

# 2015 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, which is the first step to boost swimming performance.
- \* Swimmers at all levels focus on efficient swimming technique, turns, and starts to increase their opportunities for success.
- \* Daily discussions on nutrition, mental training, and goal setting.
- \* Fun with teammates and friends!

## DATES

Week 1 | August 3-7

Week 2 | August 10-14

## 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, DETAILS & FEES

## PRE-COMPETITIVE CAMP SCHEDULE (2 Years of Summer League experience preferred)

Ideal for Campers preparing to join a competitive club team. Each day campers will learn & review competitive swim team skills & stroke technique. Great way for swimmers to bridge the gap between summer league and club teams.

BOOST I, ages 8-10	12:00-12:45	(1) Week, Monday-Friday = \$60.00	(2) Weeks, Monday-Friday = \$110.00
BOOST II, ages 11-14	1:00-2:00	(1) Week, Monday-Friday = \$75.00	(2) Weeks, Monday-Friday = \$135.00

## COMPETITIVE CLUB CAMP SCHEDULE

Competitive Club Camp is for swimmers who are currently on a team or have year-round club experience.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Freestyle	WEEK 1 Free/Back	WEEK 1 Backstroke	WEEK 1 Breaststroke	WEEK 1 Breast/IM
WEEK 2 Butterfly	WEEK 2 Fly/Back	WEEK 2 Back/Breast	WEEK 2 Breast/Free	WEEK 2 IM/Review

TEAM 3, ages 8-10	2:15-3:15	M-F, (1) WEEK = \$75.00	M-F, (2) WEEKS = \$135.00	\$25.00 per day**
TEAM 2, ages 11-13	3:30-5:00	M-F, (1) WEEK = \$100.00	M-F, (2) WEEKS = \$180.00	\$30.00 per day**
TEAM 1, ages 14-17	5:15-6:45	M-F, (1) WEEK = \$115.00	M-F, (2) WEEKS = \$205.00	\$35.00 per day**

\*\*Swimmers can attend individual camp days of their choice\*\*