



# Boise State Swimming

## Swimming Clinics



*November 25<sup>th</sup> Technical Clinic*

*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 the session can be tailored to fit your swimmer's needs. Space limited to 15 swimmers as this is meant to be a highly technical

### **All Four Strokes**

- During our clinic we will run through 3-4 drills for every stroke. These drills are meant to be used in your daily training and ones that you can take home to your coach and continue to improve your technique.

### **Video**

- Perhaps the greatest tool for young swimmers is to watch their video, especially underwater. Using our coaching software, the coaches will film your swimmer underwater and then prepare a video that you can watch with your swimmer and athlete. Coaches will provide voice over to talk about some areas of concern or particular aspects of the stroke to work on with your coach.

### **Details and Cost: Saturday, November 25. 9:00-10:30**

The clinic is designed for swimmers with an understanding and ability to swim all four competitive strokes.

**Session1: 9:00-10:30 a.m.**

**\$40 a session:**

**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](mailto:jeremykipp@boisestate.edu)**



## Our Coaches:

Two-Time Mountain West Coach of the Year (2016 and 2017)  
2017 Mountain West Conference Champions



### BOISE STATE TENURE

Jeremy Kipp enters his third season as Boise State women's swimming and diving head coach in 2017-18. He was named the second head coach in program history in August 2015 after spending eight years on the men's and women's swimming and diving coaching staffs at USC.

Kipp inherited a Bronco program that had captured four conference championships in its first nine seasons of existence including the Mountain West title twice in 2012 and 2014, while finishing second at the 2015 conference championship meet. Under Kipp's leadership the Broncos have continued to compete at the highest level and have built upon that success by claiming the 2017 MW championship in only his second season at the helm of the program.

### BOISE STATE ACCOMPLISHMENTS

Since arriving at Boise State Kipp has been named Mountain West Coach of the Year twice (2016 and 2017). His team has won one MW title (2017) and placed second once (2016). His student-athletes have earned 92 all-conference honors, won nine individual and nine relay titles at the MW Championships, advanced nine swimmers and one diver to the NCAA National Championships (four swimmers as individuals and nine on relays). Academically his teams have earned two CSCAA Scholar All-America Team honors and a NCAA Public Recognition Award for multiple top-10 APR scores in the sport of swimming & diving, including a perfect 1,000 for 2015-16. Individually, his student-athletes have accumulated two CoSIDA Academic All-America honors, three CoSIDA Academic All-District, nine CSCAA Scholar All-Americans, 10 CSCAA Honorable-Mention Scholar All-Americans, two Boise State Top-10 Scholars (2017), 46 Academic All-Mountain West honors and 35 Mountain West Scholar Athlete awards for maintaining a 3.5 cumulative GPA or better.

### 2016-17 REVIEW

For the second-straight year, Kipp was named Mountain West Swimming Coach of the Year. In 2016-17, Kipp continued to elevate the Bronco program, leading the team to its third Mountain West title and having three individual swimmers, a diver and all five Bronco relays qualify for the NCAA Championships.

At the NCAA Championships, the Broncos finished tied for 36th, the program's highest national finish, with 10 points. Boise State's 200 free relay, consisting of seniors Brittany Aoyama and Katelyn Martin and sophomores Ally Kleinsorgen and Abbey Sorensen, finished 12th overall to earn All-America honorable mention, just the third time a Bronco swimmer or relay had ever scored and earned All-America status at the national meet.

The Broncos became just the second team in Mountain West history to sweep all five relay titles at the conference championship meet. Overall, the Broncos earned 49 All-Mountain West honors and matched the program record at a conference championship meet by capturing 10 event titles: all five relays in addition to the 100 back (Kleinsorgen), 100 fly (Aoyama), 50 free (Martin), 100 free (Aoyama) and 200 free (Emma Chard). Additionally, the Broncos set or matched nine program event records during the season.

### 2015-16 REVIEW

Kipp made an immediate impact with the Broncos in his first campaign, guiding the Broncos to a second-place finish at the 2016 Mountain West Championships and being named Mountain West Swimming Coach of the

Year. The Broncos won four of five relay events and four individual titles at the meet and set eight school event records.

Senior Sam Wicks captured five event titles and was named Mountain West Swimmer of the Year at the meet. Overall, Boise State swimmers and divers took home a combined 43 All-Mountain West honors from the meet. Bronco swimmers also qualified for seven events at the 2016 NCAA Championships in Atlanta.

#### PRIOR TO BOISE STATE

Kipp, with more than 16 years of collegiate coaching experience, came to Boise State from the University of Southern California, where he spent 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.

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.

#### OTHER COACHING EXPERIENCE

Kipp has international coaching experience having spent time with the Polish National Team at the 2013 European Short Course Championships.

He also spent two years with the Austrian National Team in 2010 and 2011 where he was the personal coach for Olympian and Austrian team member Markus Rogan at the 2011 Short Course European Championships where he won gold in the men's 200 IM, as well as at the 2011 Short Course World Championships in Dubai, Arab Emirates, where he won bronze in the 200 IM and 200 backstroke.

Kipp also served as the personal coach for Oussama Mellouli (Beijing Olympic gold medalist in the 1500m) of the Tunisian National Team at the Mediterranean Games in Pescara, Italy, where he won seven gold medals as he prepared for the 2009 World Championships in Rome, Italy. Kipp also spent two weeks on the isle of Sardinia prepping "Ous" for the 2009 World Championships where he won a bronze, silver and gold in the men's 400m, 800m and 1500m, respectively.

#### PERSONAL

Kipp competed collegiately at Bloomsburg University in Pennsylvania from 1994-98 serving as team captain during the final two years. He graduated in 1999 with a Bachelor's of Arts degree in English. Kipp later earned a Master's of Science in Physical Education from Azusa Pacific University in 2003. Kipp and his wife Suzanne have been married for 10 years and have two sons Jonathan (7) and Patrick (5).

## **Meghan Hawthorne**

Two-time NCAA All-American and All-Pac-12 swimmer Meghan Hawthorne begins her third season as an assistant swim coach on the Boise State staff in 2017-18.

### **BOISE STATE ACCOMPLISHMENTS**



During Meghan's first two years as the assistant swim coach the Broncos have won one MW title (2017) and placed second once (2016). In addition, the Broncos have earned 92 all-conference honors, won nine individual and nine relay titles at the MW Championships, advanced nine swimmers and one diver to the NCAA National Championships (four swimmers as individuals and nine on relays). Academically the team has received two CSCAA Scholar All-America Team honors and a NCAA Public Recognition Award for multiple top-10 APR scores in the sport of swimming & diving, including a perfect 1,000 for 2015-16. Individually, the members of the swim team have accumulated two CoSIDA Academic All-America honors, three CoSIDA Academic All-District, nine CSCAA Scholar All-Americans, 10 CSCAA Honorable-Mention Scholar All-Americans, two Boise State Top-10 Scholars (2017), 46 Academic All-Mountain West honors and 35 Mountain West Scholar Athlete awards for maintaining a 3.5 cumulative GPA or better.

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### **PREVIOUS COACHING EXPERIENCE**

Hawthorne was a coach with Rattler Swim Club in San Fernando, Calif., from 2009-2015 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.

#### COLLEGIATE AND NATIONAL TEAM SWIM CAREER

Hawthorne was a two-time All-American over her four-year career at the University of Southern California (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.

#### PERSONAL

Hawthorne graduated from USC in 2014 with a Bachelor of Arts degree in human biology and a minor in occupational science. She is currently working on a Masters in educational leadership. Hawthorne's high school recently honored her in February of 2017 by inducting her into the Chaminade College Preparatory (West Hills, Calif.) Hall of Fame.