



Boise State Swimming

Swimming Clinics



Wednesday Clinics Beginning 4/26, 5/3, 5/10, 5/17, 5/24 - through selected Wednesdays
Our Swimming Clinics are open to all ages and abilities and are designed to work on the technical details of starts, turns and finishes, as well as core training concepts and fitness development. We understand training and pool time can limit the amount of progress and coaching in these areas and our staff will utilize a safe and fun approach to coaching these often overlooked fundamentals of swimming. Camp participation is open to any and all swimmers under the age of 19 who want to learn more about competitive swimming. In this camp series we will work on:

Technique

- This is a technical clinic meant for swimmers looking to delve deeper into the four competitive strokes. Emphasis will be on skill and performance of each stroke and each session can be tailored to fit your swimmer's needs.

Starts

- Whether you are a summer recreation swimmer looking to keep your skills sharp or high school swimmer looking for an edge, the start is where we all begin!
- Learn techniques for getting off the blocks faster, how to use the wedge and enter like an All-American from the Boise State Coaches.

Turns

- Work on gaining speed through the turn instead of hitting the wall.
- Learn the importance of correctly turning and how a good turn can make the difference between a medal and a ribbon!

**Details and Cost: This will be a series of 5 clinics running on Wednesday 4:15-5:15 PM:
4/26, 5/3, 5/10, 5/17, 5/24**

The clinic is open to swimmers currently 8 years of ages and older. Swim test can be given to determine if younger swimmers qualify.

Every Wednesday afternoon at the BSU Varsity Pool

Session1: 4:15- 5:15 p.m.

\$25 a session:

One time 2017 Registration fee of \$25.00: You can register online at: <http://www.broncosports.com/camp>

ALL campers must have their own medical insurance to attend camp. A PHOTOCOPY OF CAMPERS' VALID AND CURRENT INSURANCE CARD (Front and Back) IS REQUIRED. and should be mailed with registration. Certified athletic Trainers are in attendance and available during camp. Campers will not be allowed to participate if current insurance card is not on file

Refunds only for pre-paid sessions not attended. Otherwise no refunds

Questions? Email coach Kipp @: jeremykipp@boisestate.edu



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.

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 .

Sam Wicks



Sam Wicks will be graduating from Boise State in the Spring of 2017 after an illustrious Varsity career with the Broncos. She will be graduating with a dual major in Kinesiology and Spanish and entering PT school next Fall

Named Mountain West Swimmer of the Year and recipient of the Mountain West Swimming and Diving Senior Award...claimed five Mountain West event titles (100 back, 200 IM, 200 FR, 400 FR, 200 MR)...earned seven All-Mountain West honors (100 back, 200 IM, 200 back, 200 FR, 400 FR, 200 MR, 400 MR)...picked up Mountain West Swimmer of the Week (Nov. 24).

JUNIOR (2014-15): Part of Mountain West champion 400 free relay team and earned seven All-Mountain West honors (100 back, 100 free, 200 IM, 200 and 400 free relays, 200 and 400 medley relays)...was part of 400 free relay team that captured the Mountain West title and set a school record with a time of 3:16.88 at Mountain West Championships (Feb. 18-21)...finished second in five events at the meet, including the 100 back (school-record 52.64), 200 IM (school-record 1:58.06), 200 free relay (1:30.32), 200 medley relay (1:38.11) and 400 medley relay (3:36.02), along with a fifth-place finish in the 100 free (49.41)...competed in the 100 back, 100 free and 200 IM at the NCAA Championships (March 19-21), finishing 31st, 48th and 36th, respectively.
No. 80 in the NCAA in 100 back...set Boise State freshman record in 50 free (

HIGH SCHOOL: Four-year letterwinner at East Anchorage High School under coach Cliff Murray...seven-time state champion, including three individual titles in the 100-yard backstroke...as a senior won 100 backstroke in 54.78 to shatter own state record (previously 56.61) and an automatic All-America time...clocked All-America consideration times in 50- and 200-yard freestyle at state meet as a senior...time in 50 freestyle came leading off East's state-champion 200-yard freestyle relay team...won two regional championships each of her four years...team captain as a senior...also competed for Northern Lights Swim Club under coach Ben Kitchen...three-time Alaska Female Swimmer of the Year on the club circuit...state-record holder in 100-meter backstroke short and long course...finished fifth at 2011 Western Senior Sectionals...competed at 2011 Summer Nationals and 2011 Winter Nationals...USA Swimming Scholastic All-American...graduated summa cum laude and member of the National Honors Society.