

2019 USRP RACERS SUMMER SWIM CAMP

WHEN: June 10 – 14; Monday – Friday 8:00 am – 5:00 pm

WHERE: Cypress Aquatic Center

WHO: USA-Swimming registered athletes, ages 8 – 13, competent in all four strokes

COST: \$160 per camper

LIMIT: Only 15 swimmers will be accepted based on order of registration and payment.

CAMP DIRECTOR: Anne Grams 386-451-1910

WHAT TO BRING: Workout clothes, sunscreen, swim suit, two swim caps, two pairs of goggles, fins, towels, water bottle, lunch and snack for each day (refrigerator available)

ACTIVITIES:

Two swim practices each day

Dry land, yoga, stretching

Nutrition lectures and activities

Instructional videos and discussion

Pace clock instruction

Swim standards and IMX points

Games (some swimming related, some just for fun)

Guest speakers

NOTE: This is a serious competitive swim camp, presented in a fun, age-appropriate way. Campers need to know that we expect their full cooperation and attention throughout the day. Make sure that your child is ready to participate before signing up. All participants must be USA-Swimming registered. Contact Coach Anne if you have any questions.