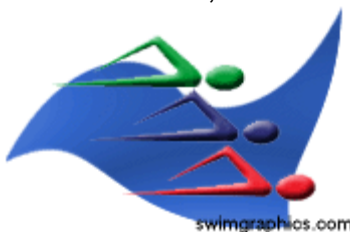


2009 Great Northern Swim Meet and Technique Camp Featuring Olympian Dave Berkoff

Havre, Montana
June 20-21, 2009



The Havre Lions Swim Team and the Montana Swimming Age Group Committee are excited to welcome you to the 2009 Great Northern Swim Meet and Technique Camp to be held in Havre, Montana June 20-21. Join us for a fun filled weekend of swimming!

The technique camp will be led by Olympian and former world record holder Dave Berkoff of Missoula, Montana. Assisting Dave will be Havre Lions head coach Chris Inman and Wave Ryder Swim Team head coach Deidre Loyda. Swimmers registered for the swim meet may participate in the swim camp.

The camp will begin following the conclusion of the meet on Saturday and continue until the evening BBQ and pool party that night. There will also be a discussion session for parents and officials Saturday afternoon during the camp.

Dave is known for the "Berkoff Blastoff" that revolutionized the backstroke with his underwater start-and-turn, a move which stirred debate amongst athletes and officials and caused FINA to make an adaptation to the rules governing the amount of the time a swimmer can remain under water after a start-and-turn. Dave's "Berkoff Blastoff", as his under water submarine dolphin kick became known, earned him Olympic medals and World Records and caused every backstroke swimmer following him to learn the kick in order to win and set records. His start-and-turn is one of the sports top innovations that has lead to faster times.

It was during Dave's college years that he began playing around with a start and push off the wall with the hands outstretched overhead and the legs and feet kicking in a dolphin style much like the butterfly. Dave would stay 35 to 40 meters under water on each push off the wall and come up ahead of all the other backstroke swimmers in the race. It was at the 1988 Seoul Olympics that the world saw for the first time at an international competition, the power of the "Berkoff Blastoff" in backstroke swimming. Every backstroke world record holder since has used the "dolphin kick" as part of their start-and-turn. Even butterfly and freestyle swimmers have adopted it in their start-and-turns. During his competitive career, Dave set five world records, 11 American records, and won four Olympic medals, including two gold. His 50 meter backstroke split time from the 1988 Olympic 100 meter back finals still ranks in the top 20 all-time.

Dave and his wife Shirley are the head coaches at the Missoula Aquatic Club. Dave and Shirley are Montana's two longest tenured coaches, each having been with MAC for more than 15 years! Both have coached every age group at MAC--from 8 & unders to the senior squad and believe every level of swimmer is critical to the team. Dave's coaching mantra is to assure that kids have fun, learn to become quality people, set goals and follow-through. Shirley's theory on swimming is to make every kid smile and believe in their ability to improve and achieve personal bests.

