

# U.S.R.P. Racers Swim Team

## High School Prep, Summer Conditioning Schedule

USRP Racers is a fast-growing USA-Swimming club whose goal is to guide each swimmer to achieve his or her maximum potential through focused training and proper technique, conducted in a positive, encouraging atmosphere. We are swimmer focused, family oriented. Website [www.usrpracers.com](http://www.usrpracers.com).

The head coach for the Racers is Rob Klotzbach, assisted by Anne Grams and Roxanne Balducci. All USRP Racers coaches are passionate about swimming as a sport that yields many positive outcomes for children of all ages and can result in a lifetime fitness activity.

**High School Tune-Up** Summer training sessions to prepare for the fall high school season. Emphasis on learning all 4 strokes, starts and turns, and general conditioning leading to race-pace training. Limited enrollment to ensure individual attention.

Monday-Friday from 7am – 8:30am

Tuesday and Thursday 5pm-6pm

Saturday 8am – 9:30am

**Elite Fitness –Dryland conditioning 10:15 – 11:30am, Monday-Saturday**

- **All Senior Racers and High School Prep swimmers are welcome and there is no additional cost**

**There are two plans available:**

- 1) Full time 4-8 practices per week cost for the summer \$250. Includes:
  - Up to 8 practices per week May 30 – July 29<sup>th</sup>. (value \$190)
  - Elite Fitness Dryland conditioning up to 6 times per week. (value \$50)
  - Seasonal USA Swimming Registration which is required. (value \$37.50)
  - Team Swim Cap. (value \$13.00)
  - Entry into 3 day clinic with Dr. Sam Freas June 15-17. (value \$30)
  - Entry into end of summer USA Sanctioned High school tune-up meet at our facility August 19<sup>th</sup>. (Value \$20)
- 2) Part time up to 3 practices per week cost for the summer \$200. Includes:
  - Up to 3 practices per week May 30 – July 29<sup>th</sup>. (value \$150)
  - Elite Fitness Dryland conditioning up to 3 times per week. (value \$50)
  - Seasonal USA Swimming Registration which is required. (value \$37.50)
  - Team Swim Cap. (value \$13.00)
  - Entry into 3 day clinic with Dr. Sam Freas June 15-17. (value \$30)
  - Entry into end of summer USA Sanctioned High school tune-up meet at our facility August 19<sup>th</sup>. (Value \$20)

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