

## What is *Coach K's* Summer Swim Camp Program?

Program Description: The *Coach K's* Summer Swim Camp program is an opportunity to work in a small group setting with Conroe Independent School District's The Woodlands High School Swimming Coach Kent Kirchner. *Coach "K"* is a recipient of the American Swimming Coaches Associations Level V-Coaches Rating, less than 5% of United States swimming coaches attain this rating during their career.

During his career which has included Collegiate NCAA competition and while at the Woodlands High School his coaching style and techniques have resulted in an impressive record of achievement including. The following are some of his accomplishments from years past:

4x-5A-U.I.L. Coach of the Year State Awards  
15x 5A-U.I.L. District & Regional Coach of the Year  
2013 - NFHS Coach of the Year  
2010 Boys HS Swimming Coach of the Year  
2010-5A-U.I.L. Boys State Championship  
2009 National HS Swimming Coach of the Year  
5-5A-U.I.L. State Swimming and Diving Championships  
128-NISCA-HS- All-Americans  
1980-Olympian  
1987-Pan American –Silver medalist  
16-NCAA-DI All-Americans

The *Coach K* Summer Swim Camp is a day-camp competitive instruction-based training program. It features:

- (8 hours) of instruction-based training in 2-hour blocks one day a week spread over a one week period. June 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, and 13<sup>th</sup>.  
1:00 pm - 3:00 pm.
- Counselors:  
Allie Sorenson – 16 times HS All American & State Champion & BYU Swimmer

## What Are the Topics learned in *Coach K's* Summer Swim Camp Program?

- Individual Stroke analysis
- Stroke Technique
- Start Technique
- Turn Technique
- Racing-Finish Technique
- All-Strokes pre-recorded to DVD
- All-Strokes post-recorded to DVD
- Model Drills recorded to DVD

Cost: \$200.00 per participant\*

\*Small class setting limit of 40 during any session.

Age Group: 8-18 years of age

Please make all checks payable to:  
Kent Kirchner

Important: Enrollment is on a first come, first-served basis. Camp space is not guaranteed until registration forms, full payment are received

### Special Participant Note:

*All registrations are due by June 6, 2014 with payment in full. Participants have access to the CISD Natatorium for the duration but not to exceed the length of Coach K's Summer Swim Camp in which the applicant is a participant.*

*Participants not following the expressed policies and procedures of the C.I.S.D. Natatorium will be expelled from the camp.*

*It is also affirmed that by paying all fees to Coach K's Summer Swim Camp the participant will not be entitled to any make-ups or refunds after the camp is scheduled to begin.*



## *Coach K's* 6<sup>th</sup> Annual Summer Swim School at **CISD Natatorium** *"THE NAT"*

June 9<sup>th</sup> – 12<sup>th</sup>, 2014



Send to  
CISD Natatorium c/o  
**Coach K's Summer Swim Camp**  
19133 David Memorial Drive  
Shenandoah, Texas 77385

**Coach K's Summer Swim Camp**  
REGISTRATION FORM 2014

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Birth Date \_\_\_\_\_  
Age \_\_\_\_\_ Sex \_\_\_\_\_

Parents' or Guardians' Names  
\_\_\_\_\_

E-Mail \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy No. \_\_\_\_\_

2013 Camp Session Date:

June 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>, 2014.

A deposit of \$50.00 is due by June 4, 2014. The deposit is non-refundable and non-transferable and must accompany this registration. Balance is due June 6, 2014 the Friday before the camp is scheduled.

Payment in full is \$200 per participant, payable to:  
Kent Kirchner

Call (281) 799-9005 if you have any questions or concerns.

E-mail: kentkirchner11@yahoo.com

**For office Use Only**

Date Rec'd \_\_\_\_\_ Date Conf'd \_\_\_\_\_  
Date Ent \_\_\_\_\_

Deposit: Ck. No. \_\_\_\_\_ Ck. Date \_\_\_\_\_  
Am't Rec'd \_\_\_\_\_ Balance Due \_\_\_\_\_

Balance Due: Ck. No. \_\_\_\_\_ Ck. Date \_\_\_\_\_  
Am't Rec'd \_\_\_\_\_ Date Rec'd \_\_\_\_\_

**Coach K's Summer Swim Camp**  
SWIMMERS CURRENT TIMES-FORM 2014

50 freestyle:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

100 freestyle:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

50 backstroke:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

100 backstroke:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

50 breaststroke:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

100 breaststroke:

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

50 Butterfly

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

100 Butterfly

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

100 Individual Medley

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

200 Individual Medley

Short Course \_\_\_\_\_

Long Course \_\_\_\_\_

**Coach K's Summer Swim Camp**  
HEALTHY SWIMMING-FORM 2014

**HEALTH & SAFETY**

CISD is committed to the health and safety of all participants. The Natatorium utilizes advanced training and technology and adopts the Centers of Disease Controls (CDC) "*Healthy Swimming Policy*".

This policy has proven to assist in protecting participants from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and the formation of chloramines. The cornerstone of this policy is based on CDC guidelines which mandate safe hygienic practices such as requiring all to shower before entering the pool or spa.

Therefore all Participants in **Coach K's Summer Swim Camp** must sign this application signifying that they will comply with this policy.

In conclusion the participant by signing this application agrees to comply with the CISD Natatorium's "*Healthy Swimming Policy*" and will shower before participating in **Coach K's Summer Swim Camp** activities.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Participants not following the expressed policies and procedures of the C.I.S.D. Natatorium will be expelled from the camp.*

**ATTENTION PARTICIPANTS**

**Coach K's Summer Swim Camp does not discriminate on basis of race, color, national origin, sex, religion, Age or disability in employment or provision of services, programs or activities.**