



2021 CMU SWIMMING AND DIVING OVERNIGHT SWIM CAMP

10-18 YEARS OLD

Please join Olympic Coach Mickey Wender and his staff at CMU for the swimming experience of a lifetime.

This training camp is focused on building a more effective "swimming motor." We will address all of the major energy systems while imparting an understanding of how swimming works. Daily workouts and skill development will be supplemented with flexibility work, dryland training, mental skills training and an introduction to strength training for swimming.

Along with precise technique instruction, this camp includes underwater video, state-of-the-art swim/training facilities, new residence halls, nutritious meals in the CMU dining facilities.

Guaranteed to take you to the next level in and out of the pool.

Additional Camp Information

The first meal is dinner on Sunday - please eat lunch prior to your arrival.




There will be a swim meet at 10am on Friday morning- please plan to attend.

There will be two campers in each room (roommate requests are accepted).



**SWIMMING &
DIVING**

For more information, please contact:

-  Mickey Wender,
Head Swim/Dive/Triathlon Coach
-  970.248.1445 (o) 845.494.0514 (m)
-  mwender@coloradomesa.edu

 Register online at CMUmavericks.com/camps.

For campus maps and directions to campus visit coloradomesa.edu/maps.

Dates

June 13-17

Cost

\$525 per Resident

\$365 per Commuter
(8:30am-5pm, lunch included)

Daily Schedule

| | |
|--------------------|--------------------------------|
| 8am | Breakfast |
| 8:30am | Stretch |
| 9-11am | Swim session |
| 11:30am | Motivational session |
| 12:30pm | Lunch |
| 1:30pm | Dryland and stretching |
| 2:30-4:30pm | Swim session |
| 5:30pm | Dinner |
| 7pm | Starts, dives, turns and fun!* |

End of camp swim meet on the last day

All campers will receive a customized t-shirt

Location

Maverick Center
1100 North Avenue
Grand Junction, CO 81501