

2026 Rocky Mountain Swim Camps *Speed Camp*

FRIDAY, JUNE 12th:

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 – 8:30 am Meet the Staff (*campers: have swim bag & suit ready*)
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 (Rams Horn Dining Hall)
12:30 – 1:45 pm Downtime in the Dorms (Corbett Hall)
1:45 – 2:45 pm Meet with Sports Psychologist (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 *Commuters*: Parents Pick Up (Moby Pool)
5:30 pm *Residents*: Dinner (Rams Horn Dining Hall)
6:30 pm Resident's only, Evening Activity TBD
9:00 pm Lights Out!

SATURDAY, JUNE 13th:

7:00 am *Residents*: Breakfast (Rams Horn Dining Hall)
7:45-8:00 am *Commuters*: Parents Drop Off (Moby Pool)
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 (Rams Horn Dining Hall)
12:30 – 1:45 pm Downtime in the Dorms (Corbett Hall)
1:45 – 2:45 pm Nutrition for Performance (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 *Commuters*: Parents Pick Up (Moby Pool)
5:30 pm *Residents*: Dinner (Rams Horn Dining Hall)
6:30 pm Resident's only, Evening Activity TBD
9:00 pm Lights Out!

SUNDAY, JUNE 14th:

7:00 am *Residents*: Breakfast (Rams Horn Dining Hall)

7:45 – 8:00 am *Commuters*: 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 (Rams Horn Dining Hall)

12:30 – 1:45 pm Downtime in the Dorms (Corbett Hall)

1:45 – 2:45 pm TBD (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 *Residents*: Check-out at Ingersoll Hall

4:45-5:00 pm *Commuters*: Parents Pick Up (Moby Pool)

Questions or Concerns?

Coach Lisa Ginder: lisa.ginder@colostate.edu