

# OMAHA SWIMMING CAMPS



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**Racing Camp**  
May 31 – June 3

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**Drills & Skills**  
July 5 – July 8

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**Elite High School**  
August 3 - 5

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- Racing Camp**  
May 31 – June 3  
*Female and Male Athletes Welcome  
Limited to 50 swimmers.*
- 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)
  - Residential or Commuter Camper  
Campers have the option of staying overnight in on-campus housing with meals and evening entertainment.
  - Stroke Evaluation – DVD  
Each camper will be filmed swimming all four competitive strokes through underwater digital recording and receive a DVD after the camp.
  - Strength and Conditioning  
Dryland exercises will accompany fun runs, pilates, and hopefully some rock climbing time.

**EARLY BIRD REGISTRATION**

Entry Deadline:

**April 20**

- Commuter \$290
- Residential \$475

**RACING CAMP REGISTRATION:**

**May 15 is the last day**

- Commuter \$350
- Residential \$550

- Drill & Skill Camp**  
July 5 - 8  
*Female and Male Athletes Welcome!  
Limited to 36 campers.*
- Short Course Workouts (25-yard)  
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)
  - Residential or Commuter Camper  
Campers have the option of staying overnight in on-campus housing with meals and evening entertainment.
  - Stroke Drills (a lot of drills)  
Will comprise at least 60 to 90 minutes per practice along with 30 minutes of race training.
  - Starts and Turns  
Drill & Skill will also apply to Starts and Turns – the fastest a swimmer is in the air and second-fastest is off the wall (so let's get better when we are fast).

**EARLY BIRD REGISTRATION**

Entry Deadline:

**May 20**

- Commuter \$275
- Residential \$450

**DRILL & SKILL CAMP**

**REGISTRATION:**

**June 15 is the last day**

- Commuter \$325
- Residential \$525

- Elite High School**  
August 3 - 5  
*To participate in this camp the swimmer must be a female going into her sophomore year of high school.  
Limited to 24.*
- Experience College Swimming.  
100% access to college coaches and current college swimmers to ask questions on any topic.
  - Short Course Workouts (25-yard)  
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)
  - Residential or Commuter Camper  
Campers have the option of staying overnight in on-campus housing with meals and evening entertainment.
  - 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.

**ELITE HIGH SCHOOL CAMP**

**REGISTRATION:**

**July 23 is the last day**

- Commuter \$250
- Residential \$350

## MEET THE COACH

Coach Todd Samland has many years experience on the pool deck. Prior to coaching collegiate athletics, Samland was the head coach for 16 years with the Maverick Masters swim program. 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 cognition. 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 10th Central Conference, the Mavs claimed runner-up status eight times and were national 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 in the Summit League Championships, just 5 points away from second. In its second year at the Summit League meet, UNO earned its first conference champion, with Colorado native Morgan Stepp winning the 10 butterfly!

The Mavericks return to the 2016-2017 season with a strong incoming class and look to battle for another top conference spot. It is our goal to offer a quality program for swimmers and divers in the Midwest.

## RESIDENTIAL CAMPER

*To participate in the residential camp, the camper must be at least 10 years old.*

Campers will have the opportunity to stay overnight at the Scott Village housing facilities on UNO's South Campus. Participants will be provided with all meals. Dinner will be all-you-can-eat buffet style in the Scott Hall cafeteria. Shuttle buses will offer free transportation to and from the natatorium. Counselors will monitor the campers under 24-hour supervision. DVD player and game room activities will amuse swimmers before lights out at 10 p.m.

\*Room changes can be made upon extenuating circumstances.

### Past Evening Entertainment:

- ❖ Introduction to Kayaking
- ❖ Evening at the Old Market
- ❖ Bowling or Aksarben Cinema
- ❖ Shopping adventure and more

### Don't Forget to Pack . . .

- ✓ Bedding, pillow, towels
- ✓ Swim gear, padlock, more towels
- ✓ Running shoes
- ✓ Clothes for Old Market
- ✓ Free time Entertainment
  - Frisbee, cards, movies, books, headphones, skateboard, etc.
- ✓ Spending money for bowling, shopping, etc.

Money can be checked in to a counselor.

## COMMUTER CAMPER

*Participants must be at least 8 years old.*

Enjoy the chlorinated days of great training at the UNO Natatorium during the camp. During the week the campers will start each camp day at 8:30 a.m. Lunch will be provided and the campers can be picked up from training at 5 p.m. in Elmwood Park (or the HPER Student Lounge in case of bad weather).

### Memorabilia Stuff

Each Camper will receive:

- ❖ Swim cap
- ❖ Camp t-shirt
- ❖ Flume experience

### Contact the Coach

tsamland@unomaha.edu  
(402) 554-2346

UNO Sport camps or clinics shall be open to any and all entrants, limited only by number, age, grade level and/ or gender.

### Checks can be made payable to:

Omaha Swim Camp

### Detach registration form and mail to:

Omaha Swim Camp/ Athletics  
6001 Dodge St.  
Omaha, NE 68182

## CAMP REGISTRATION FORM

Circle One: Racing Drill & Skill Elite H.S.

Name: \_\_\_\_\_ Gender: F or M

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

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

Home Phone: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail: \_\_\_\_\_

Family Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

T-Shirt Size: Youth -  Medium  Large

Adult -  Small  Medium  Large  X-Large

Commuter or  Residential

### Parent's Agreement and Release Form

I, \_\_\_\_\_, as legal guardian of \_\_\_\_\_, authorize this child to participate in all activities, as outlined in the foregoing brochure, related to the 2016 Omaha Swimming Camp. By signing this document, I agree to release the Omaha Swimming Camp and the University of Nebraska Board of Regents and their employees or agents, from any and all claims and liability for injuries, including death, sustained by this child while participating in or as a result of participation in the 2016 Omaha Swimming Camp. In case of an accident, this child is covered by medical insurance. Written verification of such insurance will be supplied upon request of a representative of the Omaha Swimming Camp. In the event of an emergency, this child may be given care and transportation, and I will be responsible for any and all costs associated with such care or transportation. I grant permission to the Omaha Swimming Camp to use photographs of my child for advertising, publicity, and promotional purposes.

Parent Guardian Signature \_\_\_\_\_

Date: \_\_\_\_\_

Applicant Signature \_\_\_\_\_

Date: \_\_\_\_\_