

## Sprint Camp

June 19-23, 2012

Resident: \$460 | Day-camper: \$375

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 and Training Camp

June 24-28, July 31-Aug 4 & August 5-9, 2012

Resident: \$460 | Day-camper: \$375

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.

## 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 [GustavusSwimming.com](http://GustavusSwimming.com).**

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

Registrations made **before** June 1, 2012: A deposit of \$100 (non-refundable after June 1) is required, with final payment being due at camp check-in.

Registration **after** June 1, 2012: Full payment is due upon enrollment for any camp that has openings. Walk-ins are allowed provided space is available.

**Cancellations:** Before June 1, 2012 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 workout 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...

Jon Carlson | Gustavus Swim Camp  
1009 Wettergren Street | St. Peter, MN 56082  
507-933-7694  
[carlson@gustavus.edu](mailto:carlson@gustavus.edu)  
[GustavusSwimming.com](http://GustavusSwimming.com)

## Camp Director



Coach Jon Carlson is in his 22th 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 seven MIAC Championships since 2000 and garnered over 50 All-American awards. The men

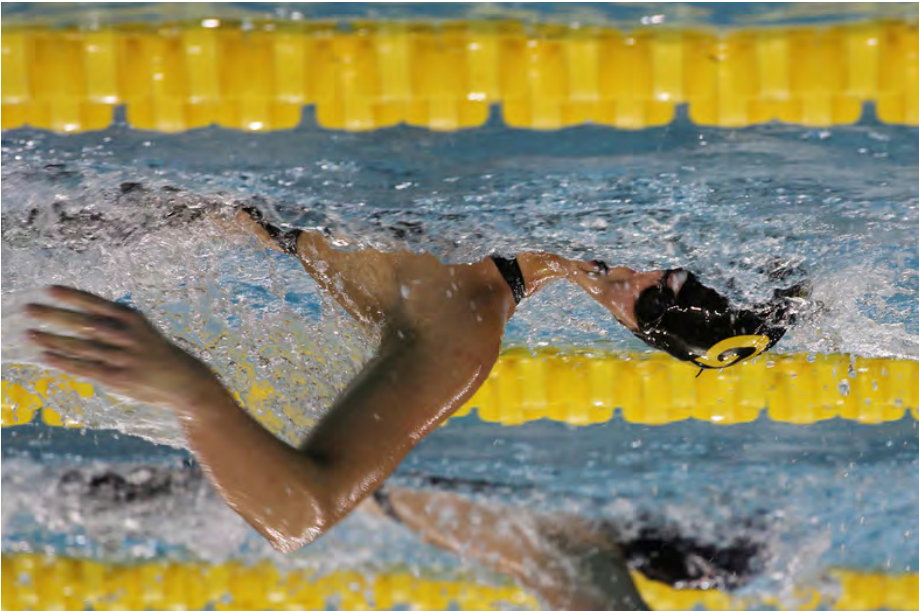
have also finished well nationally, including a fifth place finish in 2007. The women have won three of the past four conference championships and have finished as high as 8th (2010) at the NCAA Championships.

## Camp Counselors/Coaching Staff

Rory Fairbanks, Assistant Camp Director, is the head coach of the boy's and girl's swimming and diving at Hutchinson High School. His teams have won three Class A State Championships. The girls' team last won the Class A State Championship in 2010.

Luke Weyandt, Assistant Camp Director, is currently an assistant swimming coach at Gustavus. Previously, Luke was a head high school coach for three years and a camp director in northern Minnesota.

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 Swimming  
Camps 2012**  
Sprint Camp June 19-23  
Technique & Training Camp  
June 24-28, July 31-Aug 4 & Aug 5-9  
Register online or by mail  
[GustavusSwimming.com](http://GustavusSwimming.com)  
(\$25 service charge to register online)

Detach here

# Gustavus Swim Camp Registration Form 2012

Extra registration forms can be found at [GustavusSwimming.com](http://GustavusSwimming.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade in Fall \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home phone \_\_\_\_\_ 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 19-23
- June 24-28
- July 31-August 4
- August 5-9

### Detach and mail to:

Jon Carlson | Gustavus Swimming Camp  
1009 Wettergren Street | St. Peter MN 56082