

Zone 4 Distance/Stroke Camp 2011

- Dates:** Sunday, June 5th through Thursday June 9th, 2011
- Location:** Grand Junction
- Facilities:** Mesa State is an 10 X 50 meter indoor facility: We will be staying in the Dorms. Dorms are suites: two doubles with a central living room with microwave, frig, tv.
We encourage all of you to stay in Mesa State's dorms to enhance the true camp experience.
If you are providing your own transportation, please meet at the Mesa State pool on Sunday, 5 June at 1pm. (We will go from pool to dorms to register.)
- Qualifications:** Must be at least 13 years old; be able to swim all four competitive strokes. Your endurance should enable you to train 2X daily, 3000 yds/hr (100's of freestyle @2:00 minutes interval). We do not want injury so you must be in good shape. **Applicants should be chosen for their work ethic rather than their speed in a meet. Camp will be capped at 32 campers.** Each of you must demonstrate a positive team attitude that exhibits a level of wholesome acceptance for each individual and yourself in a close group environment: you are expected to treat all with due respect and consideration.
- Cost:** \$300, \$225 for non-resident campers (covers dorm, food, pool time, travel to/from Grand Junction.) You will need \$ for incidentals such as snacks, souvenirs, movie, etc. Please send checks make out to Silas Almgren or Montrose Marlins. ***West Slope Swim League checks are hard to deposit or cash.
- General:** We will leave from Montrose, via 12 or 15 passenger vans, on Sunday Morning, June 5th. We will arrive in time to register, have a snack and have an evening. Camp will close Thursday 9th June following the PM workout. The vans will return to Montrose around dinner time.
- Staff:** Silas Almgren (Montrose) and Dale Leonhart (GJD) and perhaps a guest coach.
- Expectations:** If you wish to benefit from this camp, you should be fit: be able to train twice a day for 2 hours each session and handle 3000 yards/hour (100's on 2:00 intervals...). We will focus on both stroke/turn skills and techniques as well as endurance training. You will be expected to be a positive interacting camp member: you are expected to contribute to and enhance the positive training/camp environment.
- Equipment:** You will need fins, snorkel, paddles, pull buoy, kick board, stretch band, etc. Running shoes, water bottle, light jacket (high desert mornings can be nippy.) Long and short sleeves, shorts and pants but not a lot of clothes. No laundry facilities will be available.
- Deadline:** Please send the Application to Silas Almgren **received** by May 26th, 2011
65740 Little Way, Montrose, CO 81401
salmgren@mcsd.k12.co.us
NOTE: Include your letter of rationale for attending this camp: why you wish to attend, what you expect to gain from camp, what you will contribute to make this camp a great experience for all in attendance.
- Questions:** Silas Almgren 275-8250 / Dale 243-0438

Western Slope League Distance Camp 2011 Application

Name: _____

Age: _____ Team: _____ USA #: _____

Parents: _____ Contact #: _____

Coach's recommendation: (you may call either Dale or Silas if you prefer)

Why do you wish to attend? What do you expect to gain from camp? What will you contribute to make this camp a great experience for all in attendance?

Western Slope League Distance Camp 2011 Medical Release Form

Name of Athlete: _____ Birth date: _____ M F

Name of Parents _____

Address: _____

Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ Phone #: _____

Student Health Concerns:

It is our commitment to do our best to protect and maintain your child's health. Please be detailed with the following questions. This will assist us in making the right decision in the least amount of time.

Allergies: _____

Medications: _____

Conditions/Diseases that afflict him/her:

Recommended procedures to handle health issues:

Alternate phone numbers or addresses where staff can contact you or a responsible adult in case of emergency:

Medical Release Agreement

Acting as the parent or legal guardian, I retain full liability for any physical injury to my child which occurs during the participation in any Western Slope League Swim Camp event or activities. I hereby give Western Slope League Swim Camp Staff permission to render such medical and hospital care as, in their judgment, may seem advisable for my child in the event of injury, illness or accident.

Parent/Guardian Signature

Date