

# Staff



## Camp Director

**Jon Carlson**

Coach Carlson is in his 17th year as the head coach of Gustavus Adolphus Swimming. His teams are currently recognized as one of our nation's top small college swimming programs. His men's teams have won five of the last six MIAC Championships and

garnered over 50 All-American awards. The men have also finished in the top 10 three of the past four years, including a fifth place finish in 2007. His women have won two of the past five conference championships, and in 2005 had their highest finish at nationals (14th) in program history.

## Camp Counselors/Coaching Staff

**Rory Fairbanks**— Head Coach, Hutchinson High School  
His teams have won two of the last three Class A State Championships.

Gustavus Swimming camps employ many current and former student-athletes who will guide, supervise, and coach our attendees. These athletes have competed at both the national and collegiate levels and have a vast amount of knowledge and talent ready to bestow upon the campers.

August 6-10  
Technique & Training Camp  
June 18-22  
Sprint Camp  
June 25-29  
Technique & Achievement Camp

# Gustavus Swimming Camps 2008

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## Gustavus Swim Camp Registration Form 2008

Extra registration forms found online at [gustavus.edu/athletics/camps/](http://gustavus.edu/athletics/camps/)

Name \_\_\_\_\_ Age \_\_\_\_ Grade \_\_\_\_ Sex \_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ ZIP \_\_\_\_  
Home phone \_\_\_\_\_ T-shirt size \_\_\_\_\_ Club or high school team \_\_\_\_\_  
E-mail \_\_\_\_\_ Name of parent/guardian \_\_\_\_\_  
Health and accident insurance company \_\_\_\_\_ Policy # \_\_\_\_\_  
Roommate preference \_\_\_\_\_  
Signature of parent/guardian \_\_\_\_\_

### Session attending

**June 18-22**

**June 25-29**

**Aug 6-10**

### Detach and Mail to:

Jon Carlson • Gustavus Swimming Camp  
1009 Wettergren Street • St. Peter, MN 56082  
507-933-7693

# Sprint Camp

June 18–22  
for Boys and Girls ages 10–18

In the Sprint Camp, campers will benefit from technique work on all four strokes in the morning sessions, and spend their afternoons fine tuning the essential components of a successful sprint: starts, breakouts, turns, and finishes. Sprinters will also incorporate dry-land training sessions and specific technique development into their daily schedule.

In addition to the sprint-specific work that the swimmers will be doing in the pool, they will also have the opportunity to learn the importance of mental training and goal setting as it applies to their swimming.

## Technique & Achievement Camp

June 25–29  
for Boys and Girls ages 10–18

The I.M. Technique Camp is geared toward helping swimmers develop and refine techniques for all four competitive strokes, as well as enhance their performance in individual medley races. Starts, turns, breakouts and finishes for all strokes will be covered. We will also go over dry-land training ideas, which will aid in their overall development as swimmers.

In addition, swimmers will be introduced to techniques that will help in goal setting and the development of the mental aspect of competitive swimming.

## Technique and Training Camp

August 6–10  
for Boys and Girls ages 12–18

This camp will focus on technique training for all four strokes as well as turns and starts. Drills and video analysis will be used to help correct any stroke flaws. In addition, pool workouts will be done to help maintain and improve speed and aerobic fitness in the water.

**Our camp staff will offer their insights of all of these very important aspects of our sport. Our goal is to help all swimmers realize their potential while learning skills that will enhance their lives in and out of the water.**

### How to Register:

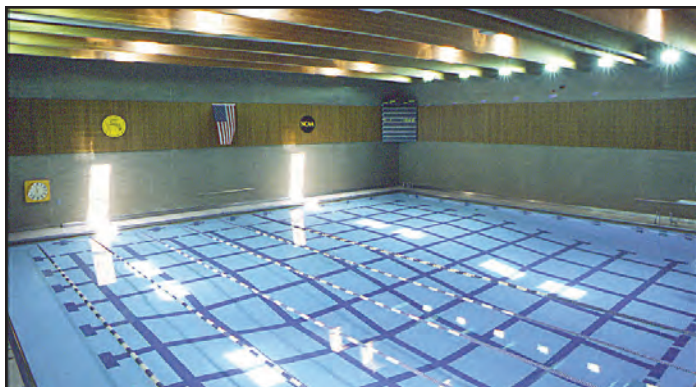
**Cost for Resident:** \$450    **Day Campers:** \$350

Campers may register by mail with the registration form on the back of this page.

**Registrations made BEFORE June 1, 2008:** A deposit of \$100 (non-fundable after June 1) is required, with final payment being due at camp check-in.

**Registration AFTER June 1, 2008:** Full payment is due upon enrollment for any camp that has openings. Walk-ins are allowed providing space is available.

**Cancellations: Before June 1, 2008** full camp credit will be issued to you for any reason if you cancel your camp registration. **After June 1,** a \$100 administrative fee will be charged to all registrants who will be withdrawing from the camp. The remainder will be refunded.



### Facilities

The camp takes place in the award-winning Lund Center, home to Gustie Athletics, a 220,000 square foot building which houses the Lund natatorium. The ten lane Olympic sized swimming pool includes one and three meter diving boards, underwater taping window, relay takeoff pads, Colorado timing system, Vasa trainers, power racks, and a balcony along two sides for spectators. Sauna and spa facilities are adjacent to the pool deck. Gustavus Adolphus College is located in the beautiful Minnesota River Valley.

### Sample Camp Schedule

#### Day 1

3–5 pm	Registration
6 pm	First pool Session
8 pm	Meeting–introduction of staff, presentation of camp rules and discussion on purpose of camp
9 pm	Dorm meetings, free time
10 pm	In rooms
10:30 pm	Lights out

#### Days 2–4

7:30 am	Breakfast
8 am	Classroom discussion of the day's focus
8:30 am	Pool Session/video taping
11:30 pm	Lunch
1:30 pm	Pool Session/video analysis
4:30 pm	Dry-land training
5:15 pm	Dinner
6:30 pm	Pool session/evening activity
8:30 pm	Free time
10 pm	In rooms

#### Day 5

7:30 am	Breakfast
8 am	Classroom discussion on the day's focus
8:30 am	Pool Session
11 am	Lunch
12:30 pm	Parents arrive/Mini-Meet
2 pm	Departure from campus

### For more information contact:

Jon Carlson • Gustavus Swim Camp  
1009 Wettergren Street • St. Peter, MN 56082  
507-933-7693  
carlson@gustavus.edu