

**LYNX
SWIM CAMP**



GO LYNX !!!

A Day at Swim Camp

Monday-Thursday

8:00-8:45 Group Stretch/Tech Session

8:45-9:45 Swim/Drills/Tech

10:00-11:00 Game Activity

11:00-12:00 Lunch (bring lunch)

12:00-1:00 Video session

1:00-3:00 Swim (workout)

3:00 Arrive for pick-up

**LYNX
SWIM CAMP**

2008

June 2-5

Ages 7-15



**Bryan Campus Life
Center**

Rhodes College

Memphis, TN

**Register early
-space is limited!**

COACHING STAFF



Jon Duncan

Rhodes College Head Coach

Camp Director

Jon Duncan begins his third year as head swimming coach at Rhodes College. During his 1st season (2005-2006) the Lynx broke 17 school records and swimmers Eddie Han and Kim Green won their first SCAC individual titles. Coach Duncan coached the women and

men to their highest respective finishes in the Southern Collegiate Athletic Conference the following year. During the 2006-2007 season he developed another conference champion, Jazmin Miller, and led the Lynx on their way to shattering 10 additional records.

Coach Duncan has developed a unique coaching style that mixes swimming specific dryland training and individualized stroke technique training formed on a solid base of pool work. Coach Duncan draws on his experience to develop his specialized training style as an assistant coach at West Lafayette High School, as the Boilermaker Aquatics club team's senior coach, an assistant coaching position at DePauw University and, most recently, as an assistant coach at the prestigious University of Texas Summer Swim Camp, .

Coach Duncan was an outstanding swimmer at Purdue University, where he was a four-year letter winner and did qualify and compete in the 2000 Olympic Trials. He earned a B.A. from Purdue University in 2002 and M.A. from Indiana State University in 2005.



Keith Crawford

Monmouth College Head Coach

Assistant Camp Director

Keith Crawford was hired in August 2003 to develop the Monmouth College men and women's swimming and diving teams. Monmouth, which has not fielded a varsity swimming team since 1982, returned to intercollegiate competition in the 2004-05 academic year.

Crawford spent two years at DePauw University, where he served as the assistant men and women's swimming coach and the assistant director of intramurals. DePauw's nationally-ranked swim teams won the men's and women's Southern Collegiate Athletic Conference titles in 2003. In total, Crawford has coached a total of seven All-American swimmers.

Crawford received his bachelor of arts degree in history from Xavier University in 2001 and his master's degree from Indiana State University in 2003. He is also certified to teach middle school and high school history.

Assistant Camp Coaches

Paul Kueterman –U of Wisconsin Lacrosse Assistant Coach

Michael Lallemand– Former Rhodes College Swimmer

Sallye Hartman– Current Rhodes College Swimmer

Allison Watts– Current Hendrix College Swimmer

Callie Boehme– Current DePauw University Swimmer

Janet Cox– Current DePauw University Swimmer

CAMP HIGHLIGHTS

Technical aspects of all four strokes

In depth work on starts, turns and finishes

Classroom discussions

Quality swim workouts

Dry-land training

An official Lynx Swim Camp t-shirt

What to Bring to Swim Camp?

Competitive swim suit, swim cap, towel, goggles, tennis shoes, active clothing

Lunch - your child must bring his/her own sack lunch

Sun Block - we will only provide SPF 30

Registration

The cost for the Rhodes Swim Camp is \$200 or \$175 for Rhodes members.

A \$50 nonrefundable deposit is due May 26th. Early registration is advised as limited space is available. The full payment is due June 2nd.

Check in

Monday June 2nd

8:00am-9:00am

Alburty Pool, Rhodes College

Bryan Campus Life Center

****Swimmers must be able to swim 100 yds nonstop**

Contact Information

Jon Duncan (Camp Director)

Phone: 901-843-3452

Email duncanj@rhodes.edu

Mail: 2000 N. Parkway, Memphis TN. 38112

Rhodes Swim Camp Application

Swimmers Name: _____

Date of Birth: _____

Parent/Guardian Name: _____

Address: _____

Phone: _____

Email: _____

Swimmers shirt size: (circle) YS YM YL AS AM AL AXL

Other Emergency Contact: _____

Phone Number: _____

Insurance Company: _____

Insurance Policy Number: _____

Allergic Reactions (drugs, food, asthma) No Yes If yes, list:

Taking any medication at this time? No Yes If yes, list:

Parent/ Guardian: In accordance with the rules of the Rhodes Swim Camp, I hereby give my consent for the aforementioned camper to participate in the swim camp and all related activities. If at any time it is necessary for the camper to receive outside or professional medical attention, I hereby give my consent to the camp to secure services of the physical or medical facility selected and to secure transportation as is deemed necessary. I will not hold the camp responsible for any benefits beyond their camp medical program and will secure adequate family insurance coverage if additional protection is desired.

Parent/Guardian Signature: _____

Date : _____

Note: No camper will be permitted to leave the camp or Rhodes Campus without a written consent from his/her parents/guardian.

Please make checks payable to:

Lynx Swim Camp

Mail to: Jon Duncan

(Rhodes Head Swim Coach)

2000 N. Parkway Memphis, TN 38112