



St. Olaf Summer Youth Programs

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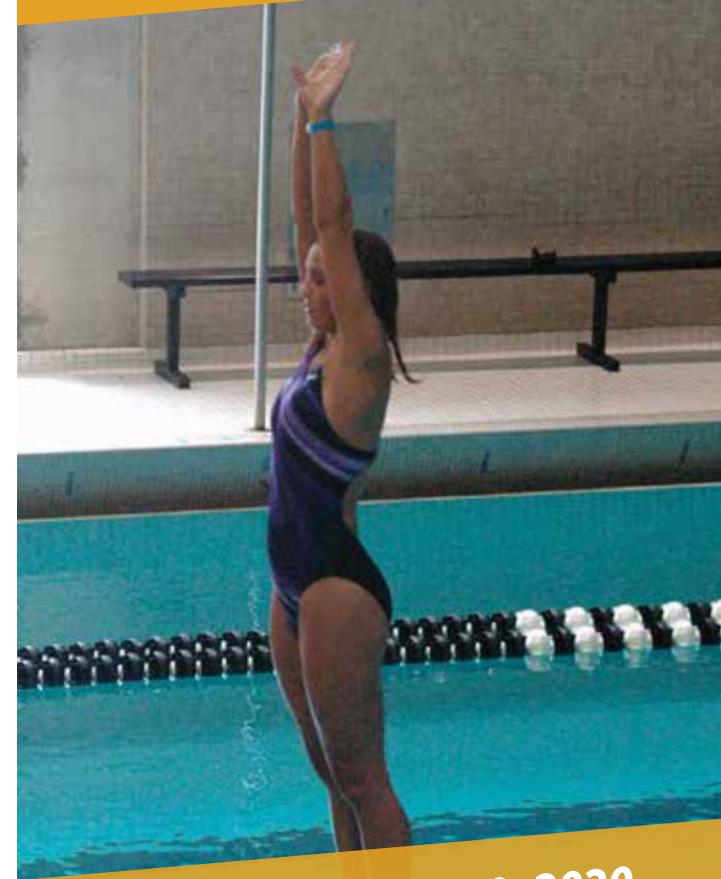
St. Olaf College
1520 St. Olaf Avenue
Northfield, MN 55057



 ST. OLAF CAMPS

THE HILL THAT TRANSFORMS YOUR SUMMER

DIVE CAMPS



JULY 19-23 & 26-30, 2020

St. Olaf College
Northfield, MN

The Diving Camp Experience

Dive Camp

\$525

July 19–23 & 26–30

Entering 8th–12th grade

Designed for divers who have been diving competitively for at least one season. This camp utilizes pool time, dry-land training, and classroom sessions to improve all aspects of diving.

Learn-to-Dive Camp

\$480

July 26–30

Entering 5th–10th grade

Runs in conjunction with the St. Olaf Dive 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
- Daily pool sessions
- Training on required and optional dives
- Instruction on 1-meter board
- Dry-land trampoline and dry-board training
- Weight training
- Low athlete-to-coach ratio
- Video review sessions
- Classroom discussions focusing on dive mechanics and meet preparation
- Supervised recreational activities
- Final meet and diving exhibition

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. No refunds given within four weeks of camp start date; substitutions are accepted.

Daily Activities

Camp begins with check-in from noon to 1 p.m. Sunday and 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 which may include kickball, a bonfire, a dance, movie night, and more.

Good Value

The St. Olaf Diving Camp fee includes:

- Meals from Sunday dinner through Thursday lunch
- Lodging Sunday through Wednesday night
- Bedding and a bath towel
- Camp T-shirt, string bag, and water bottle

Location

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

Roommates

Divers are housed two per room and may request a specific roommate. Roommates need to request each other on their registration form. Camp space is filled on a first-come basis and spots cannot be held for a late registering roommate.

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.

Meet The Coaches

Gabe Kortuem '02 coached the St. Olaf and Carleton College teams from 2002–19. While a student athlete 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 fifth 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. He earned a national championship in the 1-meter and is a two time MIAC Coach of the Year.

Jeremiah Jackson is in his first year as coach for the University of Wisconsin-La Crosse swimming and diving teams. Prior to this, he coached the swimming and diving teams at St. Mary's University from 2005–18. He has coached the Winona High School boys and girls dive teams for the past 18 years and has been involved with the Rochester Orcas Swim Club for the past eight seasons.

Tracy Torgerson is in her first year as coach for the Gustavus Adolphus College swimming and diving teams, and in her third year as coach for the New Prague swimming and diving teams. Tracy has been involved in the sport for 24 years, either as an athlete or coach. Tracy was a NCAA All-American diver at the University of Minnesota. During her time coaching at SCSU, Tracy coached 12 NCAA All-American divers including three 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.

