

MILLER AQUATICS *SUMMER, 2010*

TECHNIQUE IS OUR MISSION

**Correct Technique
is the
Cutting Edge!**



Boomer Start & Turn Camp

Posture, line, balance, efficiency, and undulation

June 11, 18, 25, July 9

2010 Boomer Start & Turn Camp

Posture, line, balance, efficiency, and underwater speed

June 11, 18, 25, July 9

Who is Bill Boomer?

- Bill Boomer is/has been a consultant to perennial NCAA Champions at Stanford, Auburn, University of Texas & other fine Division I schools. He is currently the stroke technician for the U.S. Olympic Swimming & Diving Team.
- Bill Boomer is the driving force behind modern swimming technique.
- Bill Boomer teaches **cooperating** with the water instead of **fighting** it.

Boomer Underwater and Start/Turn Camp

- On each day of camp we focus on Boomer's theories of working *with* the water in underwater swimming, starts and turns.
- We will focus on **efficiency**, not sheer power, and **conserving energy** by increasing efficiency.
- We will teach how to **generate speed** off the wall by reshaping the body. We will work on proper **balance** in the water, swimming **long** and **generating power** with the hips and torso - correct **undulation**.
- We highly recommend that swimmers attend two Boomer camp days, although one day is better than none!!

Philosophy

We believe in the principles that Bill Boomer adheres to in this **new direction** of swimming. If Olympic and Division I coaches invite Bill Boomer to their campuses for his expertise, then this is something that the rest of us ought to pay attention to.

Director:

Bruce Miller, has over 47 years of aquatic experience, helping swimmers achieve National Qualifying times. He has over two dozen swimmers at all collegiate levels. This fall, Danville's Lauren Drennan will be swimming for the University of Iowa. Springfield Glenwood H.S.'s Lindsey Rayhill will be heading to either Ohio Northern or Butler University, and Rosary graduate, Mackenzie Powers, will be swimming for Penn State. Champaign Central H.S.'s 2008 All-Area Swimmer of the Year, Mike Lacine continues swimming for Eastern Illinois University. All have attended Miller Aquatics camps and have studied with Bruce. Bruce has 30 years of high school teaching and coaching experience as well as attending Boomer seminars and observations. He has also consulted with coaches at Stanford, Arizona State University, and with Coach Jim Richardson at the University of Michigan.

Head assistant:

Howard Schein –, Head Coach University High Girls Swim Team and HEAT Masters Team. Level 2 Coach National Association Interscholastic Swim Coach Association, and competitive Masters Swimmer.

This camp is:

A day camp from 9:00 to 4:00 with lunch and snacks provided.

Experience has taught us that swimmers need **2 days** of this camp to gain the most benefit - but **1 day** would be better than none!

Choose any 2 dates:

- June 11
- June 18
- June 25
- July 9

The cost for each session (day) is \$80. The camp is open to swimmers who were at least 9 years of age January, 2010. We offer a very low swimmer to instructor ratio.

2010 Boomer Swim Camp Application

Name: _____

Address: _____

City : _____ State _____ Zip: _____

Birthdate: _____ Sex: _____

Home Phone Number: _____

Cell Phone Number: _____

E-Mail address: _____

Circle the days you wish to attend:

June 11 June 18 June 25 July 9

- A **\$40** non-refundable deposit **for each day reserved**, is required with the application
- The remainder is payable on the first day of attendance.
- **RESERVE YOUR SPOT NOW !**
- Make checks payable to: **MILLER AQUATICS**
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Swimmers must have their own health insurance.

Name of Insurance Company: _____

Policy Number: _____

Any significant medical history Allergies/Medications: _____

Miller Aquatics has my permission to have (swimmer's name) _____
treated in an emergency.

Signature of parent or guardian: _____

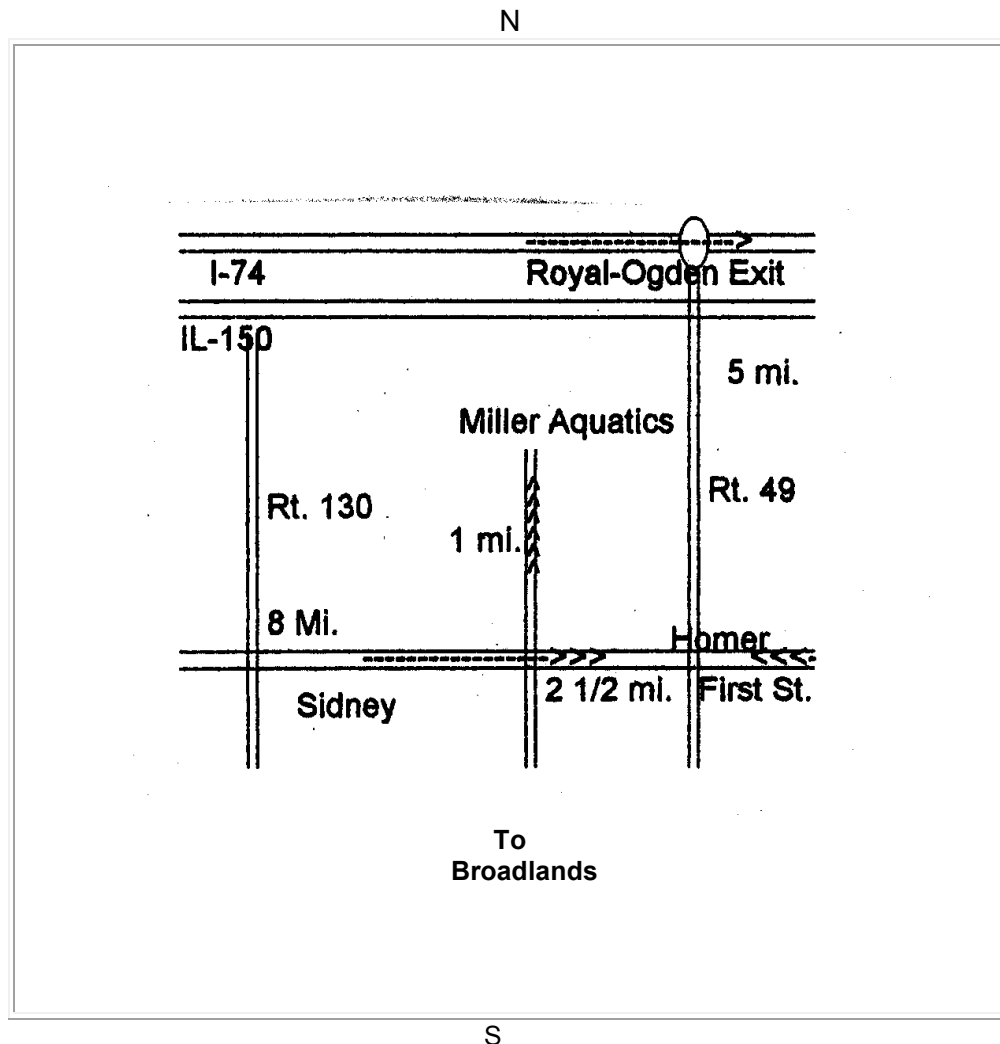
MAIL COMPLETED APPLICATION TO:

MILLER AQUATICS
1175 COUNTY ROAD 2500 E
HOMER, ILLINOIS 61849

(217) 896-2744 for more information

For those who aren't familiar with us:

We are located in a unique country setting nestled among 16 acres of woods, right next to the Salt Fork River.



SUMMER INSTRUCTION PROGRAM

JUNE – AUGUST	Semi-private lessons	ages 7 – adult
	Small group instruction	4-6 year olds
	Parent/tot instruction	20 months – 3 ½ yrs.

Out of area swimmers can study with Bruce Monday, Tuesday, Wednesday evenings during the summer.

WINTER INSTRUCTION PROGRAM

Winter instruction is held at the Monticello Best Western & Fairfield Inn Hotels for area swimmers Monday through Thursday. Out of area swimmers are taught on Sundays.