



## St. Olaf Summer Youth Programs

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St. Olaf College  
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 ST. OLAF CAMPS

THE HILL THAT TRANSFORMS YOUR SUMMER

# SWIM CAMPS



JUNE 7-11, 14-18  
& 21-25, 2020

St. Olaf College  
Northfield, MN

## The Swim Camp Experience

St. Olaf swim camps are designed for swimmers who have been swimming competitively in associations or school programs and have yet to complete their senior year of high school. Both camps provide a complete experience on the beautiful St. Olaf campus in historic Northfield, Minnesota. Pool time and other training activities are balanced with supervised recreational activities.

Campers are housed two per room in comfortable, secure student residence halls. Coaches and counselors live in the residence halls and provide 24-hour supervision. St. Olaf employs a professional security staff that is on duty 24/7. Bon Appétit, the school's food provider, offers a salad bar, grilled meats and veggies, hot entrées, cereals, yogurt, fresh fruit, a deli station, soup, and dessert station.

The camp fee includes housing Sunday through Wednesday nights (including bedding and a bath towel) and meals from Sunday dinner through Thursday lunch.

## Camp Features Include

- Professional, individualized coaching
- Low athlete-to-coach ratio
- Team-building principles
- Three daily pool sessions
- Underwater taping with one-on-one review
- Written analysis of strokes, starts, and turns
- Dry-land training
- Small group discussions
- Final swim meet
- Supervised recreational activities
- Digital video recording of each swimmer

## Camp Schedule

Camps begin with check-in from noon to 1 p.m. on Sunday and conclude with a final meet at 3 p.m. on Thursday.

## Roommates

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

## Stroke Technique Camp \$495

June 7–11, June 14–18, June 21–25

*Ages 10–17*

A systematic teaching approach gives swimmers in this camp an understanding of stroke development as well as repetitive skill rehearsal throughout the week. Attention also is paid to starts, turns, and streamlining. Swimmers work on core-body exercises to increase body strength and flexibility through a variety of dry-land exercises. Classroom activities include current video instruction from world-class swimmers and coaches, plus individual video review and analysis throughout the week. Group sessions cover topics ranging from nutrition and goal setting to team-building exercises and race/training strategies.

## High Performance Camp \$525

June 7–11, June 14–18

*Varsity level, ages 13–17*

This camp is designed for experienced swimmers who are ready to learn and implement conditioning principles, more effective training components, and technical skill development. Swimmers work on core-body exercises to increase body strength and flexibility through a variety of dry-land exercises. The camp also focuses on goal setting, psychological skills training, race and training strategies, nutrition, and team-building principles that will lead to consistent, successful performance. To maximize the benefits of this training, each camper should arrive in excellent physical condition.

## Registration

For more information, to register online, or to download a registration form, visit [stolaf.edu/camps](http://stolaf.edu/camps).

## Refund Policy

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, but substitutions are accepted.

## Dive Camps

July 19–23, July 26–30

## Learn-to Dive Camp

July 26–30

Runs in conjunction with the St. Olaf Dive Camp. Visit [stolaf.edu/camps](http://stolaf.edu/camps) for additional diving camps information.

## Meet The Coaches



**Bob Hauck '87** has coached men's and women's swim teams and the St. Olaf swim camp for 30 years. Bob was a 23-time All-American; he won seven national titles, set three national records, and was world-ranked in the backstroke. Hauck has led St. Olaf teams to 20 conference championships, and in 2009 he and his father Dave Hauck were both named the NCAA Division III Men's Swimming Coach of the Year.



**Nathan Linscheid '94** has spent the past 23 summers coaching at the St. Olaf Swim Camp. He swam for St. Olaf and the Hauck's during his college career. Nate has coached high school swimming for the past 26 seasons. Currently he coaches the Bloomington Jefferson boy's team (19 years) and the Convent of the Visitation High School (26 years). Nate has been named Class A State Girls Coach of the Year five times in his career.



**Joey Clapp** has nine years of St. Olaf Swim Camp experience (three as a former camper and six as a coach). At UWSP, Joey was a 14-time All-American and a 20 time conference champion. Currently, Joey serves as an assistant coach for the men's and women's swim team at St. Olaf.

**Each summer Coach Hauck completes his staff with current and former Ole swimmers.**

