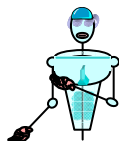


Fluid Mechanics Swim Camp

East Stroudsburg University

Make sure your child has eaten before registration – their next meal will be dinner.

Registration opens at 11:15am, please do not disrupt our consultants prior to 11:15am as they are busy preparing for registration. They will be glad to assist you with your questions after they have completed their setup.



Registration Desk...

- Check-in at the registration desk.
- Make sure all paperwork is complete.
- Any special arrangements for pick up should be made at this time.

Pick-up Policy:

If campers are to be released to persons other than those designated at check-in written authorization is required at this time.

- Any special arrangements for parents to view activities should be arranged at this time

Sales Desk...

Upgrades

- Upgrade to *Personal Package, Analysis Package, or Deluxe Package upgrades and add on Video Stroke Clinics.*
- If you are requesting a Video Stroke Clinic on any topic other than one of the four basic strokes, alert our consultants.
- Pick up all additional items needed at the sales desk.
(Each swimmer must have their own Technique Workbook and highlighters)

Accommodations Desk...

- Pick up your room assignments, keys and meal cards at the accommodations desk.
- A key/meal card deposit may be required at registration.
(Lost keys/meal cards or room damage will result in a charge)

Medical Desk...

- Make sure that all paperwork is properly completed.
- Make necessary adjustments to update your medical forms.
- All medications, with the exception of inhalers and vitamins, are to be turned in to and administered by the camp medical supervisor. Make sure that proper instructions are given to our medical director.



DO NOT ALLOW ANY CAMPER IN YOUR CAR THAT YOU DID NOT BRING TO CAMP.

Situating Rooms...

Please escort your camper to their dormitory and assist them in getting situated in their room. You will find a tag with your swimmers name on the designated room. (Roommates may have made arrangements prior to camp to have a late arrival – don't be concerned if your swimmers roommate has not yet arrived)

After Situating...

Swimmers should be wearing their suit, and will need their swim cap (if applicable), swim bag, goggles, plastic water bottle, sweats, sneakers, towel, information packet, room key and meal card.

Videotaping...

Please escort your swimmer back to the pool area located in Keohler Field House for videotaping immediately after their room has been situated.

Parents Meeting...

12:30-1:00pm - There will be a parents orientation session in the Keohler Field House on the second floor in the classroom. This meeting will inform you of the program your children are about to experience and answer any questions you may have.

Spectators...

On the first day spectators are allowed to remain on campus until 5:00pm, after that time we ask parents to depart from campus so that we may allow the campers to get oriented.

During our camp spectators are welcome to view daily activities. However, Fluid Mechanics requires any person that has the potential to come in contact with campers to identify themselves and make prior arrangements to be on-site. Spectators must remain with the group at all times while on campus.

At no time may any person remove a camper for any reason without the prior consent of Fluid Mechanics while they are under our supervision. Doing so constitutes a severe breach of regulations.

Family Activities...

Family members may opt to dine with their camper at any meal for a nominal fee. Speak with our staff and they will be glad to make arrangements for you.



Birds of Prey...

The Delaware Valley Raptor Center presents its "Birds of Prey Program" on Wed June 30 at 8:00pm. This incredible documentary style program featuring live eagles, owls, hawks and falcons will be sure to leave an impression on all who attend. If you are interested in attending this complimentary program speak with a consultant.

(Approximately 1 hour in length.)



Make Sure Your Camper Has All Of Their Necessities...

Dorms:

- ❖ Soap
- ❖ Shampoo
- ❖ Toothbrush & toothpaste
- ❖ Medicines
- ❖ Pillow
- ❖ Bed linens for single bed
- ❖ Cellular telephone
(due to availability public telephone usage at camp is limited)
- ❖ Alarm clock
- ❖ Fan



Pool

- ❖ Suits
- ❖ 2 swim caps (if applicable)
- ❖ Swim bag
- ❖ 2 pairs of goggles
- ❖ Plastic water bottle
- ❖ TQ Workshop Kit (*11 Day & 5 Day Advanced only*)
- ❖ Flippers
- ❖ Pull buoy
- ❖ Kickboard
- ❖ Sweats
- ❖ Sneakers
- ❖ 2 or 3 Towels



Other

- ❖ TQ200 Technique Workbook
- ❖ Liquid Lou Control Painter
- ❖ ES111 Energy Systems Training Guide
- ❖ A positive attitude
- ❖ NO REFRIDGERATORS
- ❖ NO ELECTRONIC APPLIANCES
- ❖ NO GLASS CONTAINERS
- ❖ minimal spending money - **less than \$20 in small bills or change recommended**
- ❖ Any other necessities



Pick up...

Facilities require all camp related persons to vacate the premises immediately after check-out. Please be sure to pick up your camper during the times specified for check-out.

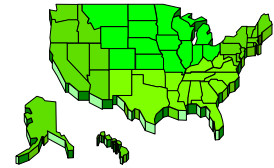
Check-out:

Located in Keohler Field House (see campus map)

7 Day	Sat Jul 3 11:00 AM - 12:00 PM
5 Day Advanced	Sat Jul 3 11:00 AM - 12:00 PM
7 Day Advanced	Sat Jul 3 11:00 AM - 12:00 PM

Directions to ESU

Koehler Field House
East Stroudsburg, PA 18301
(570) 422-3063



From the NJ/NY

- Take Rt. 80 West into Pennsylvania to exit 308
- Bear Right at end of exit ramp
- Turn Right at Texaco Station
- Pass hospital on left and take first Left after tennis courts – Smith St.
- Pass Keohler Field House is first building on Left and turn left onto Normal St.
- Shawnee Hall is large residence hall on left
- See campus map on reverse side

From the South of Philadelphia

- Take Rt. 95 North to 476
- Take 476 to North East Extension of PA Turnpike
- Take North East Extension to exit 35 - Rt. 80 East
- Take Rt. 80 East to exit 308
- Bear Right at end of exit ramp
- Turn Right at Texaco Station
- Pass hospital on left and take first Left after tennis courts – Smith St.
- Pass Keohler Field House is first building on Left and turn left onto Normal St.
- Shawnee Hall is large residence hall on left
- See campus map on reverse side

Contact During Camp...

As our consultants are hard at work during the camp it is sometimes difficult to contact our staff during the daily hours.

Our staff is only able to return calls late in the evening as they are focusing their attention on the campers – it can be as late as 11:30pm. If you need to contact us please contact our main office at (800) 266-5179. If an *extreme* emergency arises please contact Campus Police at (570) 422-3063 and they will attempt to reach a staff member.

Home Sickness...

Should your child encounter home sickness while they are away at camp, Fluid Mechanics consultants are trained to assist them. It is in your child's best interest not to remove them from camp. Removing them from camp does a great disservice to the child as it makes it significantly harder for them to go away in the future. No refunds are given for early removal.



Fluid Mechanics, Inc.

PO Box 20862

Lehigh Valley, PA 18002

Phone (610) 837-9999 Fax (610) 837-2668

e-mail: swim@fluidmechanics.net

website: www.fluidmechanics.net

East Stroudsburg University

Koehler Fieldhouse
East Stroudsburg, PA 18301
(570) 422-3063

Campus Map



1 Koehler Field House Pool



Directions to Apartments
Problems finding your way?
Call (570) 422-3063

From the Koehler Field House to the Apartments:

Follow Interstate 87 West from the Tappan Zee Bridge to Interstate 287 South. Follow I-287 South to I-80 West. Follow I-80 West to the toll bridge at the Delaware River, which serves as the border between New Jersey and Pennsylvania. Continue on I-80 West for about 3 miles and take Exit 308, the East Stroudsburg exit. When you reach the end of the exit ramp, make a right onto Prospect Street. Turn right at Texaco station. Pass hospital on left and take first left after tennis courts on Smith Street. Koehler Fieldhouse is the first building on your left.

2 University Apartments Housing

