

# FRASER HIGH & MIDDLE SCHOOL SPEED & POWER SWIM CAMP

Start training now to get the most from your upcoming swim season with Coaches Dave Nowinski and Danielle Woody, accomplished Macomb County Swim Coaches.

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:** We will focus on increasing core and swimming muscle strength using **heavy ropes, kettlebells, weights, "Power Tower" system,** plyometrics, surgical tubing and dry land aerobic and anaerobic conditioning exercises. All participants **need** to **BRING ATHLETIC SHOES EVERYDAY.**

**HIGH SCHOOL CAMPERS:**

This program runs **June 10<sup>th</sup>- July 25<sup>th</sup> Monday through Thursday** at Fraser High School.

**NOTE: State mandated athletic shut down the week of July 1st-July 7<sup>th</sup>**

**NEW:** This group will focus on conditioning and technique according to ability and areas of specialty.

**PRACTICE TIMES** from June 10<sup>th</sup> – July 25<sup>th</sup>: **6:45 - 9:50 am**

Camp number will be capped! Reserve your spot!

**Non-high school level is possible, but will need to be approved through Coach Dave!!**

**COST: Varsity Group (6 Wks) - \$300/ea (June 10<sup>th</sup> – July 25<sup>th</sup>)**

**\*\*Contact Coach Dave for multi-family member discount\*\***

**MIDDLE SCHOOL CAMPERS:**

Runs from **JUNE 10th - July 25th (6 Wks), same shut down week as above!!**

**TIME: 8:15 - 9:50 am M - TH**

**MUST COME WITH ATHLETIC SHOES ON EVERYDAY!!!**

**COST: \$225/ea \*\*Contact Coach Dave for multi-family member discount\*\***

**PAYMENT: CASH or 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)

<b>Name:</b>		<b>Group/Age: (High or Middle School + Age)</b>	
1.	2.	1.	2.
3.	4.	3.	4.
<b>Contact Name &amp; Phone #:</b>		<b>Total \$ Enclosed:</b>	