



# MINES SWIMMING

ADVANCED TECHNIQUE CAMPS

SUMMER 2024

JUNE 10-14

8:00 – 12:30 DAILY



# WHO IS THIS CAMP FOR?

- ANYONE AGES 12 AND UP (ADULTS WELCOME!)
- **COMPETITIVE /ADVANCED** SWIMMERS LOOKING TO IMPROVE TECHNIQUE AT THE HIGHEST LEVEL
- HIGH SCHOOL AGED SWIMMERS WANTING TO LEARN ABOUT THE RECRUITING PROCESS
- EACH SESSION WILL BE ~2,000 – 4,000 YARDS OF SWIMMING, ADDRESSING ALL 4 STROKES, STARTS & TURNS
- THIS CAMP IS **NOT** FOR CHILDREN WHO NEED HELP GETTING ACROSS THE POOL



# WHAT WILL THIS CAMP COVER?

	MONDAY 6/10	TUESDAY 6/11	WEDNESDAY 6/12	THURSDAY 6/13	FRIDAY 6/14
<b>FOCUS</b>	Freestyle	Backstroke	Breaststroke	Butterfly	Starts & Turns
<b>Dryland focus</b>	Injury prevention prehab	Prehab, Intro to Core & Flexibility	CORE (dryland)	Shoulder health, fly pulls	Balance & Leg strength (in relation to starts & turns)
<b>Classroom Session Focus (Lunch &amp; Learn)</b>	Nutrition Basics	Sports Psychology & Breathing ex	Nutrition – address questions from Monday and more in-depth	Collegiate Swimming & Recruiting	Leadership & Fun Team Building activities

Each session will include video work!

# DAILY SCHEDULE & COST

- **SAME SCHEDULE EACH DAY**

- 8:00 – CHECK IN OPENS
- 8:30 – START / DRYLAND PREHAB
- 9:00 – 11:00 – IN WATER
- 11:00 – 12:00 – LUNCH & LEARN
  - BRING YOUR OWN LUNCH
  - WE HAVE REFRIGERATOR IF NEEDED
- 12:30 – PICK UP

- CAMPS ARE LIMITED TO 16 SWIMMERS!

- TO INCREASE QUALITY OF EXPERIENCE

- **COST PER PERSON**

- ALL 5 DAYS - \$875
- SINGLE DAY - \$295

# ABOUT THE COACH:

## CLAIRE MAUST MCDANIEL, MS, RDN, CSSD, CLT

### • NUTRITION

- REGISTERED DIETITIAN NUTRITIONIST (RDN)
- BOARD CERTIFIED SPECIALIST IN SPORTS DIETETICS (CSSD)
- CERTIFIED LEAP THERAPIST (CLT)
- ASST AD, DIRECTOR OF PERFORMANCE NUTRITION AT UNIVERSITY OF MISSOURI (2017)
- SPORTS RDN STANFORD GYMNASTICS ('12-13)
- SPORTS RDN FOR RAPTORS RUGBY (CURRENT)
- 15+ YEARS EXPERIENCE IN SPORTS NUTRITION

### • SWIMMING

- HEAD COACH AT MINES (2019-CURRENT)
  - 4 X RMAC COACH OF THE YEAR
- ASST COACH AT DU (2011-12 & 2018-19)
- SWISS NATIONAL TEAM ASST COACH (2014-2016)
- ASST COACH AT UNC-ASHEVILLE (2013-14)
- MASTERS COACH – ASHEVILLE, NC
- DI NATIONAL CHAMPION 2006 (800 FR)
- DI NATIONAL CHAMPION 2005 (TEAM, UGA)
- SEC CHAMPION 2007 (500 FREE)
- NCAA WOMAN OF THE YEAR FINALIST 2007
- OVER 20 YEARS OF COACHING EXPERIENCE – SPECIALIST IN HIGH LEVEL TECHNIQUE