

2012 MIZZOU SWIM CAMP

Camp Descriptions

Mizzou Swim Camp offers a variety of different camps so that you can find the right experience for your swimmer. We have conveniently grouped our Starts, Turns and Breakouts Camp next to our Tiger Technique, and Tiger Training Camps so that you can take advantage of multiple camp experiences.

Whether it's learning the details in our Starts, Turns and Breakouts camps, or the intense workouts in our Tiger Training camp, we have something for everyone ages 8-18.

It is highly recommended, but not required, that swimmers have some form of competitive experience prior to attending camp- summer league, high school, YMCA, USA swimming, etc. Camps are not learn-to-swim programs.

Facilities

All pool sessions are held at the Mizzou Aquatic Center on The University of Missouri campus. Ranked by Sports Illustrated (September, 2005) as the #1 Student Recreation Center in the United States. The Mizzou "Fast Water" pool it is one of the premier competitive aquatic facilities in the world. Since its completion in 2005, there have been multiple American and World records set in its waters.

For photos and more information please visit: www.mizzourec.com/facilities/competitive_pool/

Meet Coach Rhodenbaugh

In his first year Mizzou Head Coach Greg Rhodenbaugh has already produced multiple NCAA All-Americans and Big 12 records! During his tenure at Arizona, he was a part of the 2008 men's and women's national championship teams, and coached many Olympic swimmers, including two-time gold medalist Amanda Beard. He is also a member of the U.S. Swimming National Team staff.

Daily Schedule

Campers swim once on the first and last day of camp and three times per day for all other days. After a break for lunch, the afternoon consists of an in-water session followed by classroom sessions which may include nutrition talks, viewing elite swimmer's videos, start/turn/stroke instruction, goal setting or meeting with Mizzou Tigers. After an afternoon break and dinner, one more session is held at the pool including underwater videotaping, more stroke instruction and relays!

Starts Turns & Breakouts Camps

The focus of our most popular camp is on the racing mechanics of starts, turns and breakouts for all four strokes. These vital skills are often overlooked, but when done correctly will help shave time off swims.

Tiger Technique Camp

Technique camp is designed to teach fundamental and advanced stroke skills for all four strokes. Campers will learn new techniques to make their swimming easier and faster.

Tiger Training Camp

Train like the Tigers! Our training camp has ONLY 50 slots available. Training focuses on intensive conditioning, thorough instruction and analysis of all four strokes. All sets are written by University of Missouri Head Coach Greg Rhodenbaugh.

Register Online for FREE at:

www.mutigers.com/camps/swim-camps.html

Register Early

Camp sessions have sold-out in 2008-2011. Sign up early to get into the camp you want!

Availability

Camp space is available on a first come-first serve basis. A \$150 non-refundable deposit for Technique and Training Camps (applicable to the camp fee, **final payments due by May 1st**). Starts, Turns and Breakout Camps require payment in full at time of registration. All camps require on-line registration. Each session has a limited number of spots.

Room and Board

Campers are housed two per room in Johnston Hall, an air-conditioned, University of Missouri dormitory across the street from the Mizzou Aquatic Center and one block from Plaza 900 dining hall. Campers may bring snacks to keep in their rooms. Plaza 900 offers a variety of foods on an all-you-can-eat basis for a well-rounded, balanced diet.

Roommates

Roommates are assigned online when you register. Both campers need to request each other using the Buddy Request system online. All campers who do not request a roommate will be assigned according to age.

Supervision

Experienced and mature male and female coaches/counselors provide 24-hour supervision for all campers. In addition resident halls are supervised by University of Missouri personnel. An experienced athletic trainer is available during all workout sessions. All employees have passed a background check conducted by The University of Missouri Human Resources Department. Our camp is staffed by our very own University of Missouri Coaches and Student-Athletes!

Contact Us

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www.mutigers.com/camps/swim-camps.html

No Refunds After May 1 for reasons other than documented medical conditions.

Mizzou Camp	Date	Type	Ages	Cost
Starts, Turns and Breakouts 1	June 1-3	Commuters	8-18	\$320
		Residents	9-18	\$345
Tiger Technique Camp 1	June 3-6	Commuters	8-18	\$495
		Residents	9-18	\$545
Tiger Training Camp 1	June 3-6	Commuters	13-18	\$495
		Residents	13-18	\$545
Tiger Technique Camp 2	June 11-14	Commuters	8-18	\$495
		Residents	9-18	\$545
Tiger Training Camp 2	June 11-14	Commuters	13-18	\$495
		Residents	13-18	\$545
Starts, Turns and Breakouts 2	June 22-24	Commuters	8-18	\$320
		Residents	9-18	\$345

University of Missouri - Campus Map

