



AGE GROUP SWIM CAMP

For Youth 8-14 years

TAKE YOUR
SWIM
TRAINING
TO THE
NEXT
LEVEL

Program Outline

Each day will feature in-water technique sessions as well as a classroom type setting and land training session. The remainder of the time each day will allow for campers to take part in some of the traditional camp activities that can be found at most summer camps.

DAY	POOL AM	POOL PM	LAND	CLASS
Mon	Freestyle	Backstroke	Warm-Ups	Nutrition
Tue	Breaststroke	Butterfly	Yoga	Goal Setting
Wed	Long Axis Turns/UW	Short Axis Turns/UW	Speed/Agility	Video
Thu	Race Prep	Games & Contests	Circuits	Mindset

Technology

Using the latest technology, your swimmer will have an immersive experience during each swim session. Each swimmer will be equipped with a bone-conduction headset that allows coaches to talk to each swimmer in real time as they work through each of the stroke drills. This immediate feedback lets swimmers make stroke corrections as they swim. For group communication, headsets allow each swimmer to fully hear what the next swim set will be without having to strain to hear over the noise of the water.

Video Review and Stroke Analysis

Each swimmer will leave camp with a flash drive video of their strokes along with coach commentary. This can then be viewed at home and shared with coaches



MOUNT VERNON, IA
AUG 6^{*}-10, 2023

DAY & OVERNIGHT
OPTIONS AVAILABLE

**Overnight Campers check-in on the evening of the 6th.
Camp sessions will begin in the morning of the 7th*

Our swim camp is designed for competitive swimmers ages 8-14yrs. Each day will focus on technique development in a different stroke. Starts, Turns, Goal Setting, Dry-land and Nutrition topics are also covered during the camp program.



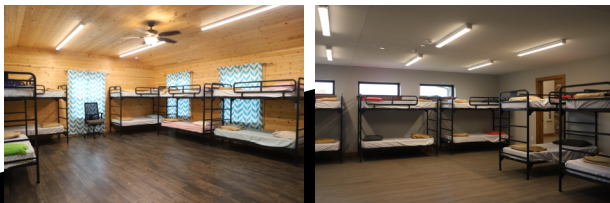
SCAN ME
TO SIGN UP

Overnight Campers

Our residential camp option allows campers to enjoy the full benefits of blending a professional swim camp with the magic of a traditional summer camp experience. Planned evening activities away from the pool include group games and activities, campfires, movie night and evening pool parties.

Residential campers stay in one of our air-conditioned bunk houses, supervised by summer camp counselors. Each bunk house sleeps up to 12 campers.

Resident campers have the opportunity to take advantage of some additional early bird practice sessions during their stay.



Day Campers

Our Day Camp option allows campers to come and go each day. Day campers will be present for all of the scheduled technique, classroom and land training sessions offered during our camp program. Lunch is provided daily for day campers as well as a mid-morning and afternoon snack options.



CAMP FEES
OVERNIGHT CAMP: \$550.00
DAY CAMP: \$350.00

PAYMENT PLANS AVAILABLE

Coaching Staff

Head Coach - Donald Pirrie

Donald has been involved in coaching for over 25 years. As a fellow of the Institute of British Swimming, Donald completed several high level coaching certifications at University of Edinburgh's Moray House School of Education, under the watchful eye and strict guidance of British Hall of Fame & Olympic Swim Coaches Hamilton Smith and Neville Cross. Donald's coaching background includes coaching club athletes, working with grassroots swimmers, and developing regional super teams. He is the current head coach of the Cedar Rapids Metro YMCA (MACR Sharks) swim team, a 200+ swimmer USA and YMCA swim team program.

Donald has coached multiple national and international athletes, countless state and regional champions, and many state and regional record holders, including swimmers ranked nationally in the Top 10. Donald coached and directed two national education programs in the United Kingdom specifically targeting the country's most promising swimmers and advancing the skills of the coaches involved with those swimmers. Donald currently serves on the YMCA of the USA national advisory council for competitive swimming and manages the North Central states of IA, MN, NE, ND, SD.

Assistant Head Coach - Calvin Greve

Calvin started his swimming career as a member of the MACR Sharks before moving on to club swimming and then eventually to college swimming. As a member of the University of Minnesota team, Calvin excelled in backstroke events. He also holds the 200 IM record for Linn Mar High School making Calvin a great all-rounder. Calvin has been on the coaching staff of LMST for 1.5 years and is excited to be coaching with MACR. Calvin hopes that swimmers will learn that swimming is about more than just technique and racing, that it's about finding new ways to improve both in and out of the pool, mentally and physically. Fun Fact about Calvin – he is completely deaf in his right ear. Make sure you approach from the right (unless you want to sneak up on him)!

Assistant Coaches / Camp Counselors

All of our assistant coaches have experience as both competitive swimmers and as summer camp counselors! This perfect blend gives your swimmer the opportunity to learn from seasoned competitive swimmers that know how to create the fun and magic of a summer camp experience!

SIGN UP @ WWW.CAMPTANAGER.ORG/SWIM