

# Colorado State University

## ROCKY MOUNTAIN SWIM CAMPS 2008

### CAMPS

#### Stroke Camps I, II

(Ages 8-18; limit 40 campers each)

**Camp I: June 1-6**

**Camp II: June 8-13**

- Learn the latest stroke technique information
- Improve your four competitive strokes, starts, and turns through video analysis
- Enhance your knowledge of nutrition, race strategy, mental preparation, and goal setting

Each day, campers will be coached through one dry-land and one water training session at our 5,000-foot altitude. In a separate session each day the athlete will receive intensive stroke instruction and feedback upon each of the competitive strokes as well as starts and turns. In addition, group meetings will be held throughout each day to maximize training and performance in mental preparation, nutrition, goal setting, leadership, race strategy, and videotape review.

We also encourage personal growth through group interaction and free time activities under the guidance of our staff. The ratio of campers to staff is approximately 10:1, providing for a very productive and rewarding experience. This year we will conclude each camp with an informal and optional question-and-answer parent meeting.

#### Facilities

Moby Pool has six 25-yard lanes and a separate diving well. Two underwater windows are used for stroke evaluation and underwater video analysis. Our varsity team room will be used for viewing videotape, preliminary stroke lecture, and educational lectures.

#### Equipment & Attire

Any equipment needed is provided by the staff, with the exception of a VHS tape for videotape review copies. Campers are required to bring sneakers, suit, cap, & goggles. Bedding is provided. Fans & warm clothing are suggested.

#### Eligibility

Enrollment in the Stroke Camp is for swimmers ages 8 - 18.

#### Health & Safety

Each camp participant must have a medical statement and release signed by a parent stating that he/she is in good physical condition and has had a physical examination within the last 12 months.

#### Insurance

All participants must be registered under the USS or summer club registration procedures. The insurance under USS will cover participants according to the provisions of that policy. In addition, campers are expected to be covered under family policies, and provide copies of insurance coverage cards with registration.

#### Accommodations

A Colorado State University residence hall will be our official home for all camps. They are fully equipped with recreational equipment and TV lounges. Each room comes with twin beds. Meals will be provided by Colorado State University Food Services, and are of excellent quality.

### CAMP DISCLAIMER

Colorado State University does not discriminate on the basis of race, age, color, religion, national origin, gender, disability, sexual orientation, or veteran status in its programs and activities. Full participation of all individuals is encouraged.

#### Questions / Comments:

Please contact Luke Langholz  
at 970.491.6569

Email [luke.langholz@colostate.edu](mailto:luke.langholz@colostate.edu)

## REGISTRATION FORM

Camper's Full Name

Parent Name(s)

Address

City, State, Zip

Home Phone

Work Phone

Email Address

School Grade (Fall '08): \_\_\_\_\_ Age: \_\_\_\_\_

Birth date: \_\_\_\_\_ Gender: M F

Roommate Request

USS Club/Summer Club

Coach

Club Address

City, State, Zip

Are you A High School Athletic Letter Winner?

Yes No

Ability Level \_\_\_\_\_  
(SR, National, Jr. National, AAAA, AAA, AA, A, B, or below)

### **T-Shirt Size (Circle One):**

Adult: S M L XL

Youth: S M L XL

## PARENTAL CONSENT

I have read the attached information, and certify that my son/daughter is USS-Registered, and give consent for him/her to attend the camp(s) indicated below. In lieu of USS registration, I have endorsed a copy of personal medical insurance.

Parent Signature

Date

## SESSION REQUEST

### **Stroke Camp I – June 1-6, 2008**

(Ages 8-18; limit 40 campers)

Resident (\$485) = \_\_\_\_\_

\* Commuter (\$375) = \_\_\_\_\_

### **Stroke Camp II – June 8-13, 2008**

(Ages 8-18; limit 40 campers)

Resident (\$485) = \_\_\_\_\_

\* Commuter (\$375) = \_\_\_\_\_

Total = \_\_\_\_\_

\* Commuter cost includes lunch Monday through Thursday and a BBQ Dinner on Wednesday

A \$100 deposit must accompany this application; balance is due at least 14 days prior to camp. A \$50 fee is retained if a camper withdraws at any time; a \$100 fee is retained if a camper withdraws later than 10 days prior to camp.

Make checks payable to Rocky Mountain Swim Camps. We accept MasterCard and Visa. Mail registration forms and checks to:

Rocky Mountain Swim Camps  
CSU Department of Athletics  
Fort Collins, CO 80523-0120

MasterCard or Visa acct. #: \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder signature: \_\_\_\_\_

Amount Charged \$ \_\_\_\_\_

### **Questions/Comments**

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