2006 Bates College Swim Camp
June 26th – 29th

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
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