

GRINNELL COLLEGE SWIM CAMP

Tuesday, June 4- Saturday, June 4, 2013

Russell K. Osgood Pool



The Russell K. Osgood pool is a 50-meter by 25-yard competition pool configured with a 13 foot diving well, housing two one-meter and two three-meter diving boards on concrete platforms. Daily use provides nineteen 25-yard lap lanes with two bulkheads to transform the pool into a multipurpose facility. Shallow area offers a space for water aerobics, teaching and youth play. Colorado Timing System, state-of-the-art air exchange and sound system, and spectator seating areas for 600 spectators make this pool ideal for training, competitions and general fitness.

COACHES

Erin Hurley



Finishing her 18th year at Grinnell, Erin coached the Pioneers to 14 women's conference titles and 12 men's conference titles. During that time the Pioneers have earned 164 individual conference titles and 11 All-American honors.

Tim Hammond



Tim is finishing his sixth year at Grinnell. During this time he designed the strength and conditioning program for the swimmers and divers and assisted with all aspects of their training. He has been instrumental in the team's success.

Howie Schein '66



Howie is the high school coach at University Laboratory HS and Champaign County YMCA HEAT in Illinois. He is also a masters swimmer, certified college official and spends most of his swimming time teaching technique to youth, high school, college and master swimmers. Howie has been working with the Grinnell College Swim Team for the past five years.

Current Grinnell College Swimmers

Current and former Grinnell College Swimmers will assist the camp as counselors and deck coaches. Conference Champions, school record holders All-Americans, and Olympic Trials qualifiers will be on hand to offer their assistance.

Get the most out of our swim camp

This is a competitive camp designed for swimmers age 8 to 18. Campers of age 10 and older have the option to become overnight campers and be lodged in the college dormitories. Both formats of the camp focus on the latest techniques for all four competitive strokes, starts and turns. With two 2-hour water sessions per day, each camper will get the attention they need to work on their technique and mechanics under the watchful eye of the

coaching staff. Outside of water work, there will be video review, talks on nutrition, dryland training, and goal-setting. Each camper will be videotaped in all four strokes and turns and be given a camp handbook reinforcing camp instruction. Swimmers 13 and up have the option to enroll in 4 additional morning training sessions to assist them in their summer training season. These training sessions will be lead by Erin Hurley. Enroll for this option on second page.

Commuter and Overnight options

Overnight Campers (\$360.00):

4 nights/5 days

Most meals will be served in the Marketplace dining hall at Grinnell College. This is an all-you-can-eat meal station. Lodging will be in the Grinnell College dormitories. There will be supervised housing with planned evening activities. Overnight campers arrive at 1pm on Tuesday, June 4

Day/Commuter Campers (\$220.00):

Lunch will be provided in the Marketplace dining hall. Camp days begin at 9 am and end at 5pm. Camp will end at 4pm on Saturday.

Day one of camp for day campers begins at 9am on June 4.

Overnight campers schedule:

6am *Senior Training session (add-on)
8am Breakfast
9am Water session
11:30am Lunch
Fun/Rest Time
2:00 pm Water/Classroom sessions
5:00 pm Dinner
6:30pm Evening activities
10pm Lights out

Day Campers schedule:

9am Water session
11:30am Lunch
Fun/Rest Time
2:00pm Water/Classroom sessions
5pm Depart



*Grinnell College
Swimming & Diving*

*[http://www.grinnell.edu/
athletics](http://www.grinnell.edu/athletics)*

Questions? Please contact: Erin Hurley, Grinnell College Swim Coach Hurley@grinnell.edu; 641-269-4848

Mail Registration to: Grinnell College Swimming, c/o Erin Hurley, 1201 10th Ave., Grinnell, IA 50112

Name: _____ Age on 6/4/13 _____ DOB _____

Complete Mailing Address: _____

Home Phone: _____ Cell: _____

Email: _____ T-shirt Size (adult): _____

Male/Female (Circle one) High School Graduation Year: _____

Overnight Camper (\$360.00) _____ Day Camper only (\$220.00) _____ *Senior Training add-on (\$50.00) _____

Parent/Guardian's Name: _____

Emergency Contact number: _____

Any medical conditions/allergies: _____

Roommate preference (if overnight): _____

Name and Coach of Swim Club/H.S. Team: _____

Check or cash only enclosed for: _____ Checks payable to: *Grinnell College*

Mail to: Grinnell College Swimming, c/o Erin Hurley, 1201 10th Ave., Grinnell, IA 50112