

# 2016 HUSKER SWIM CAMP

## Camp Descriptions

Husker Swim Camp offers a variety of different camps so that you can find the right experience for your swimmer. We have conveniently grouped our Starts, Turns and Breakouts Camp next to our Husker Technique, and Husker Training Camps so that you can take advantage of multiple camp experiences.

Whether it's learning the details in our Starts, Turns and Breakouts camps, or the intense workouts in our Husker Training camp, we have something for everyone ages 9-18.

It is **highly** recommended, that swimmers have some form of competitive experience prior to attending camp- summer league, high school, YMCA, USA swimming, etc. Camps are NOT learn-to-swim programs.

## Facilities

All pool sessions are held at the Bob Devaney Sports Center on The University of Nebraska campus.

## Meet Coach Morales

In his 15 years as Husker Head Coach Pablo Morales has produced multiple NCAA qualifiers and has received Big XII Coach of the Year honors.

A 1987 graduate of Stanford University, Morales is one of the greatest male swimmers in U.S. history, winning a NCAA-record 11 individual titles. He also helped lead the Cardinals to three consecutive NCAA titles and four Pac-10 titles, while twice earning Pac-10 Swimmer-of-the-Year honors and garnering six Pac-10 titles himself. An Olympic swimmer, Morales won three gold and two silver medals in the 1984 and 1992 Games, serving as a team captain for the 1992 squad.

## Daily Schedule

Campers swim once on the first and last day of camp and three times per day for all other days. After a break for lunch, the afternoon consists of an in-water session followed by classroom sessions which may include nutrition talks, viewing elite swimmer's videos, start/turn/stroke instruction, goal setting or meeting with Nebraska Huskers. After an afternoon break and dinner, one more session is held at the pool including underwater videotaping, more stroke instruction and relays!

## Starts Turns & Breakouts Camps

The focus of our most popular camp is on the racing mechanics of starts, turns and breakouts for all four strokes. These vital skills are often overlooked, but when done correctly will help shave time off swims.

## Husker Technique Camp

Technique camp is designed to teach fundamental and advanced stroke skills for all four strokes. Campers will learn new techniques to make their swimming easier and faster.

## Husker Training Camp

Train like a Husker! Our training camp has ONLY 20 slots available. Training focuses on intensive conditioning, thorough instruction and analysis of all four strokes. All sets are written by University of Nebraska Head Coach and Former Olympian/WR Holder Pablo Morales!

## Register Early

Camp sessions have sold-out in 2008-2014. Sign up early to get into the camp you want!

## Availability

Camp space is available on a first come-first serve basis. A \$200 non-refundable deposit for ALL Camps (applicable to the camp fee, **final payments due by May 1st**). All camps require on-line registration. Each session has a limited number of spots.

## Room and Board

Campers are housed two per room in the Harper-Schramm-Smith Complex, an air-conditioned, University of Nebraska dormitory a short distance from the Bob Devaney Natatorium. Campers may bring snacks to keep in their rooms. The cafeteria offers a variety of foods on an all-you-can-eat basis for a well-rounded, balanced diet.

## Roommates

Roommates are assigned online when you register. Both campers need to request each other using the Request system online. All campers who do not request a roommate will be assigned according to age.

## Supervision

Experienced and mature male and female coaches/counselors provide 24-hour supervision for all campers. In addition resident halls are supervised by University of Nebraska personnel. Our camp is staffed the current University of Nebraska Coaches and former Student-Athletes!

## Contact Us

Camp Director: Patrick Rowan  
Email: huskerswimcamp@gmail.com

**No Refunds After May 1** for reasons other than documented medical conditions.

**Register Online at:**  
**TBD**  
**Address is case sensitive**

| Husker Swim Camp            | Date       | Type               | Ages  | Cost  |
|-----------------------------|------------|--------------------|-------|-------|
| Starts, Turns and Breakouts | June 3-5   | Commuters          | 8-18  | \$310 |
|                             |            | Overnight in dorms | 10-18 | \$350 |
| Husker Technique Camp       | June 5-8   | Commuters          | 8-18  | \$475 |
|                             |            | Overnight in dorms | 10-18 | \$530 |
| Starts, Turns and Breakouts | June 10-12 | Commuters          | 8-18  | \$310 |
|                             |            | Overnight in dorms | 10-18 | \$350 |
| Husker Technique Camp       | June 12-15 | Commuters          | 8-18  | \$475 |
|                             |            | Overnight in dorms | 10-18 | \$530 |
| Husker Training Camp        | June 12-15 | Commuters          | 13-18 | \$475 |
|                             |            | Overnight in dorms | 13-18 | \$530 |