

U.S.R.P. Racers Swim Team

High School Prep, Summer Conditioning Schedule Cypress Aquatic Center, 981 George Engram @ Nova Rd. Daytona

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.

All USRP Racers coaches are passionate about swimming as a sport that yields many positive outcomes for swimmers 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. Maximum 30 swimmers.

Monday-Friday from 7am – 8:30am

Tuesday and Thursday 5 – 6 pm

Saturday 8:30 – 10:00am

Elite Strength and Fitness –Dryland conditioning 10:15 – 11:30am, Mon-Sat, 2330 S. Nova Rd.

There are two plans available:

- 1) Full time: 4-8 practices per week cost for the summer \$237.50 includes:
 - Up to 8 practices per week June 4th – July 28th.
 - Seasonal USA Swimming Registration (\$37.50) required for insurance.
 - Pool facility rental.
 - Elite Strength and Fitness.
- 2) Part time: up to 3 practices per week cost for the summer \$187.50 includes:
 - Up to 3 practices per week June 4th – July 28th.
 - Seasonal USA Swimming Registration required for insurance.
 - Pool facility rental.
 - Elite Strength and Fitness

Don't wait until June 4th. Get started now. April 16th – June 2nd.

- Up to 6 days/week just \$100.
- Up to 3 days/week just \$75.
- \$37.50 USA-S registration must be paid when starting.

Coach Rob Klotzbach – 386-566-3404, rklotz44@aol.com

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