

PRINCETON UNIVERSITY

SWIMMING CAMPS

STROKE TECHNIQUE CAMP

June 23-26, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

THURSDAY - SUNDAY

| | | |
|---------|--|--------------------|
| 9a | | Check-in |
| 10a-12p | | Morning Sessions |
| 12p-2p | | Lunch |
| 2p-4p | | Afternoon Sessions |
| 4p | | Pick-up |

Learn the skills to master world-class stroke technique!

This camp is an opportunity to learn, experience and begin to master the critical components of fast swimming. You'll learn what the world's best do in all 4 strokes: Butterfly, Backstroke, Breaststroke and Freestyle, as you practice, both, the fundamentals and the most impactful stroke techniques in our sport.

Your athlete will learn what makes the world's best swimmers successful by understanding and practicing the same fundamentals and skills that improve efficiency and increase speed. Campers will quickly learn how to tap into their true potential through expanding their technical knowledge, skillsets and how to implement them into training and competition.

The Princeton Swimming coaching staff, including head coach Bret Lundgaard (women) and Matt Crispino (men), will help unlock the secrets to proper stroke mechanics, giving participants an edge on their competition. These sessions are specifically designed to provide campers with the tools to take their swimming to the next level. Each session will include instructional and visual education in the video review room, as well as, in water practice sessions.

The Princeton Staff is experienced at teaching these concepts to a variety of skill levels. The concepts will be appropriately taught based on skillset and age.

FREESTYLE HIGH PERFORMANCE TRAINING CAMP

June 27-30, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

MONDAY - THURSDAY

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|---------|--|--------------------|
| 9a | | Check-in |
| 10a-12p | | Morning Sessions |
| 12p-2p | | Lunch |
| 2p-4p | | Afternoon Sessions |
| 4p | | Pick-up |

The Freestyle High Performance Training Camp is designed to provide campers with the tools to take their freestyle skill set to the next level. Practice sessions will be conducted in the pool and on dry land, and will be led by the Princeton coaching staff including head coaches Matt Crispino (men) and Bret Lundgaard (women).

The focus will be mainly on freestyle. We aim to help campers learn how to tap into their true potential in practice through the same teaching and motivational tools used with today's top swimmers. Whether you are interested in improving your 50 free or your 1650 free, we will touch on all the elements that make the best freestylers elite. In addition to challenging training sessions, we will also help campers unlock the secrets to proper stroke mechanics, maximizing efficiency, improving starts and turns, and developing the mental tools to give you an edge on your competition.

The freestyle high performance camp is geared toward serious swimmers who want to be challenged but is open to any level of competitive swimmer who wants to learn, work hard, and improve! Let the Princeton staff help you gain the confidence and skills to take your freestyle to the next level!

RACING SKILLS CAMP

July 5-7, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

TUESDAY - THURSDAY

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|---------|--|--------------------|
| 9a | | Check-in |
| 10a-12p | | Morning Sessions |
| 12p-2p | | Lunch |
| 2p-4p | | Afternoon Sessions |
| 4p | | Pick-up |

Master advanced competitive racing skills in this unique swim camp setting!

This camp is a unique opportunity to learn, experience and begin to master these critical components of fast swimming:

- **Turns** – Everything inside the flags, where the race is won and lost...
- **Starts** – Begin each race ahead of your opponents...
- **Underwater Travel** – The fastest part of a race and newest aquatic weapon in swimming...
- **Finishes** – In a sport of hundredths of a second, it often comes down to your finish...

The Princeton Swimming coaching staff, including head coach Bret Lundgaard (women) and Matt Crispino (men), will teach the critical skillsets of competitive swimming, giving participants an edge on their competition. These sessions are specifically designed to provide campers with the tools to take their swimming to the next level. Each session will include instructional and visual education in the video review room, as well as, in water practice sessions.

The Princeton Staff is experienced at teaching these concepts to a variety of skill levels. The concepts will be appropriately taught based on skillset and age.

STROKE & IM HIGH PERFORMANCE TRAINING CAMP

July 5-7, 2022

Camps include instruction and a camp t-shirt. Drop-off and pick-up will be required daily. Hotels and travel arrangements are not provided. Participants must secure their own overnight accommodations (if needed).

TUESDAY - THURSDAY

| | | |
|---------|--|--------------------|
| 9a | | Check-in |
| 10a-12p | | Morning Sessions |
| 12p-2p | | Lunch |
| 2p-4p | | Afternoon Sessions |
| 4p | | Pick-up |

The Stroke and IM High Performance Training Camp is designed to provide campers with the tools to take all four strokes to the next level. Practice sessions will be conducted in the pool and on dry land, and will be led by the Princeton coaching staff including head coaches Matt Crispino (men) and Bret Lundgaard (women).

The focus will be mainly on training for the individual medley. We aim to help campers learn how to tap into their true potential in practice through the same teaching and motivational tools used with today's top swimmers. Whether you are interested in improving your weak strokes, developing endurance for the 400 IM or speed for the 100/200 IM, this camp will address those needs and more! In addition to challenging training sessions, we will also help campers unlock the secrets to proper stroke mechanics, maximizing efficiency, improving starts and transitions, and developing the mental tools to give you and edge on your competition.

Each session will involve technical instruction and training on one of the four competitive strokes as well as practice incorporating each stroke into your individual medley race strategy. We will address all the

elements that make a great IMer and give you the tools and confidence to take your medley to the next level!

The Stroke/IM high performance camp is geared toward serious swimmers who want to be challenged but is open to any level of competitive swimmer who wants to learn, work hard, and improve!

Optional for all camps: Voice-Over, Stroke Technique Video Annotation

(All 4 strokes, \$150 Add-On)

Receive a voice-over technique video (above water and below water) annotated by a Princeton University coach. These videos provide your athlete with immediate visual feedback that breaks down the nuances of their individual strokes. Our staff uses the most advanced technique-editing software to maximize your athlete's learning experience. Watch yourself improve all year long by referring back to this visual learning tool throughout the year.