



# COLORADO STATE

## ATHLETICS

### 2024 Rocky Mountain Swim Camps *Fundamentals of Stroke Technique Camp*

#### **MONDAY, JUNE 3<sup>rd</sup>:**

- 7:00-7:45 am Check in at Ingersoll Hall, 1000 W. Pitkin St. Fort Collins, CO, 80521
- 8:00 am Meet the Staff (*campers: have swim bag & suit ready*)
- 8:30 am Technique Talk w/ CSU Swim Coaches (McGraw Auditorium)
- 9:00 am Dynamic Stretch (Moby Pool)
- 9:30-11:30 am In-Water Drill Session 1) FREE: Fundamentals & Video
- 12:00 pm Lunch: Commuters & Residents (Rams Horn Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Ingersoll Hall)
- 2:00-2:45 pm Goal Setting/Psych Session (McGraw Auditorium)
- 2:45-3:15 pm Dryland Training (Indoor Practice Facility Field)
- 3:30-4:45 pm In-Water Drill Session 2) FREE: Advanced Stroke & Swim
- 4:45-5:00 pm *Commuters: Parents Pick Up (Moby Pool)*
- 5:00 pm *Residents: Dinner (Rams Horn Dining Hall)*
- 6:30 pm Puzzle / Game Night
- 9:00 pm Lights Out!

#### **TUESDAY, JUNE 4<sup>th</sup>:**

- 7:00 am *Residents: Breakfast (Rams Horn Dining Hall)*
- 7:45 am *Commuters: Parents Drop off (Moby Pool)*
- 8:00 am Dynamic Warm-up (Moby Pool)
- 8:30 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:30-11:30 am In-Water Drill Session 3) BACK: Basics & Video
- 12:00 pm Lunch: Commuters & Residents (Rams Horn Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Ingersoll Hall)
- 2:00-2:45 pm Meet with 2000 Olympian, BJ Bedford-Miller (McGraw Auditorium)
- 2:45-3:15 pm Dynamic Stretch / Warm Up (Moby Pool)
- 3:30-4:45 pm In-Water Drill Session 4) BACK: Advanced Stroke & Swim
- 4:45-5:00 pm *Commuters: Parents Pick Up (Moby Pool)*
- 5:00 pm *Residents: Dinner (Rams Horn Dining Hall)*
- 5:45-7:30 pm *Residents Only: City Park Pool (City Park), Twilight Swim*
- 9:00 pm Lights Out!



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### WEDNESDAY, JUNE 5<sup>th</sup>:

- 7:00 am *Residents*: Breakfast (Rams Horn Dining Hall)
- 7:45 am *Commuters*: Parents Drop-off (Moby Pool)
- 8:00 am Dynamic Warm-up (Moby Pool)
- 8:30 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:30-11:30 am In-Water Drill Session 5) FLY & BREAST: Mid-Axis Hips & Video
- 12:00 pm Lunch: *Commuters & Residents* (Rams Horn Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Ingersoll Hall)
- 2:00-2:45 pm Meet with Brian Butki, Psych Session (McGraw Auditorium)
- 2:45-3:15 pm Dryland Training (Indoor Practice Facility Field)
- 3:30-4:45 pm In-Water Drill Session 6) FLY & BREAST: Timing & Technique
- 4:45-5:00 pm *Commuters*: Parents Pick Up (Moby Pool)
- 5:00 pm *Residents*: Dinner (Rams Horn Dining Hall)
- 7:00 pm Evening Activity: Scavenger Hunt (CSU Athletic Facilities)
- 9:00 pm Lights Out!

### THURSDAY, JUNE 6<sup>th</sup>:

- 7:00 am *Residents*: Breakfast (Rams Horn Dining Hall)
- 7:45 am *Commuters*: Parents Drop-off (Moby Pool)
- 8:00 am Dynamic Warm-up (Moby Pool)
- 8:30 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:30-11:30 am In-Water Drill Session 7) FLY & BREAST: Advanced Stroke & Video
- 12:00 pm Lunch: *Commuters & Residents* (Rams Horn Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Ingersoll Hall)
- 2:00-2:45 pm Nutrition Education with Matt Garrell (Registered Dietitian)  
Fum McGraw Auditorium
- 2:45-3:15 pm Dryland Training (Indoor Practice Facility Gym)
- 3:30-4:45 pm In-Water Drill Session 8) IM Prep & Relays
- 4:45-5:00 pm *Commuters*: Parents Pick Up (Moby Pool)
- 4:45-5:00 pm *Residents*: Check out at Ingersoll Hall

### Questions or Concerns?

Coach Lisa Ginder: 970-658-6660, [lisa.ginder@colostate.edu](mailto:lisa.ginder@colostate.edu)