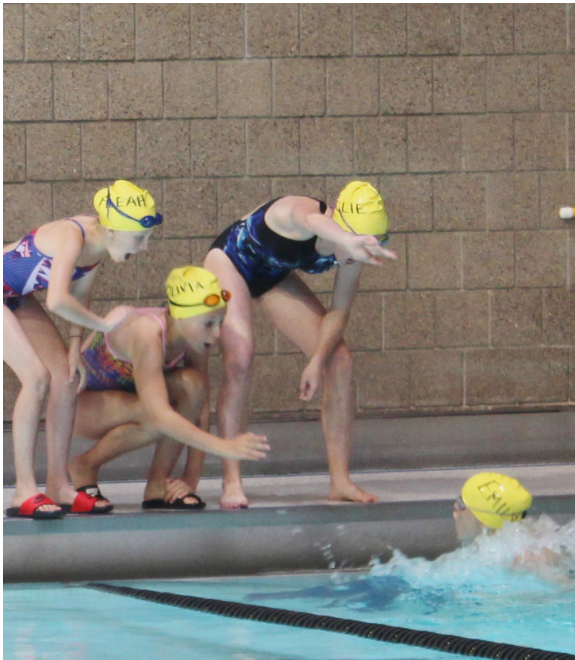


Facilities



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.

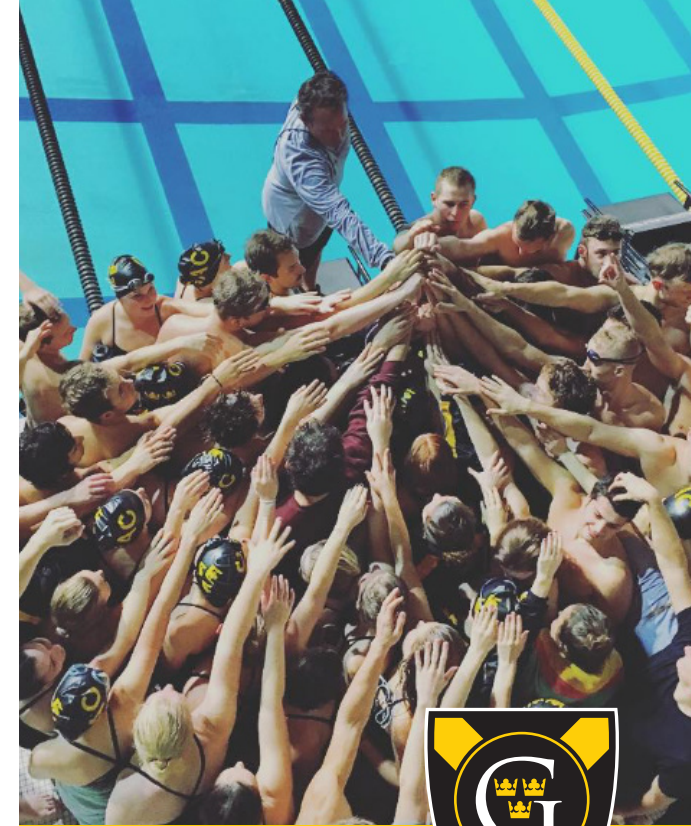
How to Register

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, 2019: 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, 2019: 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 2019

Sprint & Training Camps
June 23-27
July 23-27

**Technique & Training
Camps**
June 9-13
June 16-20
July 30-August 3
August 4-8

Camp Director



Coach Jon Carlson is in his 29th year as the head coach of the Gustavus Adolphus swimming teams. His teams are 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 8th season as an assistant coach at Gustavus. He is also in his sixth season coaching with the Mankato Mantas Swim Club.

Luke was formerly a camp director in northern Wisconsin.

Rory Fairbanks has been the Head Girl's swimming coach at Hutchinson for the past 19 years, and has won three State Championships. Rory has worked Gustavus Swim Camps for over 15 years.

Gustavus Swimming Camps employ high school coaches as well as 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 23-27, July 23-27; 2019
Resident: \$500 | Day Camper: \$405

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.



For more information...

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

Technique and Training Camp

June 9-13, June 16-20, July 30-
August 3, August 4-8; 2019
Resident: \$500 Day Camper: \$405

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.

Detach here

Gustavus Swim Camp Registration Form 2019

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:

- Tech & Training I June 9-13
 Tech & Training II June 16-20
 Sprint I - June 23-27
 Sprint II - July 23-27
 Tech & Training III July 30-August 3
 Tech & Training IV August 4-8

Detach and mail to:

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