

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

## High School Prep, Summer Conditioning Program

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).

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. Practice times available are as follows and any 3 sessions may be used and can change week to week based on your availability.

Monday & Wednesday 6:00am – 7:00am

Tuesday and Thursday 5:00pm – 6:00pm

Friday 10:00am – 11:00am

### Included in the High School Tune up session:

Cost per swimmer for the summer is \$170.00 and includes:

- Up to 3 practices per week June 3<sup>rd</sup> – July 26<sup>th</sup>.
- Seasonal USA Swimming Registration which is required for insurance.
- Swim cap and t-shirt.
- Pool facility rental.

### Elite Strength –Dryland conditioning 10:15 – 11:30am, Mon-Fri, 2330 S. Nova Rd., S.Daytona

- High School Prep swimmers are welcome, cost \$35 per month

Pool Location: Cypress Aquatic Center, 981 George Engram @ Nova Rd. Daytona

### Coach Instructors:

**Father Lopez Head Coach Rob Klotzbach– 386-566-3404, [rdklotz@aol.com](mailto:rdklotz@aol.com)**

- 2018 News Journal Boys Swimming Coach of the Year

**Spruce Creek Head Coach Anne Grams– 386-451-1910, [agrams1234@gmail.com](mailto:agrams1234@gmail.com)**

- 2018 News Journal Girls Swimming Coach of the Year