

## 2026 Rocky Mountain Swim Camps *Advanced Swim Camp, Session 1 & 2*

### **Thursday, June 4<sup>th</sup>/Wednesday, June 17<sup>th</sup>:**

7:00-7:45 am Check in at Ingersoll Hall, 1000 W. Pitkin St. Fort Collins, CO 80521 (everyone will check in whether you are a commuter or staying overnight)  
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 (Rams Horn Dining Hall)  
12:30-1:45 pm Downtime in the Dorms (Ingersoll Hall)  
2:00-2:45 pm Nutrition Education  
Fum McGraw Auditorium  
2:45-3:15 pm Dryland Training (Indoor Practice Facility Field)  
3:30-4:45 pm Training Session, 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 Resident's only, Evening Activity TBD  
9:00 pm Lights Out!

### **Friday, June 5<sup>th</sup>/Thursday June 18<sup>th</sup>:**

7:00 am *Residents*: Breakfast (Rams Horn 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 2) 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 Goal Setting/Psych Session (McGraw Auditorium)  
2:45-3:15 pm Dynamic Stretch / Warm Up (Moby Pool)  
3:30-4:45 pm Training Session, BACK: 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 Resident's only, Evening Activity TBD  
9:00 pm Lights Out!

**Saturday, June 6th/Friday, June 19th:**

7:00 am        *Residents:* Breakfast (Rams Horn 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) 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/Mindfulness Session (McGraw Auditorium)  
2:45-3:15 pm   Dryland Training (Indoor Practice Facility Field)  
3:30-4:45 pm   Training Session, FLY & BREAST: Timing & Technique  
4:45-5:00 pm   *Commuters:* Parents Pick Up (Moby Pool)  
5:00 pm        *Residents:* Dinner (Rams Horn Dining Hall)  
6:30 pm        Resident's only, Evening Activity TBD  
9:00 pm        Lights Out!

**Sunday, June 7<sup>th</sup>/Saturday, June 20<sup>th</sup>:**

7:00 am        *Residents:* Breakfast (Rams Horn 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 4) 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   Meet with Sports Psychologist (McGraw Auditorium)  
2:45-3:15 pm   Dryland Training (Indoor Practice Facility Gym)  
3:30-4:45 pm   Training Session, 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?**

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