

# Regular Camp

August 3 - 7

(Monday thru Friday)

9:00 am to 4:00 pm

**Swimmers must be 10 years old or have previous competitive experience to enroll in the Full Day Camp.**

Swimmers will have two water workouts daily plus dryland activities, classroom videos and discussion sessions.

Each day concentrates on a different stroke in the morning session. A classroom session with video and discussion as well as the water session works on teaching and correcting stroke techniques. Each swimmer is video critiqued each day on that stroke.

Afternoon water sessions are broken into small group stations to allow each swimmer to choose any specific areas they wish to focus on (stroke work on any of the four strokes as well as starts and turns).

## Typical Daily Schedule

9:00 - 10:30	Water Session I
10:30 - 11:00	Dryland warm-up
11:00 - 12:00	Video and discussion on the stroke of the day
12:00 - 1:15	Lunch on own and rest period
1:15 - 2:00	Analysis of swimmer's stroke video
2:00 - 2:30	Outdoor/dryland workout
2:30 - 4:00	Water session 2

## Cost

**\$175** If registration is received prior to July 1st

**\$200** If registration is received after July 1st

**Note:** For the full day camp, each swimmer is responsible for their own lunch and beverage. They may bring their lunch or they may purchase it at the Food Court across the street from the pool. (Choices include Subway, pizza, or Mexican)

## For More Information

contact Andy Boyce

-By phone at 331-2912

or

-By e-mail at boyceand@gvsu.edu

# Afternoon Camp

June 22, 23, 24, 25, 26

(Monday thru Friday)

1:00 pm – 4:00 pm

**Swimmers must be at least 7 years old to enroll in this camp.**

Our half day camp is for swimmers who may not be able to take an entire week off for camp or for those who may not be ready to swim three hours of water work each day.

Each day concentrates on one stroke with work on stroke technique and turns. On Friday swimmers work on and may also choose to review any stroke they want to spend more time on.

1:00 - 1:45 Video and discussion on the stroke of the day  
 1:45 - 2:00 Dryland warm-up  
 2:00 - 3:15 Water workout and instruction  
 3:15 - 4:00 Underwater video and analysis of swimmer's video

## Cost

**\$100.00** If registration is received prior to June 15th

**\$125.00** If registration is received after June 15th

# Private Instruction

Special private or semiprivate lessons are available based upon coach and pool schedules.

Each 30 minute session will focus on the specific areas and needs that you provide to us when scheduling the lesson as well as related skills identified during the lesson.

For more information call  
Andy at 331-2912

## 2009 Competitive Swim Camps Registration Form

(Only one swimmer per form please. Please print neatly)

Name \_\_\_\_\_

Boy \_\_\_\_\_ Girl \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Grade Next Fall \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

### Tell Us about Your Swimming

How Long Have You Been Swimming? \_\_\_\_\_ What Team / School Do You Swim With? \_\_\_\_\_

What are your 2 best strokes?

What is your weakest stroke? \_\_\_\_\_

Best \_\_\_\_\_

Why? \_\_\_\_\_

Next \_\_\_\_\_

What do you need the most work on? \_\_\_\_\_

### Camp Session

(Please check the camp/camps you are signing up for)

\_\_\_\_\_ Afternoon Camp  
(June 22, 23, 24, 25, 26)

\_\_\_\_\_ Regular Camp  
(Aug 3, 4, 5, 6, 7)

**Camp T-Shirt Size** (Adult sizes) \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL

**Mail this application with the appropriate deposit to:**

GVSU Swim Camp  
c/o Andy Boyce  
Grand Valley State University  
Allendale, MI 49401

**Deposits required with application:**

Afternoon Camp - the full camp fee  
Regular Camp - \$75.00

**The remaining camp fee is due the first day of camp.**

Camp enrollment is limited.  
Completed applications are accepted in the order received until a camp is filled.

If a camp is filled, your deposit will be returned promptly.

Deposit Received \_\_\_\_\_ Balance \_\_\_\_\_ Group \_\_\_\_\_

**GVSU Swim Camp**  
**1 Campus Drive**  
**Allendale, MI 49401**



# Grand Valley State University 2009 Competitive Swim Camps



## Our camp is a teaching camp.

Using stroke **videos**, **lectures** and **discussion** we show how elite swimmers use the five keys when they swim their races.

Through daily work with **innovative drills** and **stroke practice** under the direction of their lane coach each swimmer will learn how to include these same keys in their swimming

Each swimmer in the Regular Camp will have their **stroke videoed and evaluated** by one of our coaches

### Five Keys For Swimming Faster

Balance your body better in the water.

Make your body longer.

Eliminate resistance.

Use your hips as your motor.

Use your hands & arms as anchors not as paddles.

Grand Valley Swim Camps will teach you how to use these five keys when you swim so that you too can go faster, with less effort!

### “Learn to swim smarter, not harder!”

The fastest swimmers are usually the most efficient swimmers!

They take fewer strokes, go farther on each stroke and go faster, all while using less energy.

What you do between strokes is actually more important than how you take the stroke itself!

**All Swimmers receive a  
Camp T-Shirt!**

## Camp Leadership

Andy Boyce is in his second year as head coach and in his 5th year as a coach at Grand Valley. In his first two years as head coach he was selected as **Coach of the Year** in the Great Lakes Intercollegiate Athletic Conference for the men in 2008 and the women in 2009. His men captured their second title in school history in 2008 while the women won their first conference title in school history in 2009. Twenty eight swimmers and divers qualified for the NCAA national championships in the 08/09 season. Both the men and women finished **9th in the country** which was the highest finish in school history.

GVSU swimmers have a reputation for making outstanding improvements in their swim performances and swimming lifetime bests as members of the program.

Andy will be assisted by his first year assistant coach Roger Karns and members of his current and past GVSU varsity teams. Roger coached high school swimming in Indiana for 28 years before coming to Grand Valley. **(Several of our instructors hold GVSU team records!)**

## Group and Lane Assignments

Swimmers are assigned to lanes for water sessions by age and ability. We do not guarantee that team mates, friends or siblings will be placed together for workouts. For the Regular Camp, we usually break the mornings into two groups by ability/age.

## Cancellations and Refunds

Grand Valley Swim Camps fill very quickly! Each camp enrollment is limited to maintain a camp size that allows us to be effective teachers.

**Due to the limited number of spaces available, there will be no refunds on camp deposits for persons who register and do not attend.**

