

**MID-STATES SWIM CAMPS
REGISTRATION FORM 2010**

Name _____ 100-Free Time _____
Address _____
City _____ State _____ Zip _____
Phone () _____ Birth Date _____ Age _____ Sex _____
Parents' or Guardians' Names _____
E-Mail _____ T-Shirt Size _____ (adult sizes)
Roommate Choice _____
Insurance Company _____ Policy No. _____

Camp Session Dates: Please check date and campsite you want to attend.

- June 20-24 St. Mary's University (Winona, Minnesota) **Technique Camp**
- June** 20-24 **St. Mary's University (Winona, Minnesota) *** Training Camp*****
- June 27-July 1 Camp Whitcomb (Hartland, Wisconsin)
- July 11-15 Carthage College (Kenosha, Wisconsin)
- Aug 1-5 UW-Whitewater GET READY FOR HIGH SCHOOL
(Whitewater, Wisconsin)
- Aug 1-5 St. John's University GET READY FOR HIGH SCHOOL
(Collegeville, Minnesota)

- I attended Mid-States Swim Camps last year.**
-
- I would like to be in the *Special Training Group* at St. Mary's University on June 20-24**

Deposit is **non-refundable and non-transferable** and must accompany this registration. Balance is due 30 days before the camps are scheduled.

Deposit is \$100 per session, payable to: **MID-STATES SWIM CAMPS**
1102 Timberline Drive
West Bend, WI 53095

Call (262) 334-1213 if you have any questions or concerns.

Fax No: (262) 334-1228 E-mail: midsts@nconnect.net Web Page www.midstatesswimcamps.com

CANCELLATIONS: Full payment cancellations must be received in writing at least 30 days prior to the enrollment date. All cancellations are subject to a \$50.00 service charge.

Do Not Detach – For office Use Only

Date Rec'd _____ Date Conf'd _____ Date Ent _____
Deposit:
Am't Rec'd _____ Ck. No. _____ Ck. Date _____
Balance Due _____
Balance Due:
Am't Rec'd _____ Date Rec'd _____ Ck. Date _____ Ck. No. _____

Mid-States Swim Camps believes every swimmer, no matter his or her age or skill, has the potential to become a better swimmer. We believe that to swim fast, a swimmer must first have the correct swimming techniques. Swimmers attending our camps will receive instruction via the most up-to-date training and technique methods available.

Mid-States Swim Camps are designed for competitive swimmers, ages 9 to 18. Campers will be coached both individually and in groups. Each camper will be videotaped daily on each of the competitive strokes. His or her coach will evaluate campers individually after completion of their video session.

Specially designed DVD'S and videotapes emphasizing correct drill techniques and stroke mechanics will be viewed and critiqued daily. Every camper will receive a visual and audio evaluation of each of the four competitive strokes. In addition, coaches also will be available during activity times for additional informal critiques and conversations.

While the emphasis of the camps will be on correct stroke mechanics and training techniques, we will also cover starts, turns, mental strategies, strength, flexibility, finishes and I.M. exchanges.

GENERAL CAMP INFORMATION

For All Campers and Parents

Campers should bring 3 swimming suits for workouts, 2 pairs of goggles, 1 lock, 1 pencil, 1 pen, rain gear, 3 large towels, fins, warm ups, bed sheets for a single twin bed, pillow and blanket. A portable fan is optional, but recommended. Campers should NOT bring boom boxes, stereos or TVs. Mid-States Swim Camps will not be responsible for valuables such as these. Each camper will receive individual and group instruction and training, individual stroke evaluation, personal VHS videotape of his/her stroke complete with audio evaluation, supervised activities, camp T-shirt and 2 swimming caps.

COACHES CLINICIAN REGISTRATION FORM IS AVAILABLE ON OUR WEB PAGE.

EXECUTIVE STAFF

Dave Bloomier – Coach Bloomier has been the head swimming coach of the Waukesha North Men’s and the West Bend West Women’s swim teams for over 30 years. Coach Bloomier has coached 38 of his swimmers to All-American status. Three of Bloomier’s breaststrokers broke the national record in the 100-meter breaststroke and also have competed in the Olympic trials. His high school standout, Kyle Bubolz broke the 50- and 100-meter free and 100- meter fly national record. Kyle was named National swimmer of the year in 2004. Coach Bloomier’s team won every freestyle event at the Men’s 1991 WIAA State meet. Coach Bloomier will be entering his 31st year of teaching and coaching swim camps. He is the state delegate for Wisconsin at the National Interscholastic Swimming Coaches Association Convention. Coach Bloomier was awarded the Wisconsin High School Coach of the Year Award in 1984, 1990, 1991, 1999 and 2003. The National Federation for the Midwest District also awarded District Coach of the Year, to Coach Bloomier in 2003. Coach Bloomier is the past President of the Wisconsin Interscholastic Coaches Association.

Larry Milton – Coach Milton has been involved in coaching high school and USS swimming for over 30 years. He is currently the head coach for the Cudahy Swim Club and the Muskego High School Men’s Swim Team. Coach Milton has coached several all-Americans and top finishers at the WIAA State Meet. Coach Milton received the 1996 Wisconsin High School Men’s Coach of the Year award. Coach Milton will be entering his 31st year of teaching and coaching at swim camps in Wisconsin and Minnesota. Coach Milton is a member of the National Interscholastic Swim Coaches Association and the Wisconsin Interscholastic Swimming Coaches Association.

Dan Schneider – Coach Schneider has been the head coach of the Lakeville High School Men’s Swim Team in Minnesota for the past 33 years. Coach Schneider’s 2005 and 2006 men’s team won the True Team Championship State meet and in 1982 and 2006 his men’s team won the Minnesota State Championships. He has coached the women’s high school team for 26 years. Coach Schneider was named the Minnesota Boys’ Swim Coach of the Year in 2006 2005, 2003, and 1982. Coach Schneider has coached numerous state champions, state record holders and All-Americans. He is the past president and former executive secretary of the Minnesota Swim Coaches Association.

MID-STATES SWIM CAMPS COACHING STAFF

Dave Bloomier: West Bend West H.S., West Bend, WI

Waukesha North H.S., Waukesha, WI

Dan Schneider: Lakeville H.S., Lakeville, MN

Tom Caccia: Platteville H.S., Platteville, WI

Larry Milton: Muskego H.S., Muskego, WI

Dave Luedtke: St. Catherine University, St. Paul, MN

Dick Vogel: Beloit Memorial H.S., Beloit, WI

Elisa Spaeth: West Bend West H.S., West Bend, WI

Kara Schuh: Sheboygan YMCA, Sheboygan, WI

Mike Laabs: Menomonee Falls Swim Club

Mollie Heilberger: Waukesha North H.S. Waukesha, WI

FEES FOR THE CAMP

Total cost for instruction, materials, and room and board is **\$575.00** per camper. A **\$100.00** registration deposit is required from all campers and is to accompany the registration application. Balance is due **30** days before camp is scheduled.

SPECIAL SAVINGS:

MID-STATES SWIM CAMPS offer special saving plans in one of three ways!

Option #1 – Repeat Campers:

We value your trust in us. We're happy you chose to participate in Mid-States Swim Camps last year and would like for you to consider us again this year. If you are a repeat camper, check the box on the application form and take **\$25.00** off the price of **\$575.00** you pay only **\$550.00**

Option #2 – Early Registration:

If we receive your registration materials before **April 15, 2010** you may take **\$25.00** off the price of **\$575.00** you pay only **\$550.00**

Option #3 – Group Registration!

If we receive four or more registrations in the same envelope, all of the campers may take **\$25.00** off of the price of **\$575.00**. Each camper pays only **\$550.00** To qualify for the group rates, registration materials must be received 30 days prior to the starting date of the camp

Option #4 – Day Camper

This includes everything except staying overnight. The fee for a day camper is **\$500.00**

Please note: Campers may only take advantage of one of the savings plans offered.

CAMP SITE LOCATIONS FOR 2010

St. John's University:

St. John's University is located about 80 miles northwest of Minneapolis, MN, 12 miles west of St. Cloud, MN on Interstate 94. Take the St. John's College exit off of I 94. The campus is situated amidst 2,400 acres of lakes and woodlands. The Warner Palaestra Pool is a beautiful 8-lane facility with water depth from 4 to 16 feet.

St. Mary's University:

St. Mary's University is located in Winona, MN along the scenic Mississippi River Valley. Winona is located off of Hwy. 61 on the Mississippi River, two hours southeast of Minneapolis/St. Paul, 45 minutes east of Rochester, MN, one-half hour north of La Crosse, WI and 275 miles northwest of Chicago. St. Mary's has a beautiful 8-lane pool located on a picturesque college campus.

Camp Whitcomb:

Camp Whitcomb is located in Hartland, WI, 30 miles northwest of Milwaukee. Take Interstate 94 west to Highway 83, go north to Highway VV and turn right onto Camp Whitcomb Road, and then turn left. We will be working in an outdoor 25-yard pool. The 300-acre residential camp is on Lake Keesus. Campers will not only work on their skills as competitive swimmers, they will have the opportunity to go canoeing, fishing, rowing and participate in hay rides and camp fires!

Carthage College:

Carthage College is located in Kenosha, WI, 45 minutes south of Milwaukee. Take Interstate 94 to Highway E in Kenosha County. Drive 6 miles, and you are there. Carthage's picturesque campus on the Lake Michigan shore is beautiful. The compact and efficient campus of Carthage offers campers easy access to all buildings and activities.

UW-Whitewater:

Get ready for the high school season! UW-Whitewater is located in Whitewater, WI, approximately 60 miles southwest of Milwaukee and 120 miles from Chicago. UW-Whitewater is a campsite with an outstanding 6-lane, 25-yard complex that features one of the fastest facilities in the state. Clear and precise directions will be sent.

****SPECIAL TRAINING GROUP ****

The camp at **ST. MARY'S UNIVERSITY ON JUNE 20-24**, Coach Dave Bloomier will be running a special training group within the camp itself. This group will do fewer drills and more swimming sets. You should be an "A" swimmer to be in this group. You should have the ability to do **10 X 100 X 1:30** to be in this group! This was a request by many campers and parents in the past. If you want a challenge, this is the group for you. If you want to be in this group, check the box on this registration form.

(BACKPAGE)

LOGO 1102 Timberline Drive
HERE West Bend, WI 53095
 Phone: (262) 334-1213
 Fax: (262) 334-1228
 Email: midsts@nconnect.net
 Web page: www.midstatesswimcamps.com

CAMPSITES, DATES AND DIRECTORS

| Directors | Date and Site | Enrollment Limit |
|--|--|-------------------------|
| | <u>June 20-24</u> | |
| Dave Bloomier Dan Schneider Dave Luedtke | St. Mary's University (MN) <i>Regular Stroke Group and Special Training Group</i> AGES 9-18 | 80 |
| | <u>June 27-July 1</u> | |
| Larry Milton Dave Bloomier Dan Schneider | Camp Whitcomb (WI) Ages 9-12 | 60 |
| | <u>July 11-15</u> | |
| Larry Milton Dave Bloomier | Carthage College (WI) Ages 9-18 | 100 |
| | <u>August 1-5</u> | |
| Dave Bloomier Larry Milton | UW-Whitewater College (WI) <i>Get Ready for High School</i> AGES 11-18 | 100 |
| Dan Schneider Dave Luedtke | St. John's University (MN) <i>Get Ready for High School</i> AGES 11-18 | 100 |