Technique Camps

Female and Male Athletes Welcome! Must be going into 3rd grade. These camps are not swimming lessons – swimmers must be able to complete 25 yards!

REGISTER TODAY! WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS

Click on web site below to begin the registration process

<table>
<thead>
<tr>
<th>June 1 &amp; 2</th>
<th>June 3</th>
<th>June 5 &amp; 6</th>
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<tbody>
<tr>
<td>Freestyle and</td>
<td>Starts, Turns and</td>
<td>Butterfly and</td>
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<tr>
<td>Backstroke</td>
<td>Breakouts</td>
<td>Breaststroke</td>
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<td>$110 if paid by May 1st</td>
<td>$60 if paid by May 1st</td>
<td>$110 if paid by May 1st</td>
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<td>8:30 am – 5 pm</td>
<td>10 am – 6 pm</td>
<td>8:30 am – 5 pm</td>
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ALL THREE SESSIONS: $265

- Extreme focus on learning drills & striving for excellence in skills.
  - Lecture about technique fundamentals/ stroke mechanics.
  - Lecture on variety of drills demonstrated and discussed in the classroom setting.

- Facility - Short Course Workouts (25-yard)
  - Two 2 hour practices - each practice will have 75-90 minutes of drills & technique and 30 plus minutes of race training while maintaining newly learned skills.

- Fun
  - Will have one dryland activity which will work on core strength and conditioning.
  - Some structured activity during free time away from the pool.
  - Lunch will be provided.

These camps are geared towards swimmers wanting to gain more knowledge on swimming with great technique – ideal for summer league swimmers at the beginning of the season!

ADDITIONAL CAMPS
50 meter / RACING Camp .......................... JUNE 19 to 23 (commuter and residential)
(geared towards swimmers serious about getting faster)

ELITE High School Camp .......................... August 9 to 11 (commuter and residential)
(geared towards female High School swimmers focused on college swimming)

MORE INFORMATION AVAILABLE AT WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS
50 meter / Racing Camp

Female and Male Athletes Welcome! This camp is geared for Club Swimmers.

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<th>June 19 to 23</th>
<th>Residential Campers $475 if paid by May 1st</th>
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<tr>
<td>8:30 am – 5 pm</td>
<td>Commuter Campers $300 if paid by May 1st</td>
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- Long Course Workouts (50-meter)
  Campers will participate daily in morning and afternoon practices in the natatorium.

- Flume (swimming treadmill)
  One-on-one time with head coach
  (One session per camper)

- Stroke Evaluation
  Each camper will be filmed swimming all four competitive strokes through underwater digital recording and receive after the camp.

- Strengthen and Conditioning
  Dryland exercises will accompany fun runs, pilates, and hopefully some rock climbing time 😊

- Residential or Commuter Camper
  Campers have the option of staying overnight in the on-campus housing with meals and evening entertainment. Must be going into 3rd grade for commuter camp. To be part of the Residential Camp the swimmer must be going into 5th grade.

ADDITIONAL CAMPS

TECHNIQUE Camp: Freestyle & Backstroke.......................... JUNE 1 & 2
TECHNIQUE Camp: Starts, Turns and Breakouts...................... JUNE 3
TECHNIQUE Camp: Butterfly & Breaststroke.......................... JUNE 5 & 6
(geared towards swimmers wanting more knowledge about swimming with great technique)

ELITE High School Camp ........................................ August 9 to 11 (commuter and residential)
(geared towards female High School swimmers focused on college swimming)

MORE INFORMATION AVAILABLE AT WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS
To participate in this camp the swimmer must be a female, Going into her Sophomore year of High School.

REGISTER TODAY! WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS

Click on web site below to begin the registration process
https://mycircuite.com/UNO/Registration/EventSelection.aspx(Filter=EventTypeID|16

August 9 - 11
8:30 am – 5 pm

| Residential Campers $375 if paid by July 15th | Commuter Campers $250 if paid by July 15th |

- Experience College Swimming
  100% access to college coaches and current college swimmers to ask questions on any topic.

- Become a stronger, more agile swimmer
  Learn dyland and strength exercises that will improve athleticism and body awareness, which will have a direct correlation with being more efficient and powerful in the water.

- Classroom
  Campers will discuss mental toughness, race strategy, and goal setting to increase swimming IQ.

- Become a Faster HS Swimmer
  Campers will learn new drills and skills to help them be more efficient in the water. Great preparation for the High School season.

ADDITIONAL CAMPS

- TECHNIQUE Camp: Freestyle & Backstroke ......................... JUNE 1 & 2
- TECHNIQUE Camp: Starts, Turns and Breakouts ..................... JUNE 3
- TECHNIQUE Camp: Butterfly & Breaststroke ......................... JUNE 5 & 6
  (geared towards swimmers wanting more knowledge about swimming with great technique)

- 50 meter / RACING Camp ......................................... JUNE 19 to 23 (commuter and residential)
  (geared towards swimmers serious about getting faster)

MORE INFORMATION AVAILABLE AT WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS
Coach Todd Samland has many years of experience on the pool deck. Samland has coached the UNO swimming and diving team since the beginning of the program in 1997. Throughout the duration of the program, he has brought the Maverick team into national recognition. Through the Division II years (1997-2011), the team was ranked in the Top 10 nationally eight times and 31 Mavericks earned All-American recognition. Of those All-Americans, Omaha crowned two National Champions in the 400 Free Relay and the 200 backstroke, the latter of which also set a national record. While a member of the North Central Conference, the Mavs claimed runner-up status eight times and were crowned league champions twice. UNO also had 17 individual conference champions (with seven conference records) and 20 relay champions (with five records).

Starting in the Fall of 2011, Coach Samland and the Omaha team embarked on a journey into the Division I waters. 2012-2013 was the first stab at a Division I Conference Championship. The Mavericks placed third at the Summit League Championships, just 4.5 points away from second. In their second year at the Summit League meet, UNO crowned it’s first conference champion with Colorado native Morgan Stepp winning the 200 butterfly! It is our goal to offer a quality program for swimmers and divers in the Midwest.

Contact Coach Samland by writing to tsamland@omavs.com or call (402) 554-2346.