

2024 Warrior Summer Technique & Fundamental Swimming Camp

Middle School/High School Swimmers:

The summer swim camp will be structured to work on technique and conditioning for swimmers that will be enrolling in middle school this fall or older. This will be an opportunity to work on technique, as well as get in shape or stay in shape for your upcoming season. Each day you will have the opportunity to work on refining your technique in all areas of competitive swimming. The swimmer will receive individualized instruction which will combine drill work and conditioning. This is a competitive swimming experience; swimmers should be able to complete repeating 50's of each stroke in a timely manner.

Camp Schedule:

7:00-9:00 AM M-Th Swimming

Camp Dates: Session 1: June 10- 27; Session 2: July 8-25

A t-shirt will be included for each swimmer signing up for both sessions.

Camp Cost: \$75 for 1 session or \$140 for both sessions. Weight room training is included, but optional.

Payment collected via Venmo (megan-lewis-133), cash or check.

Weightlifting & Dryland Conditioning:

Training will consist of weightlifting and dryland workouts that focus on muscular strength and endurance to help with swimming. This is for only swimmers that will be entering in 9th grade or older this fall and are not attending swimming camp.

Camp Schedule:

9:00-10:00 AM M-Th Weight Room

Camp Dates Session 1: June 10- 27; Session 2: July 8-25

Camp Cost: \$20/session if not attending swim camp.

Payment collected via Venmo (megan-lewis-133), cash or check.

Elementary School Swimmers:

The summer swim camp will be structured to work on technique of all four competitive strokes. Swimmers must be able to swim one (1) length of the pool unassisted.

Camp Schedule:

9:00-9:45 AM M-Th Swimming

Camp Dates: Session 1: June 10-June 20; Session 2: July 8-July 18

A t-shirt will be included for each swimmer signing up for both sessions.

Camp Cost: \$30 for 1 session or \$50 for both sessions.

Payment collected via Venmo (megan-lewis-133), cash or check.

If cost is an issue for your family, please contact Coach Lewis or Coach Sinnott for alternatives. We will be happy to work something out if needed.

Signup here: [2024 Warrior Summer Technique & Fundamental Swimming Camp \(google.com\)](https://www.google.com)

A follow up email from one of the coaches will come to discuss payment and/or swim lessons if that is what you are interested in.

Contact Information:

Coach Megan Lewis

Email: mlewis@crschools.us

319-551-7847

Coach Matt Sinnott

Email: msinnott@crschools.us

319-551-8484

*This is a private activity not sponsored by CRCSD