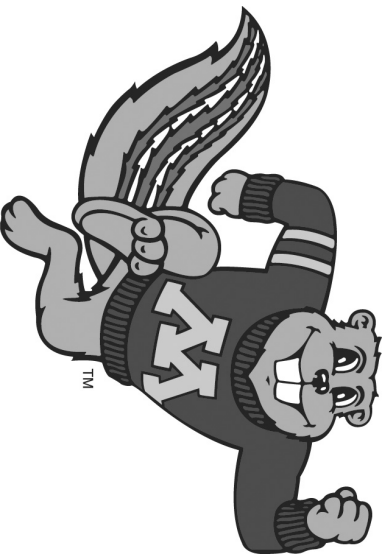


## Snorkel Option

We at the Minnesota Swim Camps believe foremost in good technique and fundamentals. We would like to utilize one of the finest technique products available, the front-mounted snorkel. The timing of the breath and the twisting of the body while taking a breath are both distracting and destructive when learning proper body balance. By using the front-mounted snorkel during a series of drills, the swimmer is free to focus on specific rehearsal points. The snorkel is highly recommended at camp, but optional. Campers with snorkels will utilize them during both technique and training sessions. Swimmers without snorkels will complete the same drills breathing to the side. *If you are interested in purchasing a snorkel, please mark the appropriate box on the application and add \$35 to your initial deposit.*

## DVD Analysis Option

A DVD with stroke correction voice-over is available for an additional \$40. Only those campers indicating that they would like to have a DVD, by checking the appropriate box on the Camp Application Form, will receive a DVD to take home.



## CAMP DIRECTORS



**Dennis Dale**  
University of Minnesota  
Head Coach  
Men's Swimming



**Kelly Kremer**  
University of Minnesota  
Co-Head Coach  
Women's Swimming



**Terry Nieszner**  
University of Minnesota  
Co-Head Coach  
Women's Swimming



**Bill Tramel**  
University of Minnesota  
Assistant Coach  
Men's Swimming

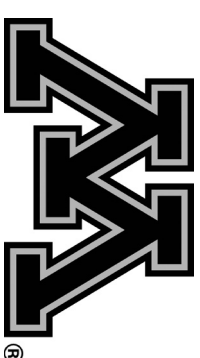


**Eva Kremer**  
Blackline Aquatics  
Head Age Group Coach  
Dolphin Site

SPEEDO



Minnesota Swim Camps, LLC  
P.O. Box 14496  
Minneapolis, MN 55414



# Minnesota Swim Camps

## Age Group Camp

June 13 - 17, 2010  
or June 20 - 24, 2010  
or June 27 - July 1, 2010

## Training Camp

June 13 - 24, 2010

Online Registration Now Available



University of Minnesota Aquatic Center

SPEEDO

# THE GOAL of the Minnesota Swim Camp

is to help build a solid foundation for girls and boys to achieve the highest level of performance. Age-group and Training camp participants will have numerous opportunities to learn, practice and have fun. An athlete must realize the importance of stroke technique, training, nutrition, mental preparation, etc., the key components of swimming excellence. We provide an environment in which these principles are taught in a positive way.

The goals of the coaching staff are teaching the correct and fastest methods for all strokes, starts, turns and finishes. The actual amount of the different forms of instruction will be based on the age and experience of each camper.

The camp will be held at the beautiful UM Aquatic Center and the historic Cooke Hall pools. There will be a balanced blend of long course and short course training. Swimmers leaving this camp will have an enhanced perspective about the sport and greater knowledge of the steps necessary in achieving their goals.

## Camp Features

- Two Water Training sessions per day, focusing on stroke mechanics, drills, starts, turns and finishes.
- World Class Aquatic Facility.
- Camp T-shirt and swim cap.
- Daily Performance Enhancement Talks that include: Sports Psychology, Sports Nutrition, Training Philosophy, Training Physiology.
- Training Camp option for more emphasis on training.
- Transportation provided to and from the Minneapolis/St. Paul International Airport.

## Camp Counselors

The Minnesota Swim Camps will employ numerous current and former University of Minnesota Student Athletes to supervise, counsel, and coach our attendees. These athletes have competed at the International, National, and Collegiate levels, and offer a wealth of knowledge that they will share with our campers during their stay with us.

## Age Group Camp

- 3 Sessions: 1. June 13 - 17  
2. June 20 - 24  
3. June 27 - July 1
- Ages: 8 - 17 (*minimum resident age: 10*)
- Tuition: Resident \$555  
Commuter \$390 (9am - 5pm)

- This camp is designed to provide experienced competitive swimmers with technique and training sessions involving the four competitive strokes, as well as starts and turns. To meet NCAA Legislative requirements, it must be noted that this camp is open to all entrants who meet the age, grade level and/or gender requirements for camp participation.
- Your registration packet will include: a medical form, bio sheet and transportation requests, plus other important information.
- Breakfast, lunch and dinner will be provided at campus eating centers. Day (commuter) campers will be served lunch only.
- Full 24 hour supervision.
- Planned extra-curricular activities.
- Daily Dryland and Flexibility Exercises.
- **Please do not make final travel arrangements until camp confirmation has been received.**
- Space is limited, REGISTER EARLY!

## Training Camp

Session: June 13 - 24  
Ages: 11 - 17  
Tuition: Resident \$1050  
Commuter \$890 (9am - 5pm)

- This camp will provide experienced competitive swimmers with technique and advanced training sessions that cover all four competitive strokes, as well as starts and turns. To meet NCAA Legislative requirements, it must be noted that this camp is open to all entrants who meet age, grade level and gender requirements for camp participation.
- At least one 2 hour training session (long course) per day, in addition to stroke technique work.
- Swimmers must be in excellent physical condition and injury/illness free.
- Space is limited, REGISTER EARLY!

## Typical Daily Schedule for Age Group & Training Camp

7:30 am	Wake up & Breakfast
9:00 am	Stroke Talk
10:00 am	Morning Swim Session – Stroke Work
12:00 noon	Lunch and Rest
2:30 pm	Dryland and Flexibility Exercises
3:00 pm	Afternoon Swim Session
5:30 pm	Dinner and rest
7:00 - pm	Evening Activities
10:00 pm	Lights out

## Camp Policies

- All application forms require a \$100.00 non-refundable deposit.
- Camp confirmation and additional registration materials sent upon receipt of application and deposit.
- Application deadline & balance due – **May 14, 2010.**
- Cancellation Policy: Deposit is non-refundable. No refunds of any kind 2 weeks prior to start of the camp session assigned.
- Make checks payable and send to:  
Minnesota Swim Camp, LLC • P.O. Box 14496  
Minneapolis, MN 55414

## Online Registration

Registration now available online at [www.gophersports.com](http://www.gophersports.com) in the "Minnesota Camps" section. You can also view our new web site at [www.minnesotaswimcamps.com](http://www.minnesotaswimcamps.com).

## Any Questions?

Write, Minnesota Swim Camps, LLC  
P.O. Box 14496  
Minneapolis, MN 55414  
Or Call (952) 997-6205

## Camp Application Form

Circle Camp Choice	<b>Age Group Ses 1</b>	<b>Age Group Ses 2</b>	<b>Age Group Ses 3</b>	<b>Training Camp</b>	Sex (M/F)	Age
Campers Name (please print) _____					Sex (M/F)	Age _____
Home Address _____		City _____		State _____	Zip _____	
Birthdate _____	Phone ( ) _____		E-mail Address _____			
<input type="checkbox"/> Resident (will be residing in campus housing)	<input type="checkbox"/> Commuter Camper		Adult T-Shirt Size S M L XL			
Roommate Request _____		Emergency Ph. # & Name _____				
Optional (see information on <i>Snorkels and DVDs</i> – see reverse tab):						
<input type="checkbox"/> Yes, I would like a snorkel!	Add \$35 to your deposit if ordering a snorkel.					
<input type="checkbox"/> Yes, I would like a DVD!	Add \$40 to your deposit if ordering a DVD.					
Parent(s) or Legal Guardian – Please print and sign your name.					Date _____	