

Tom Johnson's 2010 Wyoming Swim Camp...

Boys and Girls
Age 9 and over

June 4-6, 2010 – Start and Turn I

June 6-11, 2010 – Camp I

June 13-18, 2010 – Camp II

June 18-20, 2010 – Start and Turn II

June 25-27, 2010 – Start and Turn III



• Why?

Wyoming Swim Camp is a premier summer swimming experience and is proud to offer its winning tradition to competitive swimmers. Coach Johnson stresses the importance of outstanding stroke technique and training in a positive environment.

• Who?

Wyoming Swim Camp is open to all, age nine and older. It is recommended participants are competitive swimmers. Coaches who are interested in accompanying their team should contact Tom Johnson directly (307) 766-6265 or e-mail at tomj@uwyo.edu. **Each camp is limited to the first 55 swimmers for each week.**

• Where?

The swim camps are held at the beautiful campus of the University of Wyoming located 135 miles north of Denver, Colorado, and is convenient to Denver International Airport and both the Cheyenne, and Laramie, Wyoming airports. The University of Wyoming offers an outstanding summer experience at 7200 feet, offering the opportunity to train at the highest Division I school in the United States.

• How?

All interested campers should pre-register by mailing an application with a \$100 (per camp) non-refundable deposit made payable to Wyoming Swim Camp by May 22, 2010. Or you may register online at www.wyomingathletics.com. The full balance is due to Wyoming Swim Camp by May 31, 2010. After May 31, 2010 call office (307) 766-6265.

Applications and payments (checks only) should be sent to:

Wyoming Swim Camp
1000 E. University Dept. A 3414
Laramie, WY 82071-3414

or call (307) 766-6265 or email tomj@uwyo.edu for more information



Typical Day at Camp

MORNING

—Breakfast	7:00 AM
—Morning Practice-including skills and drills	8:00-9:30 AM
—Classroom/Video analysis	10:00 AM
—Dryland	11:00 AM
—Lunch	12:00 NOON

AFTERNOON

— Afternoon Practice	2-4 PM
— Classroom Session	4:30-5:30 PM
— Dinner	
— Evening Activity	

FEES

Resident Camper	\$450.00 (includes room and board)
Commuter Camper	\$335.00 (lives at home, includes lunch daily)
Intensive Resident	\$495.00
Intensive Commuter	\$395.00
Start and Turn-Resident	\$215.00
Start and Turn-Commuter	\$195.00
Start and Turn Resident with a week of Camp	\$193.50
Start and Turn Commuter with a week of Camp	\$175.50



University of Wyoming Swim Camp Features

- 3-4 hours of daily water training/instruction
- Nutrition education, instruction and motivation presentations
- Stroke demonstrations
- Dryland training and education
- Housing at the Pi Beta Phi Sorority house.
- FREE camp t-shirt and swim cap
- Stroke video analysis
- Supervised extracurricular activities
- 24-hour supervision
- Head Coach Tom Johnson at ALL sessions
- Outstanding experienced coaching staff
- Social activity every evening

What to bring

- Bedding, linens, pillow and pillow case
- Towels
- Soap and toiletries
- Suits, caps and goggles
- Any other equipment needed for swimming
- T-shirts, shorts, sneakers
- Alarm clock
- Spending money

Parking Info

There are numerous parking options when arriving on UW's campus this summer (see below). Should you have any questions concerning parking, please contact UW Transportation & Parking Services at 307-766-9800.

1. Parking Meters: Meters are located throughout campus at a cost of .25/half-hour.
2. Day Permits: Day permits may be purchased for \$4.00/per day (A, C, or R lot).
3. Free Parking: The gravel lot east of the football stadium is the only free parking available on the UW campus.

Facilities

The camp will be held at the University of Wyoming's Corbett Pool. All campers will enjoy first-class housing in the on-campus residence halls and all-you-can-eat meals at the Pi beta Phi house.

Training Groups

High School - Swimmers will receive intensive training sessions, stroke development, starts and turns.

Advanced Age Group - Swimmers will focus on stroke technique, starts and turns, along with challenging practice sessions.

Developing Age Group - Swimmers will focus on stroke technique development, starts and turns.

Intensive Training Camp*- For the swimmer who is serious about getting better. The intensive training camp is limited to the first 10 applicants who are accepted. You must be at least 14 years of age and serious about getting faster. Each camper will have the opportunity to have a more intensive training opportunity at camp. The camper will be challenged with more volume and intensity during camp. The cost for the Intensive Training Camp for resident campers is \$495 a week. The commuter camper is \$395 a week. There is a 10% discount for the second week.

* Must qualify for Western Zone Championships 13-14 year old times.

Start and Turn Camp- Specialty Camp - This will be the third year we have offered the start and turn camp. We have found it to be like no other camp offered anywhere. We will work with and improve all aspects of starts and turns with all campers. We break the starts and turns down with each camper and we have a systematic and progressive approach with each start and turn. Campers have seen significant improvement with their start and turns during this camp. This has been one of our most popular camps.

Personal Information (please print or type)

Name _____

Phone() _____ Gender _____ Age _____

Home Address _____

City ST ZIP _____

email address _____

Were you a High School letter award winner?

Yes No

School grade Fall 2009 _____

USA Swimming Registration Number _____

(Required for camp)

Please check all that apply:

Intensive Commuter Commuter Resident Camper

To obtain USA Swimming registration number

In Wyoming Call Ellen Gashler at (307) 632-2460

(we recommend a seasonal membership for those who do not have current membership)

Please check camp weeks in which you are interested:

Start and Turn I - June 4-6, 2010

Camp I - June 6-11, 2010

Camp II - June 13-18, 2010

Start and Turn II - June 18-20, 2010

Start and Turn III - June 25-27, 2010

Check in: June 4, 6, 13, 18 and 25 at Pi Beta Phi House from 3:00-4:00 PM

T-Shirt Size (Adult Size)

Child

S M L XL S M L

Camp Deadline: May 28, 2010

After May 28, 2010 call (307) 766-6265

Applications, with \$100 deposit for a full week of Camp and \$50 for each Start and Turn camp registered

for Wyoming Swim Camp,

should be mailed to:

Wyoming Swim Camp • 1000 E. University Dept. A

3414 • Laramie, Wyoming 82071-3414

Online registration available at

www.wyomingathletics.com

Swimming Background

Roommate Request: _____



Head Coach and Camp Director Tom Johnson

Tom has been the Head Coach of the University of Wyoming Men's and Women's Swimming Teams since April of 1998. In that time the teams have become extremely competitive in the Mountain West Conference. His knowledge and ability to help young swimmers improve in the sport of swimming will provide your athlete with an outstanding camp experience.

Tom has vast experience coaching young swimmers as he was the Head Coach of the Birmingham Swim League, where BSL won two LSC Championships in his tenure. Tom has also been the Head Coach of the Liverpool Jets Swim Club in Liverpool, New York and the Fort Collins Area Swim Team in Fort Collins, Colorado. During his time coaching club swimming he has coached the most novice swimmers to Olympic trial qualifiers and world ranked swimmers. Over 40 of Tom's swimmers have been United States Swimming National Age Group Top 16 swimmers. A highlight of Coach Johnson's career was attending the 2004 Summer Olympics in Athens, Greece, with the University of Wyoming Olympian Scott Usher.

"I remember as a young swimmer how important a positive swim camp experience was for me. It would renew my passion for the sport and I made friendships that have lasted a lifetime. At Wyoming Swim Camp, your swimmer will have a positive camp experience coached by our World Class Staff." - Tom Johnson, Head Coach



Assistant Swimming Coach Matt Leach

Matt Leach is in his first season as an assistant head coach at the University of Wyoming. Leach brings experience and knowledge of collegiate swimming, and will work specifically with the sprinters and backstrokers. Matt comes to Wyoming from Louisiana State University where he began as a graduate assistant in 2004, and then as an assistant coach for two seasons. At LSU, Leach helped guide several athletes to the NCAA Championships, and a top-25 ranking for the men's and women's team. Leach also served as the head age group coach at Tiger Aquatics from 2006-2009. After a short time there, Leach was named the 2007 Louisiana State Age Group Coach of the Year for his efforts in his first season. Earlier in his career, Leach was the head coach of the men's and women's swimming program at Edgewood High School in Ellettsville, IN. A native of Portland, Ore., Leach swam in college at Indiana University where he was a four year letterman and captain. He became a five-time All-American and helped the Hoosiers to a Big Ten Conference Championship in the 200 medley relay as a senior. Leach was a participant in the 2000 and 2004 U.S. Olympic Trials as well. Leach graduated from Indiana in December 2004 with a bachelor's degree in environmental management. He received his master's degree in environmental studies from LSU in May of 2007. "Matt is a tremendous addition to our camp. He has a lot of energy and a tremendous desire to make athletes better. He has a tremendous background working with young swimmers to NCAA caliber athletes." said TJ of Matt.



Assistant Swimming Coach Wyn Saunier

This is Wyn's second year at Wyoming Swim Camp. Wyn has been coaching the distance swimmers here at UW over the past two years. He previously was a graduate assistant at Florida State University and was on their staff in 2007 when the FSU men won an ACC conference title. Wyn has had great experience working with young swimmers as two years ago he was the head counselor at Auburn Swim Camp as he worked with the elite senior swimmers at that camp. Saunier also coached the Area Tallahassee Aquatic Club (ATAC) during his time in Tallahassee. With the ATAC, he served as an assistant senior coach this summer and as the head age-group coach for the ATAC-Thomasville. "Wyn is a very experienced young coach who has a lot of enthusiasm and energy," said Johnson. "We are very excited to add Wyn to our coaching staff. He has gained a tremendous amount of coaching experience, especially in his time as a graduate assistant at Florida State and through working the Auburn swim camps. We feel very fortunate that he is a part of the staff at the Wyoming swimming program and Wyoming Swim Camp."



Other current and former UW swimming and diving athletes will be camp counselors and coaches.



UNIVERSITY OF
WYOMING®

Testimonials

"Just wanted to take a second of your time and tell you as well as all your staff thanks. Our daughter, Haili had a great time at swim camp and she reported that "everyone was really nice and I made lots of new friends". One of the big reasons I am writing is to tell you about the big improvements seen at this weekend's swim meet. She cut 12 seconds off 50 free, 6 seconds off 25 breast and 3 seconds off 25 free."

-Mike Shepard, parent, Rawlins, WY

"I have been sending my swimmers to TJ's Wyoming Swimming Camp for many years. I can honestly say that they benefit more from the Wyoming Swim Camp than any other camp they attend. They get one on one attention, and TJ is personally at all sessions, he cares that they improve, and gives feedback every step of the way. If a swimmer is looking to get better, this is the camp they should attend!"

-Tom Hudson, Head Coach Laramie High School Boys and Girls Swimming and Diving

"I've been to Wyoming Swim Camp four times and it just keeps getting better. I always had fun, even while working hard. The counselors really took the time to get to know us and they always found ways to entertain us. I received a lot of one on one time, which was great! I can't wait until next summer to come back for more!"

-Molly Coonce, camper 2005, 2006 2007, 2009 and looking forward to 2010 Newburgh, Indiana

"I went to several swim camps (University of Michigan, Auburn, Indiana University) before I ever went to Wyoming, but by far, Wyoming was the best camp I had been to. TJ is a great coach. His practices are hard but it sure paid off when I came back home and dropped a bunch of time during the summer meets. I have gone to the Wyoming Swim camp for the past three years now. I have even brought friends from other teams with me and they loved it too. It's a great place, and the Laramie area is BEAUTIFUL!"

-Alex Hoffman, camper 2008, 2009 Indianapolis, Indiana

"My daughters and their friends have gone to the Wyoming swim camp for the past three years and have loved it! Being from Indiana, sending my kids out west for swim camp was a little intimidating, but TJ and his staff are the best! I had no worries while the girls were there. The communication was great, the kids had a great time and they swam really fast when they returned. TJ's program and the high altitude are a great combination.

-Ruth Ann Hoffmann, parent Inidanapolis, Indiana



Damian Storz - Former UWYO Swimmer