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.

Gustavus Swim Camp Registration Form 2008

Extra registration forms found online at 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

Jun 18–22 ☐  Jun 25–29 ☐  Aug 6–10 ☐

Detach and Mail to:
Jon Carlson • Gustavus Swimming Camp
1009 Wettergren Street • St. Peter, MN 56082
507-933-7693
Technique & Achievement Camp
June 25–29
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.

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:
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carlson@gustavus.edu