

MESA STATE



SWIM/DIVE CAMP 2010



JUNE CAMP DATES

7th-11th

Ages 10-18

Registered USA Swimmers only

Mesa State Swim/Dive Camps
1100 North Avenue
Grand Junction, CO 81501
Phone: 970-248-1445 • Fax: 970-248-1980
Email: bpearson@mesastate.edu

REGISTRATION INFORMATION

Name _____

Address _____

City/State _____ Zip _____

Email Address _____

PHONE # _____

Parent/Guardian Name _____

Signature _____

\$100.00 non-refundable deposit must be sent with registration

Camps	Commuter \$300/person	Resident** \$400/person	GST Swim Power Test *extra cost
Five-Day Advanced Training (10-18 yrs)			
Five Day Dive (10-18 yrs)			

***GST TEST:** \$100.00 Pull, kick, and swim tests (2 strokes); \$125.00- \$150.00 Pull, kick, and swim tests (3-4 strokes); \$300.00 + Individual sessions - \$350.00/60 min; \$450.00/90 min; \$500/120 min.

** Resident Camp includes:
Monday, Tuesday, Wednesday, Thursday Night: Room; Tuesday, Wednesday and Thursday: Breakfast, Lunch & Dinner; Friday: Breakfast & Lunch. 1 stroke test and Mavis t-shirt included.
Additional *GST testing extra cost.

I hereby authorize the director and members of the Mesa State Swim/Dive Camp to act for me according to their best judgment if any emergency requiring medical attention occurs. I hereby waive and release the director and staff of the Mesa State Swim/Dive Camp of all liability for any illness or injury incurred by the above named participant while in attendance.

COACHES



Brian Pearson
Head Coach
Mesa State College
(4th Year)

Daniel France
Assistant Coach
(2nd Year)

Chuck Edgar
Diving Coach

GUEST SPEAKERS

BJ (BEDFORD) MILLER,

DR. GENADIJUS SOKOLOVAS,

AND

DR. WILLIAM SANDS

GST SWIM POWER TEST

Measures and analyzes changes in:

- Velocity
- Force
- Acceleration
- Power
- 24-32 parameters 60 times/second
- Each phase of a test subject's stroke

Synchronizes measured results with digital underwater video for real time visual analysis and review

Clearly/visually identifies strengths and weaknesses

Compares test subject's swimming technique with a database of the world's best swimmers

Provides tailored recommendations, drills and sets to improve technique and competitive performance

Provides a comprehensive DVD containing test results for easy review

Protocols & Packages For The GST Swim Power Test

The standard *GST Swim Power Test* protocol for freestyle and backstroke includes three 25 meter efforts at race pace, 1) Pull with buoy, 2) Kick, 3) Swim, and takes approximately 10 minutes per swimmer. Normally, *GST Swim Power Test* protocols for butterfly and breaststroke do not include a pull position. Individual analysis, discussion and recommendations follow testing. One lane with a two lane buffer are required for best testing/video results.

\$100.00	Pull, kick, and swim tests (2 strokes)
\$125-150.00	Pull, kick, and swim tests (3-4 strokes)
\$300.00+	Individual sessions-
	\$350/60min
	\$450/90 min
	\$500/120 min

Multiple tests with immediate video feedback, real-time stroke corrections & digitalizing the stroke

DR. GENADIJUS SOKOLOVAS

- Developer of GST Swim Power Test
- Global Sport Technology, Senior Physiologist
- USA Swimming, Director of Physiology and Director of Sports Science-Colorado Springs, CO
- Lithuanian Academy of Physical Education, Coaching Faculty
- Russian Academy of Physical Education, Swimming Department
- Head of Labor of Swimming Physiology, Scientific Advisor of Lithuanian Swimming

Dr. Sokolovas will administer the GST Test personally!!

Endorsements

Michael Phelps (14 Time Olympic Gold Medalist)-“Genadijus, You’ve Been Such a Huge Help!! Couldn’t Do It Without You!!”

Dara Torres (5 Time Olympian, Multiple Olympic Medalist)-“Having Genadijus work with me throughout my comeback helped so much! The fact that Genadijus took the time to work on even the smallest of things helped me be the best I could be, and reach my goals, and for that I am extremely grateful.”

Jason Lezak (3 Time Olympian, Multiple Olympic Medalist)-“Throughout my many years of working with Genadijus he has helped me in many ways. The lactate testing and analysis both at meets and practice taught me how to maximize my training and performance. Also the underwater video analysis with the velocity curve showed me how I could improve my stroke through the weaker points where my velocity significantly dropped.”