

MILLER AQUATICS *SUMMER, 2010*

TECHNIQUE IS OUR MISSION

**Correct Technique
is the
Cutting Edge!**



**18TH ANNUAL
MILLER AQUATICS
TECHNIQUE SWIM CAMP**

June 28th - July 1st

2010 MILLER AQUATICS TECHNIQUE CAMP

FOUR DAYS OF BASIC INTENSIVE STROKE TECHNIQUE
INSTRUCTION AND LOTS OF FUN

June 28, 29, 30, July 1

Miller Aquatics is a technique camp for competitive swimmers.

We believe that we teach the *most innovative technique in all phases of swimming*.

This camp offers:

- **Stroke Evaluation and Individual technique instruction** on all strokes.
- **Camp Notebook**; a resource with clear, sequential drawings of all strokes and much more - to refer to all year long.
- **Weight Program** - comprehensive training, emphasizing correct technique-in our own Health Club adjacent to the pool
- **Daily Intensive Workouts** where correct technique is demanded and practiced.
- **Open to** swimmers 11 years old to those who are entering their Senior year in high school.
- **Very low** swimmer to instructor ratio
- **Fun** in a setting that includes our seriousness about teaching individuals to swim faster with less effort.
- **Our Traditional BIG** sports-a-rama and cookout-at-the-river on the last night that leaves *everyone* talking for the rest of the summer.

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 either to 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 to swim for Eastern Illinois University. All have attended MA camps & studied under Bruce. Bruce has 30 years of high school teaching and coaching as well as attending Boomer seminars and observations and consultations at Stanford, Arizona State University, & with Coach Jim Richardson at the University of Michigan.

Staff:

Head Assistant: Howard Schein Head Coach: University High Girls Swim Team, Coach: HEAT Masters Swim Team, Level 2 NISCA, and Masters swimmer

This camp is either:

- DAY CAMP - 8:30 a.m. - 4:30 p.m. with lunch and snacks provided.
- or**
- OVERNIGHT CAMP - with all meals provided.

The cost is

- \$375 for day camp
- \$475 for overnight camp.

2010 Technique Camp Application

Name: _____

Address: _____

City : _____ State _____ Zip: _____

Birthdate: _____ Sex: _____ DAY CAMPER _____ OVERNIGHT CAMPER _____

Home Phone Number: _____

Cell Phone Number: _____

E-Mail address: _____

- A **\$100 non-refundable** deposit required with application Remainder is payable on the 1st day of camp.
- Total cost: \$375...day camp.
- Total cost: \$475...overnight camp.
- **RESERVE YOUR SPOT NOW !**
- Make checks payable to: **MILLER AQUATICS**

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.

