



# 2018 JACKRABBIT SWIM CAMPS

## Stroke Technique

The first step in becoming a better swimmer is learning to be more efficient with great stroke technique. We will break down every stroke for you to easily understand and make changes immediately.

## Training Phases

Learn to be a better swimmer by understanding what you need to do to help your body go faster. Learn how to train better and the changes your body goes through each workout and season. The more you know and understand training the better prepared you will be in order to be the best you can be.

## Fun & Excitement

Have a great time filled with laughter, fun, and learning, with a strong focus on creating new friends, games, and enjoyment.

### When:

#### Camp 1

Sunday June 3– Thursday June 7

- ◆ Stroke/Training Camp

#### Camp 2

Sunday June 10– Thursday June 14

- ◆ Stroke/Training Camp

I am very excited for my first year offering the Jackrabbit Swim Camps. This year we are initially offering two camps. The Jackrabbit Swim Camp is open to both boy and girl competitive swimmers aged 7-18 who are interested in improving their swimming technique in all strokes, as well as learning the training phases and energy levels needed to be the best swimmer they can be. The Jackrabbit Swim Camp give each participant the opportunity to learn from excellent collegiate coaches as well as current and former collegiate swimmers. I want this camp to stand out and each camper get the most instruction and information they can. I coach, instruct, and critique each athlete myself, and work throughout the camp with each swimmer personally. The camp is presented in a fun, positive, energetic and safe environment with the focus on improvement, learning, and building relationships. Each session gives the camper an opportunity to get better and to learn what it takes to be the best they can be.

### Each Jackrabbit Swim Camper will receive

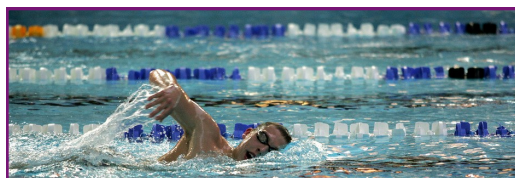
- Day Campers receive an exclusive SDSU Jackrabbit T-shirt and SDSU swim cap.
- Instruction from the SDSU Swimming Coaching Staff and swimmers.
- Detailed individual stroke correction with report to share with your coach and family.
- Opportunity to build friendships with other campers
- Fun and Games directed on teaching sportsmanship, teamwork, self-esteem building, and personal growth.
- 3 healthy meals each day from the SDSU Catering
- Individual Underwater Individual Filming and DVD Report to take home. (optional)

*Jackrabbit Swim Camps are open to any and all participants, limited only by number, age, grade level, and/or gender, as required by NCAA rules.*



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## Summer Camp Information



Camp I-June 3rd-June 7th

Camp II-June 10th-June 14th



Each camper will have the option to Live-In or Commute to the Jackrabbit Swim Camp. Live-in campers will stay in the SDSU Dorms and have a short walk to and from the pool. At all times campers will be chaperoned by Jackrabbit Swim Camp Staff members. Those who choose the Commuter option will be dropped off in the morning and picked up at a designated time

and place in the evening. Meals will be provided at the SDSU dining center. We want to make this experience memorable, exciting and educational for campers. Sign up today to reserve your spot in the 2018 Jackrabbit Swim Camps.

### Individual Stroke Feedback

At the end of camp each camper will receive a detailed summary of stroke corrections and observations from the coaching staff. You will also receive information on all topics covered in camp.

### Camp Presentations

Enjoy camp presentations on topics such as nutrition, weight and dry-land training, mental preparation and visualization, and more

### Exclusive Jackrabbit Swim Camp T-Shirt & Swim Cap

Look great in your Jackrabbit Swim Camp T-Shirt. Show everyone what a great and special time you had while attending camp.

## Cost

- Stroke/Technique Camps (Live In) \$475
- Stroke/Technique Camps (Commuter) \$375
- Video Analysis Option: \*All 4 strokes \$125
- Video Analysis Option: \*Individual Stroke \$40/stroke  
*\*includes DVD & YouTube video with voice commentary -*
- If a club or high school team registers 10 or more swimmers each camper receives \$25 off registration*

**To register online visit [swimming.jackrabbitsportscamps.com](http://swimming.jackrabbitsportscamps.com)**

**For more information please email Camp Director/Head Coach  
Douglas Humphrey  
[douglas.humphrey@sdstate.edu](mailto:douglas.humphrey@sdstate.edu)  
or call 402-540-1148**

**Information on Fall Day Camps will be announced soon.**