



# COLORADO STATE

## ATHLETICS

### 2025 Rocky Mountain Swim Camps

#### *Speed Camp*

#### **FRIDAY, JUNE 13<sup>th</sup>:**

7:00-7:45 am	Check in at Corbett Hall, 801 W. Laurel 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 (The Foundry Dining Hall)
12:30 – 1:45 pm	Downtime in the Dorms (Corbett Hall)
2:00 – 2:45 pm	Meet with Ross Barr for tips and tricks (Director of Student Athlete
Mental Health and Performance) 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	Residents: Dinner (The Foundry Dining Hall)
6:30 pm	Resident's only, Tye Dye Night!!
9:00 pm	Lights Out!

#### **SATURDAY, JUNE 14<sup>th</sup>:**

7:00 am	<i>Residents: Breakfast (The Foundry 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 (The Foundry Dining Hall)
12:30 – 1:45 pm	Downtime in the Dorms (Corbett Hall)
2:00 – 2:45 pm	Team Bonding w/ Coaching Staff (McGraw Auditorium)
3:00 – 3:30 pm	Dryland Training (IPF 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	Residents: Dinner (The Foundry Dining Hall)
6:30 pm	Activity, Cold Stone Ice Cream / Game Night
9:00 pm	Lights Out!

**TO EDUCATE, ENGAGE AND EXCEL**

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### SUNDAY, JUNE 15<sup>th</sup>:

7:00 am	<i>Residents:</i> Breakfast (The Foundry 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 (The Foundry Dining Hall)
12:30 – 1:45 pm	Downtime in the Dorms (Corbett Hall)
2:00 – 2:45 pm	Meet w/ 2000 Olympian, BJ Bedford Miller (McGraw Auditorium)
3:00 – 3:30 pm	Dryland Training (IPF 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 Corbett 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)

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