



2010 MAVERICK SWIM CAMP

MINNESOTA STATE ATHLETICS



Stroke, Technique, & Race Camp
Competitive Age-Group Swimmers
Session 1: June 13th - June 18th
Session 2: June 27th - July 2nd
Mankato, Minnesota



Meet the Coaches



NATHAN OWENS
Head Swimming Coach
Nathan Owens completed his 6th year as the Head Coach of the Maverick Swimming and Diving program in 2010. In his short time at MSU, he has coached over 30 All-Americans and has led the Mavericks to eight Top-25 team finishes in Division

II. Owens coached two Olympic Trials Qualifiers in 2008 for the U.S. and Canada respectively. His coaching experience includes coaching at the YMCA, high school, USS Club, and Division I, II, & III level.



ROBERT HASTINGS
Assistant Swimming Coach
Robert has been an MSU assistant coach since 2007 and works with the Maverick sprinters and butterflys, coaching numerous All-Americans. Robert has coached age-group state finalists with the Mankato Mantas Swim Club (MN) and the Reno

Aquatic Club (NV). In the summer of 2008, Hastings was invited to be a Team Minnesota coach at the Mega Central Zone Meet. Hastings is a current graduate student in Sport & Exercise Psychology.



ANDY DRISKA
Assistant Swimming Coach
Andy Driska has been an MSU assistant coach since 2007 and works primarily with the Maverick distance and middle-distance freestylers and backstrokers. Before coming to MSU, he spent seven years coaching the high school and age-group swimmers of Springfield Township

(PA). Swimmers under his instruction at Springfield Township HS set two state records, won 24 All-American and 65 All-State honors. Driska is a current graduate student in Sport & Exercise Psychology.



The MSU coaching staff will be assisted by current Minnesota State swimmers. These student-athlete counselors will work with campers and assist the coaches in teaching the fundamentals of good technique and racing.

A member of the Minnesota State Colleges and Universities System.
Minnesota State University, Mankato is an
Affirmative Action/Equal Opportunity University.

Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Office of Intercollegiate Athletics at 507-389-6111 (V), 800-627-3529 or 711 (MRS/TTY) at least five days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.
ATHL311BR_03/09

MSU Swimming Camp
135 Myers Field House
Mankato, MN 56001



Camp Highlights

Swimmers will receive expert instruction in all four strokes, starts, turns, swimming technique and race strategy at Minnesota State's Stroke, Technique, and Race Camp. Each swimmer will work directly with Coach Owens and his professional coaching staff at Minnesota State's Highland Center Pool. These professional coaches will be on-deck throughout the duration of the camp. Current Maverick swimmers will assist the coaching staff in demonstrating the proper drills and techniques to become a better swimmer. The camp will focus on race techniques with an emphasis on drill instruction in all competitive strokes. Each swimmer will be videotaped underwater so that the coaches may analyze his or her technique and show each athlete the proper stroke mechanics.



- Expert instruction from college coaches
- Daily emphasis on stroke technique
- Videotaping of all four strokes with coach/swimmer review
- Official Minnesota State camp t-shirt
- Drill cards for all strokes for swimmers to take home

Overnight Camp Typical Day

(Does not apply to first or last day)

- 7:00 A.M. Wake-up
- 7:15 A.M. Day Campers Arrive
- 7:30 A.M. Morning swim session
- 9:15 A.M. Breakfast
- 10:00 A.M. Group Activities and Rest Time
- 12:00 P.M. Lunch
- 1:00 P.M. Stroke review and taping
- 2:30 P.M. Dryland workout and flexibility training
- 4:00 P.M. Afternoon Swim Session
- 7:00 P.M. Dinner/ Day Campers Depart
- 8:00 P.M. Evening Group Activities
- 10:30 P.M. Lights Out!

Room & Board: All overnight campers will stay in the new Julia A. Sears Complex under 24 hour supervision by the camp staff. Campers will be placed two to a room according to age. All meals (breakfast, lunch, and dinner) will be served in Carkoski Dining Hall or other dining establishments near campus.



Julia A. Sears Complex

2010 Dates and Prices

Session 1 Camp Dates: June 13 - June 18

Session 2 Camp Dates: June 27 - July 2

*** Registration Deadline - June 9**

- **Overnight Camp: \$475**
Includes all meals plus housing in Julia Sears residence hall
- **Day Campers: \$375**
(Includes breakfast and lunch)

Overnight campers will check-in Sunday evening. Camp will begin Monday morning at 7:00 A.M. and conclude on Friday morning at 11:00 A.M. Enrolled campers will be sent more information including camp itinerary, directions, and packing-list prior to arrival.

It's Easy to Enroll...

Online Registration:
www.msumavericks.com/swimmingcamps

or by mail:
MSU Swimming
135 Myers Field House
Mankato, MN 56001

Payments: Payments and Deposits may be made online with a credit card or by mail with a check. A minimum deposit of \$100 per/camper will be due by June 1st. This deposit will secure space for both overnight and day campers. The remaining balance is due by the start of camp. We will send a confirmation after your application has been processed. Campers will not be allowed to participate until all camp fees have been paid. We will accept registrations until space is no longer available. Space will be limited to the first 40 campers.

Camp DVD: Campers may purchase a swimming DVD that will include many of the drills and stroke techniques learned throughout the week. DVDs are available for an additional \$10.

Training Staff: A certified sports medicine trainer will be on staff and available to campers for the entire camp.



Questions?

Please contact the Minnesota State coaching staff!

Phone:
507-389-6326

E-mail:
swimcamp@mnsu.edu



Maverick Swim Camp Registration

Camper's Name: _____
First Last

Grade: _____ Age: _____ Male Female

T-Shirt Size: S M L XL

Parent/Guardian: _____

Emergency Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Work/Cell: _____

Date of Birth: _____

E-mail Address _____
(must be able to accept attachments)

Medical Insurance Company & Policy # _____

Billing & Payment Information:

Overnight (\$475) Commuter (\$375)

Camp DVD (additional \$10)

Payment Amount: Deposit (\$100) Full Payment

Payment Enclosed:

Camp _____ + DVD _____ = Total Due 6/1/10: _____

Signature: _____

Make checks payable to "MSU Swim Camp"

Mail Application to: MSU Swimming
135 Myers Field House
Mankato, MN 56001

Release Form: In consideration of the acceptance of the application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims to damages I may have against Minnesota State University, Mankato or its representatives and/or assignees for any and all damages which may be sustained and suffered out of my traveling to, participating in, and returning from camp.

Participant's Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

Detach and mail with payment