



# Lawrence University Swim Camp

**Dates:** August 1<sup>st</sup> – 4<sup>th</sup>

**Time:** 12:00 – 2:00 PM

**Location:** Boldt Natatorium – Buchanan Kiewit Center

The Lawrence University Swim Camp is four-day comprehensive stroke and turn swim camp designed to refine skills necessary for a competitive swimmer to be successful at the age-group and high-school level as well as beyond. Each day will focus on one stroke and examine all facets of that stroke.

The camp will emphasize the foundational skills and drills that all swimmers need as well as going into great detail around each of the four competitive strokes. Each swimmer will also be filmed – both above and below the water – while performing all four of the competitive strokes. Afterwards they will have the opportunity to review the tape with the professional staff and will receive a copy of the video in DVD format to take home.

## **Camp Coordinators:**

**Drew Fleek:** In three seasons as the Lawrence University men's and women's swim coach he has led the men to a 17-7 and the women to a 12-12 dual meet record with each squad attaining two top-three finishes at the Midwest Conference Championship. During this time the Vikings have had 10 individual MWC champions, and broken 11 LU records. He swam at the University of South Dakota where he earned his Bachelor's of Arts and Master's of Science degrees.

**Ben Gill:** Ben is an ASCA certified level 2 coach. In his four years swimming at St. Cloud State he was a consistent top-three finisher in the NCC, a two-time captain and an MVP, and completed his Bachelor's in English. As an assistant coach for St. Benedict's University, he coached several top-three finishers in the MIAC. From there he coached at the Stanford University Swim Camp with head coaches Skip Kenney and Lea Mauer. Ben has also coached at the club level previously as head coach of the Sierra Vista Tsunami Swim Team in Sierra Vista, Arizona, where he took them to their first state meet – qualifying 10 swimmers and several relays. Ben also coached the Buena High School boys' swim team to a second-place finish in their conference, qualifying multiple individuals and relays for the state meet.

Also current and former collegiate swimmers from DI, DII, and DIII experiences

**Ages:** 8 - 18

**Cost:** \$85



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Swimmer Name: \_\_\_\_\_

Age: \_\_\_\_\_

Gender:      M      F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Swim Club/Team: \_\_\_\_\_

\*Please Print, fill out, and mail with check to: **Lawrence Swimming and Diving**  
**711 E. Boldt Way**  
**Appleton, WI 54911**

\*\*Please make checks payable to the LU Swimming Viking Bench