FRASER HIGH

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 35 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: (This is part of the summer program, but begins before school is out for the summer)***
THE FIRST WEEK, runs **June 6th** - **June 9th, Mon. - 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**, **weight room**, "**Power Tower"** system, plyometric's, surgical tubing and dry land aerobic and anaerobic conditioning exercises. All participants **need** to *BRING* ***ATHLETIC SHOES EVERYDAY***.

WEEK TWO, THROUGH JULY 28th:
Summer Conditioning: (Begins after school gets out for summer break) This program runs **June 13th - July 28th** Monday through Thursday at Fraser High School. *NOTE:* ***State mandated athletic shut down the week of July 4th - July 10th.*** **NEW:** This year, there is only ONE LEVEL, 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 13th – July 28th **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) - $245/ea (***Begins June 6th – July 28th)***

PAYMENT:
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: ***david.nowinski@fraserk12.org*** (payment plans available)
*****Checks can be made to: Dave Nowinski******
YOU MAY ALSO REGISTER ONLINE AT FHS ATHLETIC SITE

SPEED & POWER Program Registration Form

NAME	AGE	PROGRAM	COST
			$
			$
			$
			$
			$
TOTAL ATHLETES:		TOTAL:	$

ADDRESS:			
PHONE:		EMERGENCY PHONE:	