR ONLINE ACCOUNT TO VERIFY RECEIPT OF PAPERWORK.**
- **CELL PHONES SHOULD BE LEFT AT HOME OR WITH PARENTS. THEY SHOULD NOT BE ON DECK AT ANY TIME.**