



COLORADO STATE

ATHLETICS

2025 Rocky Mountain Swim Camps *Advanced Swim Camp, Session 1 & 2*

Sunday, June 8th:

- 7:00-7:45 am Check in at Corbett Hall, 801 W. Laurel 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)
- 9:15 am Dynamic Stretch (Moby Pool)
- 9:30-11:30 am In-Water Drill Session 1) FREE: Fundamentals & Video
- 12:00 pm Lunch: Commuters & Residents (The Foundry Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Corbett 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 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 (The Foundry Dining Hall)
- 6:30 pm Puzzle / Game Night
- 9:00 pm Lights Out!

Monday, June 9th:

- 7:00 am *Residents:* Breakfast (The Foundry Dining Hall)
- 7:45 am *Commuters:* Parents Drop off (Moby Pool)
- 8:00 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:15 am Dynamic Stretch (Moby Pool)
- 9:30-11:30 am In-Water Drill Session 3) BACK: Basics & Video
- 12:00 pm Lunch: Commuters & Residents (The Foundry Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Corbett Hall)
- 2:00-2:45 pm Goal Setting/Psych Session (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 (The Foundry Dining Hall)
- 5:45-7:30 pm *Residents Only:* City Park Pool (City Park), Twilight Swim / Food Trucks
- 9:00 pm Lights Out!



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Tuesday, June 10th:

- 7:00 am *Residents:* Breakfast (The Foundry Dining Hall)
- 7:45 am *Commuters:* Parents Drop-off (Moby Pool)
- 8:00 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:15 am Dynamic Stretch (Moby Pool)
- 9:30-11:30 am In-Water Drill Session 5) FLY & BREAST: Mid-Axis Hips & Video
- 12:00 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 Brian Butki, Psych/Mindfulness 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 (The Foundry Dining Hall)
- 7:00 pm Evening Activity: Cold Stone Ice Cream / Trivia Night
- 9:00 pm Lights Out!

Wednesday, June 11th:

- 7:00 am *Residents:* Breakfast (The Foundry Dining Hall)
- 7:45 am *Commuters:* Parents Drop-off (Moby Pool)
- 8:00 am Technique Lecture with CSU Swim Coaches (McGraw Auditorium)
- 9:15 am Dynamic Stretch (Moby Pool)
- 9:30-11:30 am In-Water Drill Session 7) FLY & BREAST: Advanced Stroke & Video
- 12:00 pm Lunch: Commuters & Residents (The Foundry Dining Hall)
- 12:30-1:45 pm Downtime in the Dorms (Corbett Hall)
- 2:00-2:45 pm How to Get Recruited / Q&A with Coaching Staff (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 Corbett Hall

Questions or Concerns?

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