

2017 SNORKEL 2 SHOE COMPETITIVE SWIM CAMP

Located at Winning Waters

"Creating Better Habits Today for a Better Finish Tomorrow"

Camp Coaches - Carol Rettele & Christopher Frankson

CAMP HIGHLIGHTS

- * Swimmers are taught training habits that help boost swimming performance
- * Swimmers learn skills to help swim with efficient & smooth stroke mechanics
- * Increasing Race Speed with Fast Starts, Turns & Finishes
- * Discover Swimming's 5th Stroke!

DATES

Week 1 - August 7-11
Week 2 - August 14-18

HOW TO REGISTER

- Pre-Register with Coach Carol Rettele at carol@winningwaters.com
- Coach Carol will email Camp Registration & Waiver forms to campers after Pre-Registration is complete
- Mail check, made out to Winning Waters along with Camp Registration forms to Carol Rettele, 7 Sun Valley Drive, Spring Branch, TX 78070
- **REGISTRATION WILL BE CONFIRMED WHEN ALL PAPERWORK & FEES ARE RECEIVED.**

(SEE NEXT PAGE FOR DETAILS)

CURRICULUM

Learning Stroke Efficiency + Building Good Habits = Improved Swimming & Speed !!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Butterfly Drills & Turns	WEEK 1 Butterfly Starts & Breakouts	WEEK 1 Backstroke Drills & Turns	WEEK 1 Backstroke Starts & Breakouts	WEEK 1 IM Transitions Race Pace Practice
WEEK 2 Breaststroke Drills & Turns	WEEK 2 Breaststroke Starts & Breakouts	WEEK 2 Freestyle Drills & Turns	WEEK 2 Freestyle Starts & Breakouts	WEEK 2 IM Transitions Race Pace Practice

DETAILS & FEES

AM OPTION

PM OPTION

14 Years & Over	7:45-9:00	(1) Week \$120 (2) Weeks \$215	Per Day \$30	14 Years & Over	4:00-5:15	See Group's Prices at Left
7-8 Years	9:00-10:00	(1) Week \$95 (2) Weeks \$170	Per Day \$25	11-13 Years	4:00-5:15	See Group's Prices at Left
9-10 Years	10:15-11:15	(1) Week \$95 (2) Weeks \$170	Per Day \$25	7-8 Years	5:30-6:30	See Group's Prices at Left
11-13 Years	11:30-12:45	(1) Week \$120 (2) Weeks \$215	Per Day \$30	9-10 Years	5:30-6:30	See Group's Prices at Left

NOTES: Swimmers can attend by the week or by the day. Contact Coach Carol Rettele at www.winningwaters.com or (830) 708-1743 with any questions.