



UNIVERSITY OF ARIZONA SPEED CLINIC

UA WEIGHT STAFF ALONG WITH OLYMPIAN BRAD TANDY



2018 Arizona Swim Camp is excited to provide you access to the UA weight room staff for an exclusive week of Swimming & Lifting Improvement! Our Strength and Conditioning Staff work hand and hand with the USA Olympic Weight Coach in the Colorado Springs Olympic Training Center, to make sure our work on land fits what the swimmers need in the water! The camp is geared to TEACH- it's to teach specific exercises and drills on land that the athletes can take back to training in order to incorporate into their daily dryland & workouts! Matt Grevers and all other Olympians work with the same Staff!

Don't miss out on this incredible opportunity for you to integrate with the University of Arizona Athletic Staff and it's elite program!

When:

June 4-8, 2018 or June 11-15, 2017

*Check In #1: Monday 4/10 UA McKale Ticket Office 5:30pm

*Check In #2: Graham Greenlee Dorms 7/14 UA Dorms 3pm

*Check Out: Graham Greenlee Dorm 1pm

Cost: \$150

Includes-

- Room for Thursday Night June 7th / 14th
- Breakfast on June 8th / 15th
- Facility and Staff Costs

Camp Schedule

Monday	Weight Camp			Thursday	Weight Camp		
5:30	Check In for Weight Camp	*McKale Center Ticket Office		3:00	Check In for Dorm Stay	*Graham Greenlee Hall	
6:00	Meeting			4:00	Meeting		
7:30	Weights Night Complete			5:00	Dryland with Brad Tandy		
				6:30	SPEED CLINIC SESSION 1		
Tuesday	Weight Camp			8:30	Dinner on University		
5:45	Check In for Weight Camp			10:00	Lights out		
6:00	Meeting						
7:30	Weights Night Complete			Friday	Weight Camp		
				7:00	Dry Land with Brad Tandy		
Wednesday	Weight Camp			8:00	SPEED CLINIC SESSION 2		
5:45	Check In for Weight Camp			9:30	Breakfast at UA Athlete Dining		
6:00	Meeting			10:00	Nap		
7:30	Weights Night Complete			11:00	Stretch with Brad Tandy		
				11:30	SPEED CLINIC SESSION 3		
				1:00	Check Out		

What to Bring:

Swimming:

- Full Gear Bags
- Snorkel (will be selling at Check In)
- Sunscreen
- Water bottle
- Suit, Cap, Goggles
- Towel

Lifting:

- Athletic Tennis Shoes
- T-Shirt (with Sleeves)
- Shorts
- Socks
- Water bottle

Dorm:

- Bedding
 - Twin XL Bed for size reference
 - Pillow
 - Sleeping bags due the job
- Toiletries

Food/Water:

- Money for Dinner Friday Night on University
- Snack food, drink, ect.
 - No refrigerator in dorm

Extra:

- Medications needed
- Sunscreen
- No Other Universities Gear can be Worn