

ROCKY MOUNTAIN SWIM CAMPS

Session I: Stroke Technique Camp June 3-8, 2012 & Session II: Stroke Technique Camp June 10-15, 2012

- Ages 8-18; Space limited to 60 campers per session; Open to Resident and Commuter.
- Learn the latest stroke technique information.
- Improve your four competitive strokes through video analysis.
- Enhance your knowledge of nutrition, race strategy, mental preparation, and goal setting.

Each day, campers will be coached through one dryland 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.

Session III: Principles of Training Camp, June 17-20, 2012

- Ages 12-18; Space limited to 30 campers per session; Open to Commuter only.
- Learn the basic principles of training and how a typical week of collegiate swimming is composed.
- Enhance your knowledge of race strategy, mental preparation and goal setting.
- Improve your explosive block, turn and underwater work.

In this intensive, clinic-style camp, campers will be coached through a comprehensive college-style training camp. This session will focus on the fundamentals of training within daily, weekly and seasonal cycles. Emphasis will be placed upon athletes understanding basic dynamics of their strokes; how to train them effectively; and the importance of understanding stroke counts, stroke rates, underwater work, race strategies, etc. Camp will include video analysis, start and turn work, and challenging dryland and pool sessions. The ratio of campers to staff is approximately 8:1, providing for plenty of individual feedback.

Facilities

Moby Pool has 6 lane 25-yard facility with attached diving well. Two underwater windows are used for stroke evaluation and video analysis. We also have access to Fum McGraw, Moby IM Gym, the Aerobics Room and the Indoor Playing Facility for our meetings and dryland sessions.

Equipment & Attire

Any equipment needed is provided by the staff. 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; for Principles of Training Camp ages 12-18.

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

Campers are expected to be covered under family policies, and provide information of insurance coverage with registration. It is recommended that all participants be registered under the USS or summer club registration

procedures. The insurance under USS will cover participants according to the provisions of that policy.

Accommodations

A Colorado State University residence hall will be our official home for the 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.

Cost & Payment

Resident: \$525

Commuter: \$395; Session III Commuter: \$300.

Fee includes t-shirt and swim cap. (*Commuter cost includes lunch Monday through Thursday, and a BBQ picnic on Wednesday evening, except for Session III.*)

A \$100 deposit must accompany this registration. Balance is due at least 14 days prior to camp.

See registration sheet for refund information.

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.

ROCKY MOUNTAIN SWIM CAMPS

Camper Registration

Camper's Name _____

Parent's Name(s) _____

Address _____

City _____

State _____ ZIP Code _____

Home Phone (_____) _____

Cell Phone (_____) _____

Parent's E-mail _____

Grade, Fall 2012 _____ Age _____

Birthdate _____ Gender (circle one) M F

Roommate Preference _____

USS Club/Summer Team _____

Coach _____

Club Address _____

City _____

State _____ ZIP Code _____

Are you a High School Athletic Letter Winner? Yes No

Ability Level _____
(Sr, National, Jr. National, AAAAA, AAAA, AAA, A, B, or below)

T-Shirt Size (Circle One): Youth: S M L XL

Adult: 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. In lieu of USS registration, I have endorsed a copy of personal medical insurance.

Parent Signature Date

Session Request

Session I (June 3-8, 2012)

_____ Resident (\$525)

_____ Commuter* (\$395)

Session II (June 10-15, 2012)

_____ Resident (\$525)

_____ Commuter* (\$395)

Session III (June 17-20, 2012)

_____ Commuter Only* (\$300)

** Commuter cost includes lunch Monday through Thursday, and a BBQ picnic on Wednesday evening except for Session III.*

A \$100 deposit must accompany this application.
Balance is due at least 14 days prior to camp.

Or to pay full amount:

Register on-line with MC or Visa:

<http://ramcamps.colostate.edu>

Make checks payable to
Rocky Mountain Swim Camps.
Mail registration and checks to:
Rocky Mountain Swim Camps
CSU Department of Athletics
0120 Campus Delivery
Fort Collins, CO 80523-0120

Refunds 1 month (or more) prior to camp start date-All but \$50.00 to cover clerical fees.

Refunds 3 weeks prior to camp start date-All but \$100 to cover clerical fees plus food & equipment pre-paid purchases.

Refunds 2 weeks prior to camp start date-All but \$150 to cover clerical fees plus food, equipment & planned lodging expenses.

Refunds 1 week prior to camp start date-50% of the total camp fee whether it be resident or commuter.

Refunds after camp begins-pro-rated (based on the daily rate %) from the number of days the camper was participating in camp activities.