

2026 Michigan Select Camp

August 22-23, 2026

University of Michigan, Canham Natatorium

Camp Goals

1. Bring Michigan Swimming elite athletes and their coaches together for a weekend of community, pertinent information regarding essential components of high-level success, and analysis of racing performance (including video analysis).
2. Develop a coordinated elite camp plan for these two years leading to the 2028 Olympic Trials.
3. Deliver essential information which swimmers and coaches can take back to their home training environment.

Camp Specifics

All sessions will be held at Canham Natatorium. Breakfast and lunch are provided with camp.

Athletes must be registered in Michigan Swimming, in good standing, and have at least one USA Swimming Winter Junior National individual qualifying time. A registration fee of \$100.00 per athlete will help cover costs of the camp: meals, facility rental, camp gear.

Coaches must be the athlete's head club coach (or designated coach) and/or the athlete's lead high school coach. Club coaches are expected to reach out to their athlete's high school coach and invite them to this elite-level camp opportunity. Attending coaches are required to register in advance and participate in an advance meeting (Wednesday, Aug. 19, 8:00 p.m.) to review protocols for coaches during the camp. A registration fee of \$50 per coach will help cover the costs of the camp including Friday night Coach and Presenters' Social and Saturday night Coach and Presenters' dinner.

For participants needing overnight accommodations, a block of rooms has been set at these hotels:

DoubleTree by Hilton

[Michigan Swimming Camp | Room Block](#)

Kensington:

<https://reservations.travelclick.com/113707?groupID=5390830>

EVEN by IHG:

[Michigan Swimming Select Camp](#)

Registration must be completed by August 8 for both athlete and coach participants.

Registration may be completed at [2026 Michigan Select Camp Registration – Fill out form](#)

Camp Athlete Presenters: Hannah Bellard, Tyler Page, Jack Wilkening

Camp Presenters: Stef Kerska, Jim Richardson, Hannah DePaul, Josh White,
Brad Brockway

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Saturday, 22 August 2026

8:00 a.m.	Registration and Breakfast
9:00 a.m.	General Meeting Outline of Agenda Expectations and Guidelines Introduction of Athletes, Presenters, and Coaches
10:15 a.m.	Classroom: Stef Kerska Activation Strategies
10:45 a.m.	Break, prep for pool
11:00 a.m.	Pool: Jim Richardson Balance, Floating, Core Connection: Principles and Drill Progressions
12:30 p.m.	Lunch
1:15 p.m.	Classroom: Hannah Bellard, Tyler Ray, and Jack Wilkening Making Transition from Junior National level to National-caliber
2:00 p.m.	Pool: Hannah B, Tyler, Jack, Coaches Starts, Underwaters, Breakouts
3:30 p.m.	Classroom: Hannah DePaul Importance of Recovery Modalities Nutrition Strategies and needs for competition and training
5:00 p.m.	Dismiss

2026 Michigan Select Camp**August 22-23, 2026****University of Michigan, Canham Natatorium****Sunday, 23 August 2026**

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| 8:00 a.m. | Breakfast |
| 9:00 a.m. | Team Activity:
Review of Saturday Information and How to Implement It |
| 9:45 a.m. | Classroom: Josh White, PhD
Race Analysis Measures
Bring video of racing for analysis (full picture of racing) |
| 10:30 a.m. | Pool: Hannah B, Tyler, Jack, and Coaches
Activation Exercises
Turns, Underwaters, and Breakouts Analysis |
| Noon | Lunch |
| 12:45 p.m. | Classroom: Brad Brockway
Development of Elite NCAA Division I Swimmers |
| 1:45 p.m. | Pool: Hannah B, Tyler, Jack, Coaches
Activation Exercises
Stations: Starts, Turns, Strokes with Peer Coaching, Video Analysis |
| 3:30 p.m. | Classroom: Zac Hojnacki, PhD
Mental Health in and out of the pool |
| 4:45 p.m. | Final Thoughts and Feedback |
| 5:00 p.m. | Dismiss |