

# 2016 SNORKEL 2 SHOE COMPETITIVE SWIM CAMP

Located at Smithson Valley High School

"Swimmers need more than physical fitness to boost performance!"

Camp Coach - Carol Rettele

## CAMP HIGHLIGHTS

- \* Swimmers are taught rather than trained, the first step to boost swimming performance
- \* Develop Good Habits and Efficient Stroke Technique
- \* Increase your Race Speed with Fast Starts, Turns & Finishes
- \* Discover Swimming's 5<sup>th</sup> Stroke!
- \* Fun with teammates and friends!

## DATES

Week 1 - August 1-5

Week 2 - August 8-12

## HOW TO REGISTER

- Pre-Register with Coach Carol Rettele at [brancheswestaquatics@gmail.com](mailto:brancheswestaquatics@gmail.com)
- Coach Carol will email Camp Registration & Waiver forms to campers after Pre-Registration is complete
- Mail check, made out to Carol Rettele, 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 = Your Most Valuable Tools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> Breaststroke Drills & Skills	<b>WEEK 1</b> Breaststroke Turns & Breakouts	<b>WEEK 1</b> Freestyle Drills & Skills	<b>WEEK 1</b> Freestyle Turns & Breakouts	<b>WEEK 1</b> Starts IM Transitions
<b>WEEK 2</b> Butterfly Drills & Skills	<b>WEEK 2</b> Butterfly Turns & Breakouts	<b>WEEK 2</b> Backstroke Drills & Skills	<b>WEEK 2</b> Backstroke Turns & Breakouts	<b>WEEK 2</b> Starts IM Transitions

## DETAILS & FEES

TEAM 3 ages 8-10	12:00-1:00	M-F, (1) WEEK = \$75.00	M-F, (2) WEEKS = \$135.00	\$25.00 per day**
TEAM 2 ages 11-13	1:15-2:45	M-F, (1) WEEK = \$100.00	M-F, (2) WEEKS = \$180.00	\$30.00 per day**
TEAM 1 ages 14-17	3:00-4:30	M-F, (1) WEEK = \$115.00	M-F, (2) WEEKS = \$205.00	\$35.00 per day**

### Notes

Swimmers can attend individual camp days and pay per day.

Contact Coach Carol Rettele at [brancheswestaquatics@gmail.com](mailto:brancheswestaquatics@gmail.com) or (830) 708-1743 for any questions regarding camp.