

Camper's Name

Date of Birth Age Male/Female

Street Address

City, State, Zip

Parent/Guardian Name

Phone Number

Email Address

Roommate Request

Adult T-shirt size (S, M, L, XL): _____

Balance, Cancellation & Refund Policy

- \$100 non-refundable deposit is due at the time of registration for each camp.
- There are absolutely no refunds for cancellations within 30 days of camp. Full payment is required 30 days prior to the start date of camp.

Register for the following camps:

June 9-13 Stroke Camp I

Resident \$495 Commuter \$425

June 13-16 Start & Turn Camp II

Resident \$395

Optional add-on (15 spaces per camp)

Private Lesson & Video \$75.00

June 16-20 Elite Axis-Stroke Camp III

Resident \$495 Commuter \$425

Option 1: Fly & Breast Focus Camp

Option 2: Free & Back Focus Camp

Optional add-on (10 spaces per camp)

Private Lesson & Video \$75.00

June 16-20 Race Strategy Camp IV

Resident \$495 Commuter \$425

Optional add-on (10 spaces per camp)

Private Lesson & Video \$75.00

Mail application + \$100 non-refundable deposit per camp to:

UWSP Swim Camp
1630 S Ponderosa Drive
Stevens Point, WI 54482

**Register Online (fee) @
www.pointersswimcamp.com**



POINTERS™
SWIM CAMP

**Stroke Camp I
June 9-13, 2019**

**Start & Turn Camp II
June 13-16, 2019**

**Elite AXIS III
Stroke Camp
June 16-20, 2019**

NEW for 2019!

**Race Strategy
Sprint Camp IV
June 16-20, 2019**

Ages 10-18
Limited to 50 participants

www.pointersswimcamp.com

STROKE TECHNIQUE CAMP I

- Ages 8-18 (limited to 75 participants)
- Four stroke drill refinement focus
- Body position & stroke rate efficiency
- Two pool training & drill sessions daily
- Dryland & strength conditioning
- Lecture: Technique, training & nutrition
- Four stroke VIDEO ANALYSIS included
- 10:1 camper to coach ratio

START & TURN CAMP II

- Ages 8-18
- Limited to 75 participants
- **NEW STARTING BLOCKS INSTALLED!**
- Forward start progression
- Backstroke start progression
- Flip turns & IM turns
- Streamline & underwater kick focus

ELITE AXIS STROKE CAMPS III

- Ages 10-18 (limited to 50 participants)
- Option #1: Short AXIS (Breast & Fly).
- Option #2: Long AXIS (Free & Back).
- (2) stroke specific training & drill sessions per day
- IM training sets available
- 10:1 camper to coach ratio

RACE STRATEGY SPRINT CAMP IV

- Ages 10-18 (limited to 50 participants)
- Training & Race strategies for 500-yard races or less. IM training encouraged
- Daily starts, turns and breakouts
- Streamline & underwater kick analysis
- Finis snorkel & Bungee Cordz training
- Stroke count focus!
- RACE PACE training & strategies
- Visualization & GOAL MAPPING!
- College recruitment process explained

TYPICAL DAILY SCHEDULE

7:00	Breakfast (Resident Campers)
8:00	Lecture / Video Analysis
8:30	Pool Stations / Pool Training I
11:30	Lunch / Free Time
1:00	Private Lessons/ Video Analysis
3:00	Lecture / Dryland Training
4:00	Pool Stations/ Pool Training II
6:00	Dinner / Evening Activities

TRAINING GROUPS

Our 14-lane (8-25 yard, 6-20 yard) facility allows us the opportunity to train multiple groups or camps at one time. Day one of training provides insight as to which group the campers will train in for the week, but is not limiting in any way. The **STROKE TECHNIQUE, ELITE AXIS & RACE STRATEGY SPRINT** camps offer **three training groups** to accommodate all ages and ability levels. In addition, we offer **EXTENDED TRAINING** sessions as a daily **option** for all campers and groups. Please email for more information or requests.

DISCOUNTS:

- Teams or groups of **FOUR** or more residents save 5% if all registration forms are received by January 1, 2019
- \$100 off **total** camp tuition when you register for 2 camps.
- \$200 off **total** camp tuition when you register for 3 camps.



Justin Stoffel
M.S. Education
UWSP Swim Camp
Head Coach
Director
jstoffel@uwsp.edu

Justin Stoffel entered his 14th season in 2018 as associate head coach of the men's and women's swimming programs. Last season, Stoffel helped lead the UWSP men's team to its 19th consecutive WIAC Conference title, while the women's team placed fourth. In 2018, the Pointers placed 11th at the NCAA Swimming Championships in Indianapolis, IN.

In 2005, Stoffel established the UWSP Swim Camp and has coached over 1,750 campers to date. Stoffel has also coached high school, USA, and YMCA swimming programs for 23 seasons and is a member of ASCA. In 2004 & 2005, Stoffel worked as a Longhorn Swim Camp Coach under the direction of Olympic Coach Ed Reese and Texas Men's Assistant Coach, Kris Kubik. Stoffel also had the opportunity to work with several U.S. Olympic athletes including Ian Crocker, Aaron Pierson, and Brendan Hansen.

PHILOSOPHY

The Pointers Swim Camp offers swimmers between the ages of 8-18 the opportunity to partake in fun, challenging and engaging experiences that focus on technique, conditioning, race strategy and teamwork. The goal of our program is to simplify the most complex theories of our sport to ensure that all swimmers can comprehend, apply and share their experiences after completing the various camps.