



# COLORADO STATE

## ATHLETICS

### 2024 Rocky Mountain Swim Camps *Starts, Turns and Underwaters*

#### **FRIDAY, JUNE 7<sup>th</sup>:**

7:00-7:45 am	Check in at Ingersoll Hall, 1000 W. Pitkin St. Fort Collins, CO, 80521
8:00 – 8:30 am	Meet the Staff ( <i>campers: have swim bag &amp; suit ready</i> )
8:30 – 9:00 am	Technique Talk with CSU Swim Coaches (McGraw Auditorium)
9:00 – 11:30 am	In-Water Drill Session 1: Flip Turns; Video
11:30 – 12:15 pm	Lunch: Commuters & Residents (Ram's Horn Dining Hall)
12:30 – 2:00 pm	Downtime in the Dorms (Ingersoll Hall)
2:15 – 2:45 pm	Nutrition Education with Matt Garrell (Registered Dietitian) Fum McGraw Auditorium
3:00 – 3:30 pm	Dryland Training (Indoor Practice Facility/Moby Pool Deck)
3:30 – 4:45 pm	Technique Session with Coach Woodard (Moby Pool) In-Water Drill Session 2: Block/Pad Starts and Power Circuit
4:45-5:00 pm	<i>Commuters: Parents Pick Up (Moby Pool)</i>
5:30 pm	<i>Residents: Dinner (Ram's Horn Dining Hall)</i>
6:30 pm	<i>Resident's only, Craft DIY</i>
9:00 pm	Lights Out!

#### **SATURDAY, JUNE 8<sup>th</sup>:**

7:00 am	<i>Residents: Breakfast (Ram's Horn Dining Hall)</i>
7:45-8:00 am	<i>Commuters: Parents Drop Off (Moby Pool)</i>
8:00 – 8:30 am	Technique Session with Coach Woodard (McGraw Auditorium)
8:30 – 8:45 am	Dynamic Stretch / Bands (Moby Pool)
9:00 – 11:30 am	In-Water Drill Session 3: Open Turns; Video
11:30 – 12:15 pm	Lunch: Commuters & Residents (Ram's Horn Dining Hall)
12:30 – 2:00 pm	Downtime in the Dorms (Ingersoll Hall)
2:15 – 2:45 pm	Current CSU Swim Team Members (McGraw Auditorium)
3:00 – 3:30 pm	Dryland Training (Indoor Practice Facility Field/Moby Pool Deck)
3:30 – 4:45 pm	Technique Session with Coach Woodard (Moby Pool) In-Water Drill Session 4: Relay Starts and Speed Circuit
4:45-5:00 pm	<i>Commuters: Parents Pick Up (Moby Pool)</i>
5:30 pm	<i>Residents: Dinner (Ram's Horn Dining Hall)</i>
6:30 pm	Activity, Sundae Bar!
9:00 pm	Lights Out!

**TO EDUCATE, ENGAGE AND EXCEL**

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## ATHLETICS

### SUNDAY, JUNE 9<sup>th</sup>:

7:00 am	<i>Residents:</i> Breakfast (Ram's Horn Dining Hall)
7:45 – 8:00 am	<i>Commuters:</i> Parents Drop Off (Moby Pool)
8:00 – 8:30 am	Technique Session with Coach Woodard (Bob Davis Hall)
8:30 – 8:45 am	Dynamic Stretch / Bands (Moby Pool)
9:00 – 11:30 am	In-Water Drill Session 5: Underwaters; Video
11:30 – 12:15 pm	Lunch: Commuters & Residents (Ram's Horn Dining Hall)
12:30 – 2:00 pm	Downtime in the Dorms (Ingersoll Hall)
2:15 – 2:45 pm	Goal Setting/BRAVR (McGraw Auditorium)
3:00 – 3:30 pm	Dryland Training (Indoor Practice Facility Field/Moby Pool Deck)
3:30 – 4:45 pm	Technique Session with Coach Woodard (Moby Pool)
	In-Water Drill Session 6: Starts/Turns and Speed Circuit
4:45-5:00 pm	<i>Residents:</i> Check-out at Ingersoll Hall
4:45-5:00 pm	<i>Commuters:</i> Parents Pick Up (Moby Pool)

### Questions or Concerns?

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