

**Bismarck Swim Camp**  
**June 1 - June 4, 2025**  
**Bismarck Aquatic Center**

**Bemidji Swim Camp**  
**June 8-11, 2025**  
**Bemidji State U and Bemidji High School**

**Camp Information**

Thank you for considering the Bismarck and Bemidji Swim Camp for your swimmer this summer. This camp will emphasize stroke technique, starts, and turns. The camps deal with high density learning experiences. The swimmers will learn by moving. These swim camps are not training camps. Swimmers are asked to rest and recover between sessions.

Each camper will be using an advanced technology called SwimEars, which allows the coaches to communicate with the swimmers while they are swimming. Allowing coaches to give clues to the swimmer on how to make changes in their strokes to improve.

Last year's camps we had swimmers attending from 5 states. Camps filled up last year, so don't wait to register early.

**All campers must be a minimum age of 11.**

**Bismarck Tentative Camp Schedule**

Sunday, June 1                      5:00-7:00 pm  
Monday-Wednesday, June 2-4  
9:00-11:00 am / 1:30-2:30 pm / 5:30-7:30 pm

**Bemidji Tentative Camp Schedule**

Sunday, June 8                      6:00-8:00 pm @ BSU  
Monday - Wednesday, June 9-11  
8:30-11:00 am @ BSU / 3:00-5:30 pm @ Bemidji HS

Bismarck campers will stay at Bismarck State College and Bemidji campers will stay at Bemidji State University.

**Fees - a deposit of \$100.00 upon registration.**

Bismarck and Bemidji Commuter Fee - \$375.00.

Bismarck Overnight Fee \$590.00, includes housing and meals at Bismarck State College.

Bemidji Overnight Fee - \$535.00 includes housing and meals at Bemidji State University.

Supervision ratio is 1/10 swimmers in the resident hall.

We are confident it will be a rewarding and fun experience for your swimmer and will contribute to their future success in swimming.

**Coaching Staff**

**Mike Stromberg** – Former Head Coach at University of North Dakota leading the women's to 20 conference titles and 17 straight years in the top 6 at NCAA II National Championship and his men's team to 14 conference titles and top 10 finishes at NCAA DII National Championships 13 times out 20 years. In recent years Coach Mike has been coaching at the club level and recently sold his club team 2021. Coach Mike's philosophy is technique first in learning how to swim fast. Coach Mike will be at both camps.

**Karen Athen** - Former Age Group Coach in the Colorado Springs area. Karen served as head coach to a small club team that more than doubled in size before getting back to what she truly loves-teaching young swimmers good swim habits. So Karen joined Coach Mike as head Age-group coach with his club team. Karen believes that technique comes first and you are never too young (or old) to learn good technique. Coach Karen will be at both camps.

**Dietrich Lawrence** - a home grown talent, he swam as a Badger for the University of Wisconsin, competed in 1984 Olympic Trials, 1996 Team USA in the Monofin World Championships and continues to participate in USA Masters Swimming. Dietrich brings his dryland exercise experience of studying and practicing Pilates, Open and Closed Chain Mobility, Circular Strength Training, Flow Drills and Resilience Breathing. Plus he is a great communicator for all ages. Teacher first, swimmer second.

**Jeff Steele** - Coach Jeff is the Head Swim Coach at Bismarck Aquastorm which is a team of 300+ swimmers. Team has grown over 240% since 2012 under Coach Steele guidance with the team's first Olympic Trials qualifier in 2021, plus two more qualifiers at the 2024 Olympic Trials. He has coached several national qualifiers while leading the program in a great run of State Championships both Short and Long Course Titles. Coach Jeff will be at Bismarck camp only.

**Registration Information** - Fill out the google form and reserve your spot with a \$100.00 deposit to Venmo

@mike-Stromberg. **Register here:** <https://forms.gle/EMPoMp7ijX9Uimof9>

Check and registration can be mailed to: 3809 Waville Rd NE, Bemidji, MN 56601

Questions please contact Mike at [mikstromberg@gmail.com](mailto:mikstromberg@gmail.com) / (719) 505-2076