St. Olaf Summer Camps & Academies
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DIVE CAMPS
THE HILL THAT TRANSFORMS YOUR SUMMER

JULY 14-18 & 21-25, 2019
St. Olaf College
Northfield, MN
The Diving Camp Experience

Diving Camp  $525
July 14–18 & 21–25
Boys and girls ages 13-17

Designed for divers who have been diving competitively for at least one season, this camp utilizes pool time, dry-land exercises and dry-board practice, weight training, dryboard practice, video review, and classroom sessions to improve all aspects of diving.

Learn-to-Dive Camp  $475
July 21–25
Boys and girls entering 5th-10th grade

Runs in conjunction with the St. Olaf Diving Camp. Designed to teach the basics of springboard diving in a fun, supportive, and SAFE environment. This is designed especially for students who are interested in joining their local middle or high school teams.

Camp Features

- Professional, individualized coaching
- Instruction on 1-meter board
- Training on required and optional dives
- Dry-land trampoline and dry-board training
- Low athlete-to-coach ratio
- Daily pool sessions
- Classroom discussions focusing on dive mechanics and meet preparation
- Supervised recreational activities
- Final meet and diving exhibition

Good Value

The St. Olaf Diving Camp fee includes lodging Sunday through Wednesday nights, bedding, and a bath towel. The fee also includes meals from Sunday dinner through Thursday lunch, a low camper-to-coach ratio, and a camp T-shirt.

Location

Dive camp is held on the beautiful St. Olaf campus in historic Northfield, Minnesota.

Rooms and Roommates

Divers are housed two to a room in a comfortable student residence hall. You may request a roommate. Roommates must request each other and register at the same time.

Safety and Supervision

Coaches and counselors live in the residence hall and provide 24-hour supervision of divers and their activities. The college also employs a security staff that operates 24/7 year-round.

Best Campus Food

Bon Appétit offers plentiful and healthy choices that include a salad bar, grilled meats and veggies, cereals, yogurt, fresh fruit, hot entrées, deli station, soup, and the popular dessert station.

Daily Activities

Camp begins with check-in from noon to 1 p.m. Sunday concludes with a final exhibition at 2 p.m. Thursday. Coaches divide divers into multiple groups based on age and ability. The instructional part of each day features 1-meter board, trampoline, and dry board.

At St. Olaf, we approach camp as both work and play. Coaches and counselors lead recreational activities including kickball, a bonfire, a dance, movie night, pizza night, and more.

Registration

For more information, to register online, or to download a registration form, visit stolaf.edu/camps.

Refunds

Written cancellations (post or email) received four weeks prior to camp start date will receive a refund less the $100 non-refundable deposit fee. No refunds are given within four weeks of camp start date; substitutions are accepted.

Meet The Coaches

Gabe Kortuem ’02 coached the St. Olaf and Carleton College teams from 2002–18. While a student at St. Olaf, he made four national appearances and earned seven All-American honors. In 2002 he was national champion and set the Division III national record. Since Kortuem became the diving coach at St. Olaf, five divers have qualified for the Division III national meet and many have earned All-American honors. He was voted the Minnesota Intercollegiate Athletic Conference (MIAC) Diving Coach six times in the last 10 seasons.

Jake Dunn ’02 is currently in his fourth season coaching the St. Catherine University swimming and diving team. Prior to this, he coached the swimming and diving team at Macalester College for five years and is a St. Olaf alumnus. He has a national championship in the 1-meter and is a two time MIAC Coach of the Year.

Jeremiah Jackson currently coaches the St. Mary’s University swimming and diving team, and has done so since its 2005 season. He has coached the Winona High School boys and girls dive teams for the past 17 years and has been involved with the Rochester Orcas Swim Club for the past eight seasons.

Kris Jorgensen is currently in his second season as the University of South Dakota diving coach. Jorgensen was the head diving coach at St. Catherine University from 2012–15. He coached several all-MIAC honorees, including a two-time all-MIAC Diver of the Year. Beyond the collegiate realm, Jorgensen coached at the Minnesota Diving Academy and founded the Highland Diving Club. He dove for the University of Minnesota and won 12 national championships with the Norwegian national team from 2004–12.

Tracy Torgerson is in her second year as coach for the New Prague swimming and diving teams. A St. Cloud, Minnesota native, Tracy has been involved in the sport for 23 years, either as an athlete or coach. Tracy was an NCAA All American diver at the University of Minnesota. During her time coaching at SCSU, Tracy coached 12 NCAA All American divers including 3 NCAA Champions. She was voted NCAA Coach of the year in 2008, 2012, and 2013 and nominated as the Division II Diving Representative on the NCAA Championship Committee for the 2012–13 season.