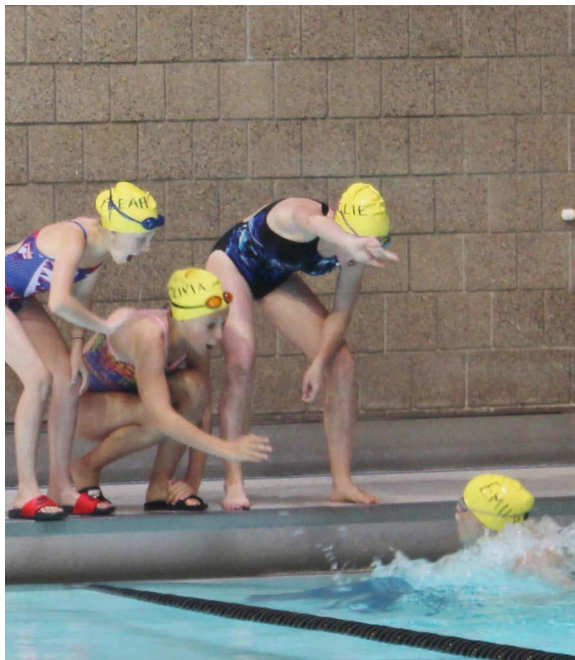


Facilities



The camp takes place in the award-winning Lund Center, home to Gustie Athletics, a 220,000 square foot building which houses the Vic Gustafson pool. 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 St. Peter, Minn; in the beautiful Minnesota River Valley.



Sample Camp Schedule

- 7:30 Breakfast
- 8:30 Classroom discussion
- 9:00 Pool session
- 11:30 Lunch
- 1:30 Pool session & video analysis
- 4:15 Dryland session
- 5:00 Dinner
- 6:30 Pool session
- 8:00 Camp activity
- 10:00 In rooms

Register on-line or by mail
GustavusSwimming.com
(\$10 service charge to register online)

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.

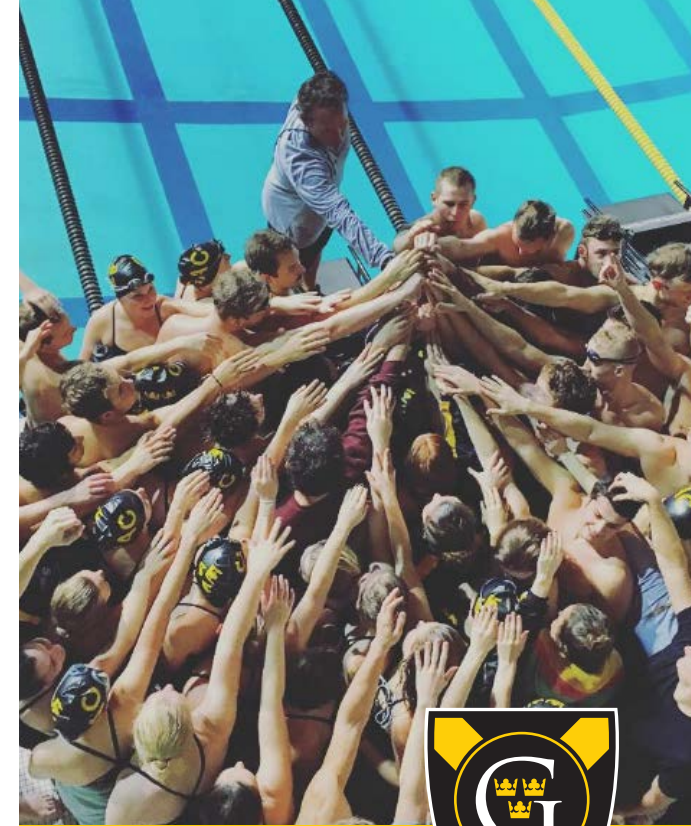
How to Register

Sign up online, download extra registration forms, or pay by credit card at ***GustavusSwimming.com***. Campers may register by mail with the registration form on the back of this brochure. There is a \$10 service charge for signing up online.

Mail-in registrations made **before** June 1, 2018: A deposit of \$100 is required, with final payment being due at camp check-in. You may also pay the entire amount with the initial mail-in registration.

Registration **after** June 1, 2018: Full payment is due upon enrollment for any camp that has openings. Walk-ins are allowed provided space is available.

Cancellations: Written cancellations (post or email) four weeks prior to camp start date will receive a refund, less the \$100 non-refundable deposit. No refunds are given within four weeks of camp start date. Substitutions are accepted.



Gustavus Swimming Camps 2018

Sprint & Training Camp
June 24-28, July 24-28

Technique & Training Camp
**June 10-14, July 31-August 4,
August 5-9**

GustavusSwimming.com

Camp Director



Coach Jon Carlson is in his 28th year as the head coach of the Gustavus Adolphus swimming teams. His teams are currently recognized as one of the nation's top small college swimming programs. Since 2000, his men's and women's teams have won 17 conference championships, had eight top-ten finishes at the NCAA Championships, and have garnered over 100 All-American awards.

Camp Counselors & Coaching Staff



Luke Weyandt, assistant camp director, is in his seventh season as an assistant coach at Gustavus. He is also in his seventh season coaching with the Mankato Mantas Swim Club. Luke was formerly a camp director in northern Wisconsin.

Greg Pokorski, assistant camp director, has been coaching high school boys and girls swimming for eight years and is currently the head boy's coach for Fridley High School and an assistant girl's coach for Edina High School. He has coached multiple individual state champions in both class A and class AA as well as had team finishes in the top ten in six of those eight years.

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.

Sprint and Training Camp

June 24-28, July 24-28; 2018
Resident: \$490 | Day Camper: \$395

In Sprint Camp, campers will specifically work on both stroke technique and speed work. Morning sessions will be spent learning and doing stroke drills and fine tuning essential components of a successful sprint: starts, breakouts, turns, and finishes. Afternoons will include an expanded workout; and drills to help campers with their sprinting in all four strokes. We will also have video analysis for the campers on all four strokes.

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 10-14, July 31-August 4,
August 5-9; 2018
Resident: \$490 Day Camper: \$395

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.

Both camps will include dry-land training components we use in our program. We will be using different workout tools such as medicine and yoga balls, TRX, resistance bands, rice, and core exercises. Other components to dry-land at camp will include a stretching program, visualization, and goal setting. No weights/weight-room sessions will be used during camp.

For more information...

Jon Carlson, Gustavus Swim Camp
1009 Wettergren Street, Saint Peter, MN 56082
507-933-7694 • carlson@gustavus.edu • GustavusSwimming.com

Detach here

Gustavus Swim Camp Registration Form 2018

Extra registration forms can be found at GustavusSwimming.com

Name _____ Age _____ Graduation Yr. _____ Sex _____
Address _____ City _____ State _____ ZIP _____
Home phone _____ Club or high school team _____
E-mail _____ Name of parent/guardian _____ Policy # _____
Health and accident insurance company _____
Roommate preference _____
Signature of parent/guardian _____

Session attending: June 10-14 July 31-Aug 4
 June 24-28 Aug 5-9
 July 24-28

Detach and mail to:

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

Gustavus Swim Camp

Gustavus Adolphus College, 800 W. College Ave., St. Peter, MN 56082-1498

INFORMATION FORM

(Bring this form with you to check-in)

Name _____ Birth date _____

Address _____

City _____ State _____ ZIP _____

Parents' Names (for minors) _____

Home Telephone (_____) _____ Office Telephone (_____) _____

Person to contact in emergency:

Name _____ Relation _____

Telephone (_____) _____

MEDICAL INFORMATION (Medical exam by physician not required)

Age _____ Sex M F Height _____ Weight _____

Insurance Carrier: _____ Policy # _____

Have you had any serious illnesses in the last two years? YES NO

If YES, what and when? _____

Please report ALL allergies: _____

Name any medications you will be bringing to camp: _____

Are you diabetic? YES NO

Date of last tetanus shot _____ Date of last physical exam _____

Your physician: Name _____ Telephone (_____) _____

Your dentist: Name _____ Telephone (_____) _____

CONSENT: I certify that the above information (regarding myself or child) is correct, to the best of my knowledge. Also, I have read the terms of enrollment (on the back of this page), and I understand them and accept them as stated.

X _____ Date _____

Signature (parent or guardian if minor)

GROUP PREFERENCE: Camp participants are placed in groups according to ability, age and sex. If it is important to you and your friends to be placed together, please list the other people whom you want in your group:

TERMS FOR ENROLLMENT

1. Applications are not accepted unless accompanied by a \$100 deposit.
2. Because the enrollment is limited we reserve the right to refund any applications and to decline, accept, or later reject any participant.
3. No refund is made for late arrival or early departure.
4. Parents are required to sign the medical consent form and to advise the camp staff of ANY medical problems their children have.
5. The camp will operate on the highest safety standards. However it does not assume liability for sickness, disease, or accidents. It can accept no responsibility for losses due to delay or changes in air or other transportation services, sickness, weather, strikes, war, quarantine, or other causes or be liable or be responsible in any way whatsoever for any loss, injury or damage, however caused. The right is reserved to cancel any session.
6. We reserve the right to dismiss any student whose influence is detrimental to the camp. No refund will be made. Any additional travel expenses will be borne by the participant.
7. Gustie swim camps reserve the right to take, process, publish, or otherwise use photographs, movies, and/or videotapes of the applicant as deemed advisable by Gustie swim camps.

MEDICAL CONSENT (to be signed for ALL minors, under age eighteen)

To Gustie Swim Camps, re: _____ (a minor):

The undersigned is either the natural parent or legal guardian of the above-named minor who is enrolled in your swimming school program. In the event of medical or dental treatment to the said minor, we hereby give you full power and authority to do and perform all and every act and thing whatsoever to all intents and purposes as we might or could do if personally present with full power of substitution, including but not limited to the signing of any and all consents, requisite or convenient to obtaining medical, dental, or hospital treatment for such minor. You may rely upon the recommendation of any medical practitioner, dental practitioner, or agency furnishing hospital services in the event they advise you that such minor requires such medical, dental or hospital treatment on an emergency basis. It is mutually agreed that this authorization shall be irrevocable, and any medical practitioner, dental practitioner, or agency furnishing hospital services may rely upon your executing all authorizations on our behalf. It is further mutually agreed that you shall use your best efforts to notify us in the event of such medical, dental or hospital-type emergency.

Signature _____ Date _____

LIABILITY RELEASE (to be signed by all adult participants and by parents of junior participants)

Gustie Swim Camp maintains the highest safety standards. Nevertheless, anything can happen at any given moment on the field of play. The risk of injury while playing swim is ever present. The camp does not take responsibility for any such accidents and/or injuries. Even a heart attack is possible if you push yourself beyond your limits and do not monitor your pulse.

Therefore each participant attending Gustie Swim Camp assumes personal responsibility for his or her own health. Never will anyone be required to do something he or she deems unsafe. Encouragement by instructors or fellow students to accomplish a drill or game can be ignored by you. You remain responsible for your health and safety.

The Gustavus swim campers will swim in the Gustavus Adolphus pool (supervised by Gustavus lifeguards), and eat in the Gustavus Adolphus cafeteria (run by the school, not Gustie Swim Camp). If accidents should occur during non-swimming activities, Gustie Swim Camp is not responsible.

I hereby declare not to hold Gustie Swim Camp responsible for injuries or loss of health acquired while in attendance.

Signature _____ Date _____