

# Coral Springs Swim Club 2017 Summer Camp

## SESSION I

June 12-15  
Free • Back Starts • Dryland  
(Choose 1 stroke free or back)

## SESSION II

June 26-29  
Breast • Fly • Starts • Dryland  
(Choose 1 stroke breast or fly)

## SESSION III

July 3-7  
IM • Turns • Dryland • Starts  
(No Class July 4th)

**ALL SESSIONS ARE OPEN TO AGES 8 & OVER**

## COST

\$190/ week/ per child (Sessions I & II)  
\$205/ week/ per child (Session III)  
(\$20 discount for siblings)

## TIME

9:30 a.m. to 3 p.m. (Sessions I and II)  
8 a.m. to 3 p.m. (Sessions III)



\* Session I & II are Mon-Thurs

\* Session III are Mon, Wed, Thurs, Fri

## 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.

- 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

Snacks, Lunch and Drinks

Equipment: goggles, suit, fins, snorkel, kickboard, pull buoy, towel, athletic sneakers & workout clothes

USB Drive and a folder

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

## COACHES

Head Age Group Coach Mike Smiechowski & Senior Coach Dave Cowmeadow

