

Staff



Camp Director

Jon Carlson

Coach Carlson is in his 18th year as the head coach of Gustavus Adolphus Swimming. His teams are currently recognized as one of the nation's top small college swimming programs. His men's teams have won six of the last seven MIAC Championships and

garnered over 50 All-American awards. The men have also finished in the top 12 nationally in each of the past five years, including a fifth place finish in 2007. His women have won three of the past six conference championships, including it's second consecutive championship in 2008.

Camp Counselors/Coaching Staff

Rory Fairbanks— Head Coach, boy's and girl's swimming and diving, Hutchinson High School

His teams have won two of the last four Class A State Championships.

Gustavus Swimming Camps employ many current and former swimmers who will guide, supervise, and coach our attendees. These athletes have competed at both the national and collegiate levels and have a vast amount of knowledge and talent ready to bestow upon the campers.



Gustavus Swim Camp Registration Form 2009

Extra registration forms found online at GustavusSwimming.com

Name _____ Age ____ Grade ____ Sex ____

Address _____ City _____ State ____ ZIP _____

Home phone _____ T-shirt size _____ Club or high school team _____

E-mail _____ Name of parent/guardian _____

Health and accident insurance company _____ Policy # _____

Roommate preference _____

Signature of parent/guardian _____

Session attending

- June 11-14 June 17-21
- June 24-28 August 5-9

Detach and Mail to:

Jon Carlson • Gustavus Swimming Camp
1009 Wettergren Street • St. Peter, MN 56082
507-933-7693

Technique and Training Camp

June 24–28 & August 5–9
Resident: \$450 Day-camper: \$350

The Technique and Training camp is geared toward helping swimmers develop and refine technique in all four competitive strokes as well as starts and turns related to those strokes. In addition, a pool workout will be done each day to develop the skills learned, improve aerobic conditioning, and improve overall competitiveness. Dryland sessions will focus on exercises that will enhance performance in the water. Mental training and goal setting will also be addressed.

Sprint Camp

June 17–21
Resident: \$450 Day-camper: \$350

In the Sprint Camp, campers will benefit from technique work on all four strokes in the morning sessions, and spend their afternoons fine tuning the essential components of a successful sprint: starts, breakouts, turns, and finishes. Sprinters will also incorporate dry-land training sessions and specific technique development into their daily schedule.

In addition to the sprint-specific work that the swimmers will be doing in the pool, mental training and goal setting will also be addressed.

Technique Camp

June 11–14
Resident: \$350 Day-camper: \$250

This camp is a condensed version of our Technique and Training camp. The focus is mainly on stroke, turn, and start development through the use of drills and video analysis. In addition, dryland activities will give ideas on what to do on land to enhance development in the water. Mental training and goal setting will also be addressed.

*** ALL CAMPS OPEN TO AGES 10–18***

Our camp staff will offer their insights on all of these very important aspects of our sport. Our goal is to help all swimmers realize their potential while learning skills that will enhance their lives in and out of the water.

How to Register:

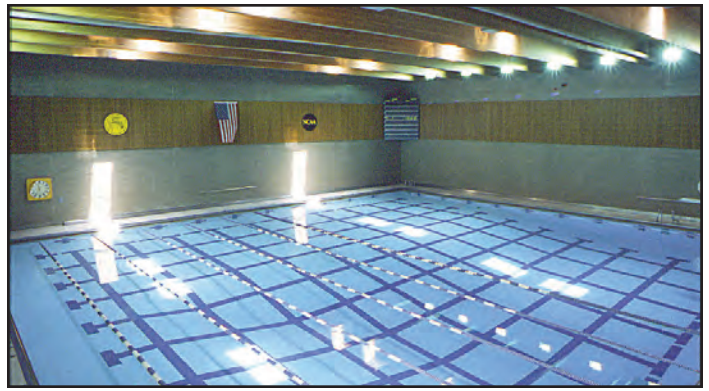
Sign up online, download extra registration forms, or pay by credit card at: www.GustavusSwimming.com

Campers may register by mail with the registration form on the back of this page.

Registrations made BEFORE June 1, 2009: A deposit of \$100 (non-refundable after June 1) is required, with final payment being due at camp check-in.

Registration AFTER June 1, 2009: Full payment is due upon enrollment for any camp that has openings. Walk-ins are allowed provided space is available.

Cancellations: Before June 1, 2009 full camp credit will be issued to you for any reason if you cancel your camp registration. **After June 1,** a \$100 administrative fee will be charged to all registrants who will be withdrawing from the camp. The remainder will be refunded. **Camps that are full will be posted on our website.**



Facilities

The camp takes place in the award-winning Lund Center, home to Gustie Athletics, a 220,000 square foot building which houses the Lund natatorium. The ten lane swimming pool includes one and three meter diving boards, underwater taping window, relay takeoff pads, Colorado timing system, power racks, and a balcony along two sides for spectators. Sauna and spa facilities are adjacent to the pool deck. Gustavus Adolphus College is located in the beautiful Minnesota River Valley.

Sample Camp Schedule

Day 1

3–5 pm	Registration
6 pm	First pool Session
8:30 pm	Meeting—presentation of camp rules and discussion on purpose of camp
9 pm	Dorm meeting, free time
10 pm	In rooms
10:30 pm	Lights out

Days 2–4

7:30 am	Breakfast
8 am	Classroom discussion of the day's focus
8:30 am	Pool Session/video taping
11:30 am	Lunch
1 pm	Pool training session/technique stations/ video analysis
4:30 pm	Dry-land training
5:15 pm	Dinner
6:30 pm	Pool session/evening activity
8:30 pm	Free time
10 pm	In rooms

Day 5

7:30 am	Breakfast
8 am	Classroom discussion on the day's focus
8:30 am	Pool Session
11 am	Lunch
12:30 pm	Parents arrive/Mini-Meet
2 pm	Departure from campus

For more information contact:

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