

# Coral Springs Swim Club Summer Camp 2015

## SESSION I

June 8-11  
Back • Free • Dryland  
(Long axis stroke)

## SESSION II

June 22-25  
Breast • Fly • Dryland  
(Short axis stroke)

## SESSION III

June 29- July 2  
Starts • Turns • Dryland  
(Every stroke)

## SESSION IV

July 13-16  
Fly • Back • Breast • Free  
(Dryland/stroke-review)

**20 SWIMMERS MAXIMUM • AGES 8 & OVER**

## COST

\$200/4 day camp/per child  
(\$20 discount for siblings)



## CAMP OUTLINE

The CSSC Summer Swim Camp is a fun and unique way for swimmers to develop proper stroke technique as well as mental preparation and race strategies.

- Space is limited to the first 20 registered swimmers.
- Camp is open for swimmers ages 8 & over.
- Swimmer must know all four strokes.
- Swimmer must be a USA Registered.

## HIGHLIGHTS

HD/Slow-mo Video Analysis  
Race Strategies  
Diet & Nutrition Tips

Mental Training Techniques  
Dryland Training & Stretching  
Fun & Games

Stroke Demonstrations by Top  
Level Swimmers

## WHAT TO BRING

Lunch and Drinks

Equipment: goggles, suit, fins, snorkel, kickboard, pull buoy, towel, athletic sneakers & workout clothes  
USB Drive and a folder

## COACH

Senior II Coach Dave Cowmeadow  
Assistant Coach Brian Arnaud ( National Team Swimmer)

Detailed daily camp schedule available at  
[www.swimcssc.com](http://www.swimcssc.com)

