

Tom Johnson's 2013 Wyoming Swim Camp...

Boys and Girls
Age 9 and over

June 7-9, 2013 – Start and Turn I

June 9-14, 2013 – Camp I

June 16-21, 2013 – Camp II

June 21-23, 2013 – Start and Turn II

July 12-14, 2013 – Start and Turn III



• Why?

Wyoming Swim Camp is a premier summer swimming experience and is proud to offer its winning tradition to competitive swimmers. Coach Johnson stresses the importance of outstanding stroke technique and training in a positive environment.

• Who?

Competitive swimmers, nine and older, are eligible. Coaches who are interested in accompanying their team should contact Tom Johnson directly (307) 766-6265 or e-mail at tomj@uwyo.edu. **Each camp is limited to the first 55 swimmers for each week.**

• Where?

The swim camps are held at the beautiful campus of the University of Wyoming located 135 miles north of Denver, Colorado, and is convenient to Denver International Airport and both the Cheyenne, and Laramie, Wyoming airports. The University of Wyoming offers an outstanding summer experience at 7200 feet, offering the opportunity to train at the highest Division I school in the United States.

• How?

All interested campers should pre-register by mailing an application with a \$100 (per camp) non-refundable deposit made payable to Wyoming Swim Camp by May 22, 2013. Or you may register online at www.wyomingathletics.com. The full balance is due to Wyoming Swim Camp by May 31, 2013. After May 31, 2013 call office (307) 766-6265.

Applications and payments (checks only) should be sent to:

Wyoming Swim Camp
1000 E. University Dept. A 3414
Laramie, WY 82071-3414

or call (307) 766-6265 or email tomj@uwyo.edu for more information



Typical Day at Camp

MORNING

— Breakfast	7:00 AM
— Morning Practice-including skills and drills	8:00-9:30 AM
— Classroom/Video analysis	10:00 AM
— Dryland	11:00 AM
— Lunch	12:00 NOON

AFTERNOON

— Afternoon Practice	2-4 PM
— Classroom Session	4:30-5:30 PM
— Dinner	
— Evening Activity	

FEES

Resident Camper	\$465.00 (includes room and board)
Commuter Camper	\$345.00 (lives at home, includes lunch daily)
Intensive Resident	\$510.00 10% discount for 2nd week
Intensive Commuter	\$395.00
Start and Turn-Resident	\$215.00
Start and Turn-Commuter	\$195.00
Start and Turn Resident with a week of Camp	\$193.50
Start and Turn Commuter with a week of Camp	\$175.50

Per NCAA bylaws, representatives of athletics interest (boosters) are not allowed to pay camp fees for any prospective student-athlete (see definition below) other than a family member. By registering for this camp you are verifying that all camp fees have/will be paid within NCAA regulations. If you have any questions please contact the UW Compliance Office at 307-766-4960 or 307-766-3795.

NCAA Bylaw 13.02.12 - Prospective Student-Athlete

A prospective student-athlete is a student who has started classes for the ninth grade. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete if the institution provides such an individual (or the individual's relatives or friends) any financial assistance or other benefits that the institution does not provide to prospective students generally. An individual remains a prospective student-athlete until one of the following occurs (whichever is earlier):

- The individual officially registers and enrolls in a minimum full-time program of studies and attends classes in any term of a four-year collegiate institution's regular academic year (excluding summer); or
- The individual participates in a regular squad practice or competition at a four-year collegiate institution that occurs before the beginning of any term; or
- The individual officially registers and enrolls and attends classes during the summer prior to initial enrollment.

University of Wyoming Swim Camp Features

- 3-4 hours of daily water training/instruction
- Nutrition education, instruction and motivation presentations
- Stroke demonstrations
- Dryland training and education
- Housing at the Pi Beta Phi Sorority house.
- FREE camp t-shirt and swim cap
- Stroke video analysis
- Supervised extracurricular activities
- 24-hour supervision
- Head Coach Tom Johnson at ALL sessions
- Outstanding experienced coaching staff
- Social activity every evening

What to bring

- Bedding, linens, pillow and pillow case
- Towels
- Soap and toiletries
- Suits, caps and goggles
- Any other equipment needed for swimming
- T-shirts, shorts, sneakers
- Alarm clock
- Spending money

Parking Info

There are numerous parking options when arriving on UW's campus this summer (see below). Should you have any questions concerning parking, please contact UW Transportation & Parking Services at 307-766-9800.

1. Parking Meters: Meters are located throughout campus at a cost of .25/half-hour.
2. Day Permits: Day permits may be purchased for \$4.00/per day (A, C, or R lot).

Facilities

The camp will be held at the University of Wyoming's Corbett Pool. All campers will enjoy first-class housing in the on-campus residence halls and all-you-can-eat meals at the Pi beta Phi house.

Training Groups

High School - Swimmers will receive intensive training sessions, stroke development, starts and turns.

Advanced Age Group - Swimmers will focus on stroke technique, starts and turns, along with challenging practice sessions.

Developing Age Group - Swimmers will focus on stroke technique development, starts and turns.

Intensive Training Camp*- For the swimmer who is serious about getting better. The intensive training camp is limited to the first 10 applicants who are accepted. You must be at least 14 years of age and serious about getting faster. Each camper will have the opportunity to have a more intensive training opportunity at camp. The camper will be challenged with more volume and intensity during camp. The cost for the Intensive Training Camp for resident campers is \$510 a week. The commuter camper is \$395 a week. There is a 10% discount for the second week.

* Must qualify for Western Zone Championships 13-14 year old times.

Start and Turn Camp- Specialty Camp - This will be the third year we have offered the start and turn camp. We have found it to be like no other camp offered anywhere. We will work with and improve all aspects of starts and turns with all campers. We break the starts and turns down with each camper and we have a systematic and progressive approach with each start and turn. Campers have seen significant improvement with their start and turns during this camp. This has been one of our most popular camps.

Personal Information (please print or type)

Name _____

Phone() _____ Gender _____ Age _____

Home Address _____

City ST ZIP _____

email address _____

Were you a High School letter award winner?

Yes No

School grade Fall 2012 _____

USA Swimming Registration Number _____

(Required for camp)

Please check all that apply:

Intensive Commuter Commuter Resident Camper

To obtain a USA Swimming registration number go to http://www.wyomingswimming.org/TabGeneric.jsp?_tabid_=13894&team=wzwyslsc

Print and mail to Ellen Gashler, whose address is on the application form. If you email TJ at tomj@uwyo.edu I will gladly email you the link as well. (we recommend a seasonal membership for those who do not have current membership)

Please check camp weeks in which you are interested:

Start and Turn I - June 7-9, 2013

Camp I and Intensive Camp I - June 9-14, 2013

Camp II and Intensive Camp II - June 16-21, 2013

Start and Turn Camp II - June 21-23, 2013

Start and Turn III - July 12-14, 2013

Check in on June 7, 9, 16, 21 and July 12 is at

Pi Beta Phi House at 3:00 PM

T-Shirt Size (Adult Size) _____ Child _____

S M L XL S M L

Camp Deadline: May 31, 2013

After May 31, 2013 Call (307) 766-6265

Deposit of \$100 for each full week of Camp and \$50 for each Start and Turn camp is required with camp application

for Wyoming Swim Camp,

should be mailed to:

**Wyoming Swim Camp • 1000 E. University Dept. A
3414 • Laramie, Wyoming 82071-3414**

Online registration available at

www.wyomingathletics.com

Swimming Background

Roommate Request: _____



Head Coach and Camp Director Tom Johnson

Tom has been the Head Coach of the University of Wyoming Men’s and Women’s Swimming Teams since April of 1998. In that time the teams have become extremely competitive in the Mountain West Conference. His knowledge and ability to help young swimmers improve in the sport of swimming will provide your athlete with an outstanding camp experience.

Tom has vast experience coaching young swimmers as he was the Head Coach of the Birmingham Swim League, where BSL won two LSC Championships in his tenure. Tom has also been the Head Coach of the Liverpool Jets Swim Club in Liverpool, New York and the Fort Collins Area Swim Team in Fort Collins, Colorado. During his time coaching club swimming he has coached the most novice swimmers to Olympic trial qualifiers and world ranked swimmers. Over 40 of Tom’s swimmers have been United States Swimming National Age Group Top 16 swimmers. A highlight of Coach Johnson’s career was attending the 2004 Summer Olympics in Athens, Greece, with the University of Wyoming Olympian Scott Usher.

“I remember as a young swimmer how important a positive swim camp experience was for me. It would renew my passion for the sport and I made friendships that have lasted a lifetime. At Wyoming Swim Camp, your swimmer will have a positive camp experience coached by our World Class Staff.” - Tom Johnson, Head Coach



Assistant Swimming Coach Matt Leach

Matt Leach is in his fourth season as an Associate Head Coach at the University of Wyoming. Leach brings experience and knowledge of collegiate swimming, and will work specifically with the sprinters and backstrokers. Matt comes to Wyoming from Louisiana State University where he began as a graduate assistant in 2004, and then as an assistant coach for two seasons. At LSU, Leach helped guide several athletes to the NCAA Championships, and a top-25 ranking for the men’s and women’s team. Leach also served as the head age group coach at Tiger Aquatics from 2006-2009. After a short time there, Leach was named the 2007 Louisiana State Age Group Coach of the Year for his efforts in his first season. Earlier in his career, Leach was the head coach of the men’s and women’s swimming program at Edgewood High School in Ellettsville, IN. A native of Portland, Ore., Leach swam in college at Indiana University where he was a four year letterman and captain. He became a five-time All-American and helped the Hoosiers to a Big Ten Conference Championship in the 200 medley relay as a senior. Leach was a participant in the 2000 and 2004 U.S. Olympic Trials as well. Leach graduated from Indiana in December 2004 with a bachelor’s degree in environmental management. He received his master’s degree in environmental studies from LSU in May of 2007. “Matt is a tremendous addition to our team and camp. Matt has a lot of energy and a tremendous desire to make athletes better. Since Matt’s arrival at Wyoming he has truly elevated the caliber of Wyoming Sprint program. He has a tremendous background working with your developing swimmers to NCAA caliber athletes.” Said TJ of Matt. Matt coached Cassie Stelow to the 2010 NCAA Swimming Championships in the 50 Free. He coached Kelsey Conci in the 50 Free and 100 Back in 2011 and 2012. Kelsey was an All-American in both 2011 and 2012 in the 100 Back. This past summer he helped Kelsey Conci get to semi-finals at the 2012 US Olympic Team Trials in the 100 Back.



Assistant Swimming Coach Manabu Noguchi

Manabu (Manny) Noguchi will be entering his third season at University of Wyoming as distance swim coach and recruiting coordinator. Noguchi comes to the UW from Michigan State University where he was also distance swim coach and recruiting coordinator from 2004-2009. Prior to Michigan State, Noguchi spent two years as a volunteer assistant swim coach at the university of Georgia (UGA). During his time with the Bulldogs, he taught stroke techniques, directed dryland and created workout routines. Noguchi served as head coach for the University of Georgia Masters, coaching swimmers, ages 21-72, and was the National/Senior assistant coach for the Athens Bulldog Swim Club as well as an assistant for the Bulldog Swim Camp. During this time, he also gained valuable experience as a summer swim camp coach, teaching stroke technique, giving private lessons, serving as a residential advisor in the dorms, and organizing workouts. Noguchi was a member of the U.S. Swimming National Team Staff as an interpreter and media coordinator between U.S. National Team Director Dennis Pursley and various Japanese organizations. Prior to coaching at UGA, Noguchi was head swim coach for a club team in Fukoka for nearly three years. While there, he coached four women swimmers to the National Level and helped a male swimmer (Yuki Fujimoto) to become the summer junior national champion in the backstroke events (both 50 and 100M) in 2000 and 2001. Also adding to Noguchi’s excellent coaching experience he was the pre-senior head coach for Nitro Swimming Club in Austin, Texas leading them to their first ever Texas Age Group state title. Manny was born and raised in Fukuoka, Japan. Upon his high school graduation (age of 18), he went to California to pursue in both academic and athletic excellence in the U.S. Noguchi received his associate of science degree from Cuesta College in San Luis Obispo, Calif., in 1996, where he also was a member of the swimming team that won the California Junior College Championship. He also earned Academic and Athletic Scholar honors from the Western State Conference in 1996. Upon graduation from Cuesta, Noguchi went on to attend California Polytechnic State University, where in December 1998 he earned his B.S. in kinesiology. In December 2003, he earned his master’s in education in exercise science from University of Georgia. “This will be Manny’s first year with Wyoming swim camp. His experiences coaching all ages of swimmers and of all ability levels makes him a tremendous addition to Wyoming Swim Camp. He is a very technical coach and most importantly a tremendous teacher. You kids are really going to benefit from working with Manny.” said TJ of Manny.

Other current and former UW swimming and diving athletes will be camp counselors and coaches.



UNIVERSITY OF
WYOMING

Testimonials

“Just wanted to take a second of your time and tell you as well as all your staff thanks. Our daughter, Haili had a great time at swim camp and she reported that “everyone was really nice and I made lots of new friends”. One of the big reasons I am writing is to tell you about the big improvements seen at this weekend’s swim meet. She cut 12 seconds off 50 free, 6 seconds off 25 breast and 3 seconds off 25 free.”

-Mike Shepard, parent, Rawlins, WY

“I have been sending my swimmers to TJ’s Wyoming Swimming Camp for many years. I can honestly say that they benefit more from the Wyoming Swim Camp than any other camp they attend. They get one on one attention, and TJ is personally at all sessions, he cares that they improve, and gives feedback every step of the way. If a swimmer is looking to get better, this is the camp they should attend!”

-Tom Hudson, Head Coach Laramie High School Boys and Girls Swimming and Diving

“Our daughters first Wyoming Swim Camp was two months after her 9th birthday. We were delighted to find that Coach Johnson, (or TJ as he is called by his swimmers), personally supervised each practice, and was himself coaching that third of the swimmers that were of the greatest need, during each and every practice, while the other swimmers were being coached by the UW sprint and distance coaches. The small number of campers accepted for each camp session insured individual attention from all coaches for each swimmer.

Coaching assistants were selected from the UW varsity team. They helped the swimmers, sometimes one on one, to develop and perfect specific skills to improve their overall swimming performance.

Coach Johnson personally analyzed each swimmers strokes, and provided commentary (on DVD) with suggestions for improvements, as well as praise for good form, suggesting the swimmer ‘share’ the DVD with their coaches at home.

In short, our experience and our daughters growth as a swimmer were amazing. Her most dramatic improvement was a 23 second cut on her 100-yard free style time. She, and we, are looking forward to participating in next year’s Swim Camp.

-Dr. Adair M. Bowlby and Serge P. Joskow



Damian Storz - Former UWYO Swimmer