

# All American Swim Camps – 10<sup>th</sup> Annual with ASC

## Technique is where great swimming begins!

For a third year the All American Camps will feature an elite camp and we will continue the technique development camp that we have offered since 2001. It is important for those attending the elite camp to prepare in advance for swimming high quality yardage.

### Camp Descriptions:

**Elite Camp:** Designed for the advance or elite swimmer. It consists of 6 hours per day, 5 hours per day of training, goal based workouts and education for each type of set within the training cycle. This camp will have some technique work within the training cycle but will not deal with basics. The remaining hour will consist of lectures and videos. Swimmers in this camp should come prepared to train at 3000 yards per hour. (This option is not recommend for most swimmers under 11 years of age.)

**Developmental Camp:** Designed for younger swimmers and for those newer swimmers in need of technique work. 5 hours per day. 4 hours of stroke technique, evaluation, and one hour of lecture and videos with the elite campers. Yardage will be kept to a minimum.

**This is a great camp for all swimmers** (younger swimmers may need to consider the length of the camp).

Each year ASC and other swimmers have benefited from the camp and we look forward to it again this year.

All participants will receive a T-shirt and swim cap and most of all great technique coaching and training.

**Camp Dates:** June 4-6, 2010 **Location:** NSU Barnett Center Pool, Aberdeen

**Elite Camp:** Daily: 7-10am pool, 3-4 pm classroom, 4-6pm pool

**Technique Development Camp:** Daily: 10am-12pm pool, 1-3pm pool, 3-4pm classroom

Camp registration is limited and is first come first serve. Complete the enclosed registration form and return with payment to coach Elyce no later than Friday, April 2. Registrations will be taken until full.

### Camp Clinicians:

**Elite Camp:** Bill Wadley, Ohio State University: Coach Wadley has coached 12 Olympians and his teams have been ranked in the NCAA Top 20 for 14 of the past 17 seasons. He is the president of the American Swimming Coaches Association and has been a frequent speaker at the World Coaches Clinic.

**Technique Development Camp:** Brian Schrader is the third year coach at the University of Denver. Prior to arriving there he spent 5 years as the asst. coach at Georgia where he helped the girls to a national championship. Other coaching jobs include: Florida, Texas and Iowa. Coach Schrader served as a coach for the US Virgin Islands at the 2004 Olympic Games in Athens, Greece. He has qualified for the USA Swimming National Team Coaches Trip List and was one of the three coaches selected to attend the US Olympic Committee Coaches College.



## Camp Registration

Enrollment is limited: applicants will be accepted on a first come, first serve basis.

**Fee:** Elite Camp - \$150 non ASC, \$100 ASC

Technique Development Camp - \$80.00 non ASC, \$60 ASC

ASC helps fund this camp to keep the fee to a minimum

**Make checks payable to:** Aberdeen Swim Club (ASC)

**Mail application and payment to:** Coach Elyce Kastigar, ASC, PO Box 1874, Aberdeen, SD 57402-1874

Please Print: Families may list all participants on one form. Use back for additional names & shirt sizes.

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Health and Accident Insurance Company** \_\_\_\_\_ **Policy#** \_\_\_\_\_

**Name of Parent/Guardian** \_\_\_\_\_

**Signature of Parent or Guardian** \_\_\_\_\_

**T-Shirt Size:** (Circle One) Youth M, Youth L, AS, AM, AL, AXL

For more information contact Elyce Kastigar at [ascswim@abe.midco.net](mailto:ascswim@abe.midco.net)