[illegible]

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.***

[illegible]

The Stroke Analysis Option will include video and Stroke Analysis Voice Over and will include all four strokes. This Video will be uploaded to a secure website for private viewing by the Camper and shared only at the Camper's discretion. Campers must check the appropriate box on the Camp Application Form indicating they would like this option in order to receive this service.

[illegible]

[illegible]
University of Minnesota
Head Coach
Men's & Women's Swimming

[illegible]
University of Minnesota
Sr. Associate Head Coach
Women's & Men's Swimming
and Diving

[illegible]
University of Minnesota
Associate Head Coach
Men's & Women's Swimming
and Diving

[illegible]
University of Minnesota
Associate Head Coach
Women's & Men's Swimming
and Diving

[illegible]
University of Minnesota
Head Assistant Coach
Men's & Women's Swimming

ELSMORE SWIM SHOP

Minnesota Swim Camps

[illegible]

June 3 - 7, 2018 • AG 1
or June 10 - 14, 2018 • AG 2
or June 17 - 21, 2018 • AG 3
or June 24 - 28, 2018 • AG 4

[illegible]

June 10 - 21, 2018

[illegible]

University of Minnesota Aquatic Center

[illegible] **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.

[illegible]

- 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.

[illegible]

The Minnesota Swim Camps will contract the services of numerous current and former University of Minnesota Student Athletes to supervise, counsel, teach and coach our camp attendees. These athletes have competed at the highest level in the sport of swimming, and they are eager to share their experiences and knowledge with the Minnesota Swim Camp campers!

[illegible]

4 Sessions: 1. June 3 - 7
2. June 10 - 14
3. June 17 - 21
4. June 24 - 28

Ages: 8 - 17 (*minimum resident age: 10)*

Tuition: Resident $635
Commuter $405 (9am - 4:45pm)

- 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, and additional 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!

[illegible]

Session: June 10 - 21

Ages: 11 - 17

Tuition: Resident $1355 (Limit: 30 total)
Commuter $895 (9am - 4:45pm)

- 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!

[illegible]

(This is a sample schedule for Monday, Tuesday and Wednesday.)

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

[illegible]

- 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 4, 2018**.
- 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

[illegible]

Registration available online at www.minnesotaswimcamps.com.

[illegible]

Write, Minnesota Swim Camps, LLC
P.O. Box 14496
Minneapolis, MN 55414
Or Call (612) 719-5860

[illegible]

Circle Camp Choice [illegible]

Campers Name (please print) ____ Sex (M/F) ____ Age ____

Home Address ____ City ____ State ____ Zip ____

Birthdate ____ Phone ( ) ____ E-mail Address ____

☐ Resident (will be residing in campus housing) ☐ Commuter Camper Adult T-Shirt Size S M L XL

Roommate Request ____ Emergency Ph. # & Name ____

Optional (see information on *Snorkels and Stroke Analyses* – see reverse tab):
☐ Yes, I would like a snorkel! Add $35 to your deposit if ordering a snorkel.
☐ Yes, I would like a Stroke Analysis! Add $50 to your deposit if ordering a Stroke Analysis.

Parent(s) or Legal Guardian – Please print and sign your name. ____ Date ____