



About Coach Phil Hoffmann

Phil Hoffmann, a 2007 Ohio State graduate, joined Illinois State University as Head Diving Coach during the 2007-08 school year. Hoffmann is a Bloomington-Normal native and a former Illinois State student assistant coach from 1999-2004. Prior to his coaching career at ISU, Coach Hoffmann worked with top junior and senior level divers at the U.S. Elite Diving Academy and the Ohio State University as well as the Texas Longhorn Diving Camp. During Coach Hoffmann's first season at ISU he had a conference champion and 8 top eight finishers in the MVC Conference Championship. During the 2012 season Hoffmann had a conference champion on both the 1 meter and 3 meter boards. In 2009, 2010 and 2012 he had a NCAA Zone Qualifier. He was named Coach of the Year in 2008 and 2012 for his accomplishments. He is a safety certified U.S. diving Coach and has extensive water and dryland training experience. This includes proficiency at safety harness spotting over water and land.

Current and former Illinois State divers will assist Coach Hoffmann as needed.

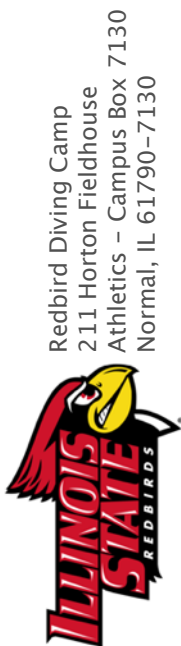
For additional information contact:

Phil Hoffmann
309-287-1866
redbirddiving@gmail.com

Illinois State University camps and clinics are open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender.)

Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and university policy and will not be tolerated.

If you need a special accommodation to fully participate in this activity or require special dietary needs, please contact Laurie Retzer, ISU Diving at 309-438-3633. Please allow sufficient time to arrange the accommodation.



Redbird Diving Camp 2013

All Ages Camp

June 17-19

(open to all skill levels, 8-18 yrs of age)

High School Camp

June 24-27

(open to incoming Freshman and older)



Registration – Please fill out completely

Name _____

Parent/Guardian Name _____

Mailing Address _____

City, State and Zip Code _____

(_____) _____
Phone Number (include area code)

School Attending in Fall 2012 _____

E-mail _____

Grade in School this Fall: _____ Age: _____

T-shirt Size (circle size)
(adult size) S M L XL
(youth size) S M L

Deposit: \$50 cash
Check # _____

Session(s) Attending:

- All Ages Camp:** (June 17-19)
- High School Camp:** (June 24-27)
- Both Camps**

Please make checks payable to:
Redbird Diving

Return to:
Phil Hoffmann, Diving Coach
REDBIRD DIVING CAMP
Campus Box 7130
Normal, IL 61790-7130

Redbird Diving Camp

All Ages Camp: June 17-19 High School Camp: June 24-27

Cost: All Ages Camp \$130 ****EARLY BIRD DISCOUNT****
 High School Camp \$160 **Register before May 10 for a \$15 discount!**
 Both Camps \$275

Non-refundable deposit due with registration, \$50 Remaining balance due at camp check-in.
MAKE CHECKS PAYABLE to: Redbird Diving



What's Included: Daily Instruction Camp T-shirt Camp Insurance

What to Bring: T-shirt Shorts Swimsuit Towel Shammy (optional)

Camp Schedule:

*8:15 a.m.	Check-in (*first day of camp only)
8:30 a.m.	Arrive at Horton Pool
8:45—9:30 a.m.	Dryland Training/Video Analysis
9:30—9:45 a.m.	Dress for Water Training
9:45—12:00 p.m.	Water Training
*11:00-12:00 p.m.	Exposition of skills and Pizza Party (*last day of camp only)
12:00 p.m.	Dismissal—Parents pick up child at pool

Facilities: Camp will be held at Horton Pool (located at the west end of the Horton complex) on the campus of Illinois State University. The facility includes (2) 1 Meter Boards (with spotting harness), (1) 3 Meter Board, (1) Dryboard (with spotting harness), (1) Trampoline (with spotting harness), and TiVo Video Equipment for video analysis.

Directions: From I-55, take exit 165, US 51-South Main St., south to College Ave. From I-39, exit I-55 east, and the first exit is 165. From I-74, follow I-55 North to exit 165. From the airport, turn left on Empire (Rt. 9) for approximately two miles, right on Veteran's Parkway for approximately four miles, left on College Ave., for approximately six miles.
Make a right on the road just past Redbird Arena. Horton Pool will be on the right side, north of Redbird Arena.

Parking in front of Horton is available for \$5 a day and payment can be made at registration or free street parking is also available nearby.

Camp Objectives:

- Teach the basics of diving in a safe and educational environment.
- Help divers with previous diving experience to improve their skills.
- Dryland training with diving specific skills and instruction.
- Have fun and learn new "tricks".

What makes Redbird Diving Camp a safe and educational environment?
 Spotting equipment (belts with safety harness) over 1 meter board and trampoline. This equipment gives the diver the necessary tools to attempt new dives or new skills in a completely safe environment.

TiVo Video Equipment — this equipment is used to give the divers instant video feedback during the practice session. Individual video of divers will be taken during camp to help divers visualize their skills and what improvements can be made. The video will be analyzed with Coach Hoffmann.

Camp Conduct: Any action(s) deemed detrimental to the safety and health of oneself or another individual or the destruction of property will result in immediate dismissal from camp with no refund.