

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 5th 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
- 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
WEEK 1 Breaststroke Drills & Skills	WEEK 1 Breaststroke Turns & Breakouts	WEEK 1 Freestyle Drills & Skills	WEEK 1 Freestyle Turns & Breakouts	WEEK 1 Starts IM Transitions
WEEK 2 Butterfly Drills & Skills	WEEK 2 Butterfly Turns & Breakouts	WEEK 2 Backstroke Drills & Skills	WEEK 2 Backstroke Turns & Breakouts	WEEK 2 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 or (830) 708-1743 for any questions regarding camp.