



# **MINES SWIMMING**

## **TECHNIQUE CAMPS**

### **SUMMER 2024**

JUNE 3-7

8:00 – 12:30 DAILY



# WHO IS THIS CAMP FOR?

- BOYS & GIRLS AGES 8-18
- **BEGINNERS & INTERMEDIATE** SWIMMERS LOOKING TO IMPROVE ALL 4 STROKES
- SWIMMERS LOOKING TO HAVE A HEAD START HEADING INTO SUMMER LEAGUE
- EACH SESSION WILL BE ~500 – 1,500 YARDS OF SWIMMING, ADDRESSING ALL 4 STROKES, STARTS & TURNS
- THIS CAMP IS **NOT** FOR CHILDREN WHO NEED ASSISTANCE GETTING ACROSS THE POOL



# WHAT WILL THIS CAMP COVER?

|  | MONDAY 6/3                                | TUESDAY 6/4                         | WEDNESDAY 6/5                           | THURSDAY 6/6                                   | FRIDAY 6/7   |
|--|---|-------------------------------------|---|--|--|
| <b>FOCUS</b>                                       | Freestyle                                 | Backstroke                          | Breaststroke                            | Butterfly                                      | Starts & Turns   |
| <b>Dryland focus</b>                               | Injury prevention prehab                  | More prehab exercises & Flexibility | Core stability                          | Core engagement while swimming                 | Balance & Leg strength (in relation to starts & turns) |
| <b>Classroom Session Focus (Lunch &amp; Learn)</b> | Leadership & Fun Team Building activities | Nutrition Basics                    | Sports Psychology & Breathing exercises | Nutrition – tailored to questions from Tuesday | Leadership & Fun Team Building activities              |

# 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 - \$845
- 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