



2017 Swim Camp



Registration Dates:

February 13th thru 1st Day of Camp
(Walk-in registrations welcome)

Registration Fee: \$400/week

Addition Discounts:

MILITARY (ACTIVE DUTY)
\$75 OFF Regular Registration

- Cancellation fee of \$35
- Return check fee of \$25

Registration Costs Include:

TYR goody bag with a Camp T-shirt, TYR Key Chain, TYR Outdoor Goggles, Water Bottle, UH swim cap.

CAMP REQUIREMENTS

The University of Hawaii Swim Camp is open to any and all entrants. For your safety and benefit, we recommend you have competitive swimming experience, can swim at least 50 yards in all four competitive strokes and have the capacity to swim two 60-90 min. sessions a day.

For More Information/Register go to:
www.hawaiiathletics.com
<http://www.hawaiiathletics.com>

Camp link on the right hand side
OR
Call/Email
Elliot Ptasnik @ 808-956-7510
eptasnik@hawaii.edu

Payment: Check or Credit Card

Mail Payment to:
Athletics Business Office-Camps
1337 Lower Campus Road
Honolulu, HI 96822

Checks payable to:
UNIVERSITY OF HAWAII

CAMP DATES

SESSION 1
June 5-9, 2017

SESSION 2
June 12-16, 2017

MONDAY - THURSDAY:
8:30AM - 3PM
FRIDAY: 8:30AM - 12PM

AGES: 7-17 YEARS OLD

CAMP COACHING STAFF

UNIVERSITY OF HAWAII SWIM CAMP

DAILY CAMP ACTIVITIES

Camp Co-Director/Assistant Coach:

Elliot Ptasnik

Elliot Ptasnik joined the University of Hawaii coaching staff in the fall of 2016. In his first season at UH, Elliot primarily works with the IM and stroke groups. Elliot brings his excitement to Hawaii from New York City where he served as Head Coach of the Manhattan Makos and Director of Imagine School of Swimming.

Camp Co-Director/Assistant Coach:

Marcus Guttmann

Marcus Guttmann joined the University of Hawaii coaching staff in the fall of 2016. In his first season at UH, Marcus works primarily with the distance freestyle group. Marcus brings his experience to Hawaii from Madison, Wisconsin, having coached at Badger Aquatics Club and representing Wisconsin Aquatics in the 2012 US Olympic Team Trials.

Camp Coordinator/Graduate Assistant: Christel Simms

Christel Simms has been with the University of Hawaii coaching staff program since 2015. Born and raised on Oahu, Christel represented the Philippines in the 2008 Olympic Games. She then swam at USC and has returned to the island to earn a graduate degree in Nursing.

Head Coach: Dan Schemmel

Dan Schemmel has named Head Coach in the fall of 2016. Dan was previously at the University of Wisconsin where he coached numerous Big Ten Champions, NCAA All-Americans, and a National Champion.

The purpose of the 2017 University of Hawaii Swim Camp is to teach proper stroke technique in the four competitive strokes, generate and encourage enthusiasm for the sport and increase skill level for both safety and competitive reasoning. The camp will run a two-track program: **Competitive** and **Pre-Competitive**. The camper will select which track they prefer in order to maximize their camp learning experience.

Pre-Competitive: Gain a better awareness for swimming, specifically in the four main competitive strokes while encouraging water safety and maintaining a fun and friendly atmosphere with their peers.

Competitive: Learn and train as an elite-level swimmer by participating and improving (1) stroke technique through a challenge of drills and skills; (2) daily training regiment of speed, power, and endurance; (3) life skills such as recovery, nutrition, and mental toughness.

Throughout the week you will have the unique opportunity to work one on one with a member of the new UH Coaching Staff and UH student-athletes. Each session will provide the swimmers with a small group atmosphere to work on the techniques and skills to help them to reach their swimming goals. Campers will have the opportunity to experience the type of training done at the University of Hawaii.

- Stroke Analysis
- Stroke Technique Instruction
- Starts and Turns
- Special Topics: Nutrition, Mental Training, Goal Setting
- Under Water Video
- Daily Film Analysis

SAMPLE DAILY ITINERARY

- 8:30am: Check In
- 8:45am: Watch Video/Discussion
- 9:30am: Water Session 1 Drills
- 11:00am: Starts /Breakouts
- 11:30am: Lunch
- 12:30pm: Classroom activity
- 1:00pm: Water Session 2
- 3:00pm: Check out

Items to bring:

Swim suit, towel, goggles, shorts, athletic shoes, sunscreen and hat

Lunch/Snacks: Please bring a bag lunch or cash for snack bar (L&L). Bag lunch is recommended. We will have breaks for snacks.