

# **FRASER HIGH & MIDDLE SCHOOL**

## **SPEED AND POWER SWIM CAMP**

Start training now to get the most from your upcoming swim season. Coach Dave Nowinski an accomplished Macomb County Swim Coach with over 36 years' experience.

Let the **Speed & Power Swim Camp** help you towards your quest to **RISE** to the top of the county/state and **SHINE** above your competition.

**GENERAL INFO. for HIGH SCHOOL LEVEL Campers: (This is part begins before school is out for summer)\*\*\*\*\***  
**THE FIRST WEEK**, runs **June 6th - June 8th, Tues., Wed., and Thurs.** from **3:00-5:00pm** at Fraser High School. We will focus on increasing core and swim muscle strength using **heavy ropes, kettle bells, weights, "Power Tower"** system, plyometric's, surgical tubing and dry land aerobic and anaerobic conditioning exercises. All participants **need to BRING ATHLETIC SHOES EVERYDAY.**

**BEGINNING on JUNE 12TH THROUGH JULY 27th:**

**Summer Conditioning:** (Begins after school gets out for summer break) This program runs **June 12th - July 27th** Monday through Thursday at Fraser High School. **NOTE: State mandated athletic shut down the week of July 3rd - July 9th.** **NEW:** This group will focus on conditioning and technique according to ability and areas of specialty. **Our major focus will be strength/power and speed training this summer.**

**PRACTICE TIMES** from June 12th – July 27th **6:45-9:50am** (camp number will be capped reserve your spot.)  
**Non-high school level is possible, but will need to be approved through Coach Dave only!!**

**COST: (Multiple family member discounts; call or email Coach Nowinski)\*\*\*\*\***  
 Varsity Group (7-Wks) - **\$270/ea** (*Begins June 6th – July 27th*)

**MIDDLE SCHOOL CAMPERS:** Runs from **JUNE 12th - July 27th**, same shut down week as above!!  
**TIME: 8:15am - 9:50am M - TH, MUST COME WITH ATHLETIC SHOES ON EVERYDAY!!!**  
**COST: \$200/ea** (Contact Coach Dave for multi-family member discount)

**PAYMENT: CHECKS MADE TO:\*\*\* Lakers Aquatic Club\*\*\*\***

Please fill out and detach the form below: Send to; Dave Nowinski,  
 57761 River Oaks Dr, New Haven, MI 48048  
 Questions? Contact Coach Dave at: [coachdavefhs79@gmail.com](mailto:coachdavefhs79@gmail.com)

Scan code to go  
 to USA swim  
 registry



**NEW THIS YEAR!!!**

**All swimmers must join USA Swimming.(No exceptions to this policy) You will sign up for summer membership. If already registered as a USA swimmer you do not need to do this, you are all set. PLEASE USE above code to get you to proper registration site.**

### **SPEED & POWER Program Registration Form**

<u>NAME</u>	<u>AGE</u>	<u>PROGRAM</u>	<u>COST</u>
			\$
			\$
			\$
			\$
			\$
<b><u>TOTAL ATHLETES:</u></b>		<b><u>TOTAL:</u></b>	
<b><u>ADDRESS:</u></b>			\$
<b><u>PHONE:</u></b>		<b><u>EMERGENCY PHONE:</u></b>	