

Best Darn Swim Camp

Best Darn Swim Camp will be held in West Fargo, ND at LE Berger Pool on June 7-10, 2010 with the **World Famous "Horse Whisperer" of Swimming, Milt Nelms**. He got his nickname from an Australian newspaper for his work with swimmers around the globe.

Coach Nelms is an internationally recognized authority in the area of swimming technique and athlete development. He is widely considered being on the cutting edge of a model for the future of competitive swimming. As a former coach with experience at all levels of the sport from top age group swimmers through USA Swimming National Team, Nelms currently works as a lecturer and presenter on swimming in the United States and throughout the world. He also works as a consultant on swimming technique. He has had many current or former clients performed in the 2008 Olympics from USA and other national swimming federations. Milt and Richard Quick put together a video series called, "Championship Winning" produced by Championship Production. This series is one of the highest video series sold.

Testimonies from campers:

Derek Lair of Great Falls, MT, "Camp was a great experience. Milt's stroke analysis and technique training helped me achieve personal best times and my first junior national time cut."

Tyler Zelen of Duluth, MN, "Swim camp was a lot of fun. It really helped my technique in butterfly. I made zones!" **Bryan Bonack of Colorado Springs** "I dropped a ton of time after spending time with Milt, I really learned how to feel what was happening with my stroke instead of just going through the motions." **Jenna Gregoire of Colorado Springs, who is going to attend Harvard this fall had this to say about working with Coach Milt**, "Working with Milt was truly an educational experience. I really appreciated his focus on the importance of body movement and emphasis on imagination and brain power as the

main tools to attain success. By learning the skills of total muscle engagement, I was able to drastically change my freestyle and butterfly into smoother and more continuous styles that allowed me to make the finals at Junior Nationals."

Testimonies from coaches:

This camp is for swimmers and coaches, last year the camp had 10 visiting club, high school and college coaches from 4 different states. Here is what **Todd Peters - Head Women's Coach for Moorhead State University** has to say about the camp. "I attended the 2008 summer swim camp and **learned more** from Milt Nelms in one weekend than at any other time in my coaching career. Milt's technique instruction and his encouragement to critically rethink everything we do in swimming inspired me and made me even more excited about coaching. I've used this knowledge to improve my instruction with my college swimmers. The 2008-2009 season is our best ever and many of our swimmers have made dramatic improvements using techniques suggested by Milt." Another successful coach at NCAA level, **Jeff Hegle of St. Cloud State** had this to say, "as a college swim coach I am always looking for ways to improve, at the Best Darn Swim Camp under the direction of Milt Nelms was **one of the best learning experiences I've had**. The concepts taught are on the cutting edge and will help all swimmers to improve." **Coach Boyles of Cody High School** had this to say about her swimmers that attended last year's camp, "All the swimmers who attended the camp had life time best swims this year, they loved how much they learned and are excited to come to the camp again." **Rose Snyder** a consultant for national govern bodies for different sport groups, former coach and former staff member for USA Swimming had this to say, "Milt Nelms is not on the leading edge, he is the **leading edge**. By the time someone catches on to his work, he is already

light years ahead. Most importantly, his passion comes through with every athlete he works with. There is an instant connection and life-long bond. "Nelmsing" is the word!"

Open to all swimmers with USA Swimming Registration and **MUST BE 11 YEARS OLD** or older.

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Camp Features

Quality Instructions

95 % of the camp is about learning how to swim faster with less effort. We expect swimmers to come and participate mentally and physically. We teach swimmers why we do the drills and how to do them properly. We want the swimmers to bring their coach along to learn with them. We will be in the pool and doing deck exercises no less than 14 hours during the camp.

Starts and turns

If you are lacking in your starts and turns, this is a camp for you. Elements of starts and turns are integrated into each session.

Typical daily schedule

9:00 – 11:30 am

2:00 – 4:30 pm

6:30 – 7:30 pm (optional)

Camp is being held at the
LE Berger Pool
4th Avenue East, West Fargo

Contact Information
Mike Stromberg –Camp Director
719.963.8355 / mkstromberg@gmail.com

2010 Best Darn Camp Sites

Colorado Springs May	28-31
Casper, WY	June 3-6
Foley, MN	June 11-14

Best Darn Swim Camp Application

Swimmer's Name _____

Age _____ Sex _____

Parent's Name _____

Home Phone _____

Parent Cell _____

Parent's Email _____

Address _____

City, State, Zip: _____

Required USA Swim # _____

Best Darn Swim Camp Plan

_____ \$300.00 Day Camper
_____ Finis Snorkel \$30.00 Required
_____ Total
_____ \$100.00 Security Deposit
_____ Balance

This is a **day camp** – swimmers and coaches are responsible for their own room and board.

Check Payable to: **Stromberg, Inc**
2451 Ledgewood Dr
Colorado Springs, CO
80921

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2451 Ledgewood Drive
Colorado Springs, CO 80921

Best Darn Swim Camp June 7-10, 2010 West Fargo, ND

**“Where swimmers come to
learn how to swim faster”**

**With Special Guest Coach
MILT NELMS
Horse Whisper of Swimming**



Prepare to celebrate!