

## **2006 Bates College Swim Camp**

### **June 26<sup>th</sup> – 29<sup>th</sup>**

The Bates College Swim Camp is a day-camp program designed to help swimmers nine to seventeen strengthen their athletic skills and develop a winning attitude. The camp will focus on competitive technique, stroke mechanics and training methods in order to help each swimmer reach their full potential.

Each young athlete will receive individual and group coaching from members of the camp's staff, including video and stroke evaluation. In addition to daily training sessions, the instructors will provide lectures and information sessions on sports nutrition, goal setting, and motivation.

#### **Program highlights include:**

- Stroke mechanics
- Starts, turns & relay take-offs
- Race strategies
- Dry-land exercises
- Nutrition education
- Digital Recording for stroke analysis

#### **The Staff**

The Bates College Swim Camp is directed by Mike McCollum, assistant men's & women's swimming coach for Bates College. Mike swam for Middlebury College where he was a ten time New England Swimming & Diving Conference champion, was twice named Middlebury College's swimmer of the year, and earned nine NCAA Division III All American awards in butterfly and backstroke.

Prior to coming to Bates College this past fall, Mike was the assistant coach for the College of William & Mary and Norwich University before serving as the head coach for State University of New York at Fredonia. He has also spent several years coaching age group, high school and YMCA swimming in his native Ohio.

Assistant program director Dave Bright is the head coach of the Lewiston High School boys' and girls' teams. A graduate of Colby College, where he was an All-New England swimmer as well as a New England Swimming & Diving Conference champion in the 400 individual medley, he previously worked as an assistant swimming coach at Bates College, and coached the Lowell, Massachusetts Boys Club, Colby College, and Brunswick High School teams.

Each year current coaches and former Bates College swimmers will return to join the camp coaching staff.

### **The Tarbell Pool**

The Tarbell Pool is part of the College's extensive Margaret Hopkins Merrill Gymnasium, which opened in 1980. It is an eight-lane, 25-yard/25 meter swimming facility with one and three meter diving boards and fourteen feet of depth with underwater observation capabilities.

Participants will also have access to the Davis Fitness Center's weight machines, as well as the free weights and the vasa swim trainer for dry-land training.

### **Daily Schedule 8:30 – 3:30**

(Subject to change)

8:30 Group stretching & dry-land

9:00 Stroke & Technique work

The focus will be on one stroke each day

11:00 Cool down & stretching

11:30 Lunch

12:30 Senior group: Tarbell Pool

Training sets & video taping

Junior group: Classroom

1:45 Senior group: Classroom

Junior group: Tarbell Pool

Training sets & video taping

3:00 Both groups: Discussion, review, Q&A

### **Fees and Registration**

The cost of the camp will be \$250, and will include lunch each day. A nonrefundable registration fee of \$100 (checks made payable to Bates College Swim Camp) must accompany each registration. This fee will be applied to camp tuition. Upon receipt of your completed application form and registration fee you will be sent a medical form. The form, signed by your physician, must be returned before you arrive on campus.

The Bates Swim Camp is open to all interested swimmers, but registration is limited to ensure individual attention to all participants.

### **For more information, please contact:**

Mike McCollum

Bates College Athletics

Lewiston, Maine 04240

(207) 786-8264

e-mail: [mmccollu@bates.edu](mailto:mmccollu@bates.edu)

**Bates College Swim Camp Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

School Phone: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Age in June 2005: \_\_\_\_\_

School/Team: \_\_\_\_\_

Coach: \_\_\_\_\_

Other registrants from your team:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Events & Best performances:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

T-shirt size:    s            m            l            xl

Person to contact in case of an emergency

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Please return this application form to:

Bates College Swim Camp

Alumni Gym

Bates College

Lewiston Me 04240



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