

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 14-18, 2020**

**Stroke Camp**

Resident \$495     Commuter \$425

**June 18-21, 2020**

**Start & Turn Camp**

Resident \$395

**June 21-25, 2020**

**Speed Development Sprint Camp**

Resident \$495    Commuter \$425

**Mail application &**

**\$100 non-refundable deposit (per camp) to:**

UWSP Swim Camp  
C/O Coach Justin Stoffel  
1117 Soo Marie Avenue  
Stevens Point, WI 54481

**Register Online (fee) @  
[www.pointersswimcamp.com](http://www.pointersswimcamp.com)**



**POINTERS™**  
SWIM CAMP

**Stroke Camp  
June 14-18, 2020**

**Start & Turn Camp  
June 18-21, 2020**

***NEW for 2020!***  
**Speed  
Development  
Sprint Camp  
June 21-25, 2020**

Limited to 75 participants!

[www.pointersswimcamp.com](http://www.pointersswimcamp.com)

## STROKE TECHNIQUE CAMP

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

## START & TURN CAMP

- Ages 8-18 (limited to 75 participants)
- 10 SPECTRUM starting blocks with foot wedges & hand rails!
- Forward start progression
- Backstroke start progression
- Flip turns & IM turns
- Breakouts & Finishes
- Streamline & underwater development
- Dryland & strength modalities to enhance starts & turns
- 10:1 camper-to-coach ratio

## SPEED DEVELOPMENT SPRINT CAMP: NEW FOR 2020!

- Ages 10-18 (limited to 75 participants)
- 3 group offerings based on age/ability
- (2) sessions per day (stroke efficiency & race pace training).
- Training/Race strategies: 500, 200, 100 & 50 yard races, including IM & stroke
- Daily starts, turns and breakouts
- Streamline & underwater kick analysis for all 4 strokes
- Finis snorkel training
- Stretchcordz & parachute training
- PACE training & strategies
- GOAL MAPS for pace times, goal times & training
- 10:1 camper to coach ratio

## TYPICAL DAILY SCHEDULE

7:00	Breakfast (Resident Campers)
8:00	Lecture / Video Analysis
9:00	Pool Stations / Pool Training I
11:30	Lunch
12:00	REST/ Video Analysis
2:30	Lecture / Dryland Training
3:00	Pool Stations/ Pool Training II
5:30	Dinner / Evening Activities (Resident Campers)
10:00	Lights OUT!

## TRAINING GROUPS

Our 14-lane (8-25 yard, 6-20 yard) facility affords us the opportunity to train multiple groups at one time. Day one 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 & SPEED DEVELOPMENT 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, 2020
- \$100 off total camp tuition when you register for 2 camps (individuals).
- \$200 off total camp tuition when you register for 3 camps (individuals).



Justin Stoffel  
M.S. Education  
Pointers Swim  
Camp Head Coach  
[jstoffel@uwsp.edu](mailto:jstoffel@uwsp.edu)

Justin Stoffel entered his 15th season in 2019 as associate head coach of the men's and women's UWSP swimming programs. Last season, Stoffel helped lead the men's team to its 20th consecutive conference WIAC Title, while the women's team placed fourth. In 2018, the Pointers placed 11<sup>th</sup> at the NCAA D3 Swimming Championships in Indianapolis, Indiana.

In 2005, Stoffel established the UWSP Swim Camp and has coached over 1,750 campers. 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 Piersol, 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, explain and share in their newfound knowledge after completing the camp experience.