

Staff



Camp Director

Jon Carlson

Coach Carlson is in his 16th year as the head coach of Gustavus Adolphus Swimming. His teams are currently recognized as one of our nation's top small college swimming programs. Including 2006, his men's teams have won six of the last seven MIAC

Championships and garnered over 50 All-American awards. His women have won two of the past five conference championships, and in 2005 had their highest finish at nationals in program history.

Coaching Staff

Rory Fairbanks— Head Coach, Hutchinson High School
His teams have won two of the last three Class A State Championships.

Tim Johnson—Head Coach, Mankato East High School
Well-known clinician for over 25 years.

We will also have many top level Gustavus swimmers helping in the water and away from the pool.



Sprint Camp
June 13-17
Technique Camps
June 20-24

<http://www.camereg.com/GACSwimming/>

Gustavus Swimming Camps 2007

Gustavus Swim Camp Registration Form 2007

Extra registration forms found online at <http://homepages.gac.edu/~carlson/files/SwimCamp2007.pdf>

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 # _____

Signature of parent/guardian

Session attending

June 13-17

June 20-24

Detach and Mail to:

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

Technique Camp

June 20–24
for Boys and Girls ages 10–18

The Technique and Achievement Camp is geared toward helping swimmers develop and refine techniques for all four competitive strokes. We will also go over dry-land training ideas, which will aid in their overall development as swimmers.

In addition, swimmers will be introduced to techniques that will help in goal setting and the development of the mental aspect of competitive swimming.



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 Olympic sized swimming pool includes one and three meter diving boards, underwater taping window, relay takeoff pads, new Colorado timing system, Vasa trainers, 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.

How to Register:

Technique and Achievement Camp: \$440

Sprint Camp: \$440 **Day Campers:** \$340

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

Registrations made BEFORE May 1, 2007: A deposit of \$200 is required, with final payment being due at camp check-in.

Registration AFTER May 1, 2007: Full payment is due upon enrollment for any camp that has openings. Walk-ins are allowed providing space is available.

Cancellations: Full camp credit will be issued to you for any reason if you cancel your camp registration. The credit will be good for two (2) years from issuance and is transferrable to family members. Cash refunds will be given only if you have purchased Refund Insurance as stated below.

Discounts: FAMILY—First pays full, each additional family member saves \$25

Sprint Camp

June 13–17
for Boys and Girls ages 10–18

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, they will also have the opportunity to learn the importance of mental training and goal setting as it applies to their swimming.

In both camps, our staff will offer their insights 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.

Sample Camp Schedule

Day 1

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

Days 2–5

7:30 am	Breakfast
8 am	Classroom discussion of the day's focus
8:30 am	Pool Session
11:30 pm	Lunch
1:30 pm	Classroom
2 pm	Pool Session
4:30 pm	Dry-land training
5:15 pm	Dinner
6:30 pm	motivational talk/activity
8:30 pm	Free time
10 pm	In rooms

Day 6

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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