

Boise State Swimming 2017 Elite Summer Swim Camps

Monday, June 5th-Thursday, June 8th

Where and When: 9:00 AM-3:00 PM at the Boise State University
Kinesiology Annex Pool-

Home of the BSU Swim and Dive Team.



Join the Boise State Swimming Team this summer for a 4 day competitive swim camp that will be open for swimmers ages 8-18. This swimming camp will be coached by the Boise State Swimming Head coach Jeremy Kipp and Assistant Coach and former USA national Team Member Meghan Hawthorne. Members of the BSU swimming team will also be employed as camp counselors and will be helping with the daily coaching duties.

This competitive swim camp is designed for swimmers who have a competitive background in swimming and are looking to enhance their skill and fitness in the pool:

Daily Schedule:

9-11 AM: Morning Training Session:

The morning session will be a training session with sets and practices specifically designed for each level. Whether your swimmer is a senior national qualifier and looking to stay fit in the water, or your son/daughter is an age group swimmer just learning how to train, our coaching staff will design the morning session to push each swimmers' fitness.

11-12:00 Lunch and downtime with the BSU Swimmers

12:15-1:15 Classroom video session and Dryland Strength and Conditioning

Coach Kipp: Coach Kipp will breakdown the drills and skills for the afternoon session and cover new and modern stroke technique.

Dryland Training: The dryland strength and conditioning will be age specific. For our older swimmers the dryland will be very similar to the strength routine down by the collegiate team at BSU. Assistant Coach Meghan Hawthorne will lead and monitor the group. For the younger athletes, the dryland will be game centered with motor skill development and fun in mind

1:30-3:00 PM: Skills and Drills in the water

The afternoon will focus on the stroke of the day with skills and drills lead by Coach Kipp and his staff.

Monday-Free

Tuesday Backstroke

Wednesday Breaststroke

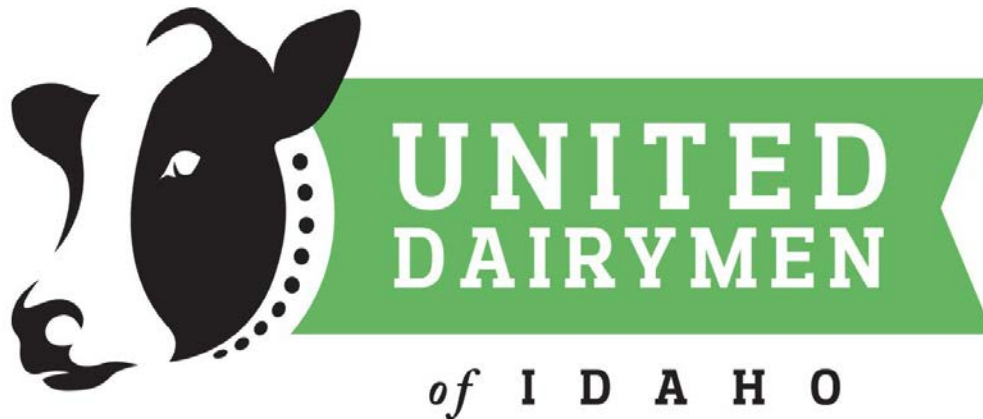
Thursday- Butterfly

Cost: The cost for this Four day camp is \$290.00

Boise State Swimming Camps and Clinics are open to any and all entrants (limited only by number, age, and grade level), but it is intended to be a competitive swimming camp experience

Medical and Insurance: All campers must have their own medical insurance to attend camp. A photocopy (front and back) of campers' valid and current insurance card is required and should be submitted online or

brought to the camp. Certified athletic trainers are in attendance and available during camp. Campers will not be allowed to participate if current insurance copy is not on file.



Our Coaches:

Jeremy Kipp



Jeremy Kipp was named the second Boise State women's swimming and diving head coach on Aug. 25, 2015 after spending eight years on the men's and women's swimming and diving coaching staffs at USC. In the first year at Boise State, Kipp was named Mountain West Coach of the Year as the team finished second in the championships. BSU qualified a record, (7) women to the NCAA Championships including a program first (4) relays. BSU won 4 of the 5 relays at the Mountain West Championships and the swimmers broke (9) school records.

Kipp, with more than 16 years of collegiate coaching experience, comes to Boise State from the University of Southern California, where he spent the past eight seasons on the staff of both the men's and women's programs. At USC Kipp worked primarily with the Trojan sprinters while directing the recruiting efforts for the men's team and assisting with recruiting on the women's side.

He takes over a Bronco program that has captured the Mountain West title twice over the past four years and finished second at the 2015 conference championship meet. The 2015-16 team returns 2015 NCAA Championships participants Brittany Aoyama (100 fly, 50 free, 100 free,) and Sam Wicks (100 back, 200 IM, 100 free), as well as six of the seven swimmers who claimed gold medals at last year's Mountain West Championships.

Over his eight seasons at USC, Kipp helped guide the Trojan women to seven-straight top-nine finishes (2009-15) following a 16th-place result in his initial campaign (2008). USC is also currently one of just four schools to post six-straight top-eight finishes, peaking with consecutive third-place efforts in 2011 and 2012.

Trojan women's swimmers earned 12 national championships as well as 52 individual and 20 relay All-America honors over Kipp's tenure. Chief among Kipp's sprinters to shine on the national stage were Kasey Carlson, who over her four-year career (2011-14) garnered 17 All-America honors (seven individual, 10 relay), while the 200, 400 and 800 free relays combined for 10 All-America (top-eight) finishes.

On the men's side, the Trojans have posted five-straight top-10 finishes, most recently taking fourth at the 2015 NCAA Championships. Among the numerous All-Americans for USC, Kipp's top sprinter, Vladimir Morozov, captured NCAA titles in the 50 and 100 frees, and the 400 free relay in 2013 while racking up 15 All-America honors.

Prior to his arrival at Troy, Kipp spent eight seasons on the men's and women's swimming staffs at UC Santa Barbara, where he handled the middle distance and stroke groups and produced numerous NCAA Championships qualifiers. More than 20 of his Gaucho swimmers went on to U.S. Nationals while one earned NCAA All-America honors.

Meghan Hawthorne



Two-time NCAA All-American and All-Pac-12 swimmer Meghan Hawthorne joined the Boise State staff in September 2015.

Hawthorne was a two-time All-American over her four years at USC (2011-14), earning the honors with top-eight national finishes in the 200 IM (2012-13). She was also a two-time All-America honorable mention in the 400 IM (2012-13). Hawthorne reached the finals seven times at the Pac-10, then Pac-12, Championships, during her career, topping out with fourth-place efforts in the 400 IM in 2012 and 2013.

USC finished in the top six of the NCAA team standings in each of her four years in Troy, with consecutive third-place finishes from 2011-12.

Hawthorne was a USA Swimming National Team member from 2012-14, and in 2012 she reached the final of the 400 IM at the U.S. Olympic Trials but finished sixth, just missing a spot in London.

She would go on to earn a silver medal in the same event for the U.S. at the 2013 World University

Games in Kazan, Russia.

Since 2009 Hawthorne has served as a coach with Rattler Swim Club in San Fernando, Calif., and swam for the club from 2001-14. As a coach, she worked with young swimmers from ages 7-18 on technique work and endurance training. She also served as the assistant coach for the swim team at Viewpoint School in Calabasas.

Hawthorne graduated from USC in 2014 .