

COACH DAVE'S

SPEED AND POWER SWIM CAMP

Start training now to get the most from your upcoming swim season. Coach Dave Nowinski has been coaching for over 35 years. Let the **SPEED & POWER Swim Camp Program** help you towards your quest to **RISE** to the top of the county/state and **SHINE** above your competition.

GENERAL INFO: (This is part of the summer program, but begins before school is out for the summer)*****
June schedule: This program runs **June 7th - June 10th, AND June 14th – 17th Mon., Wed, Thurs.** from **3:15-5:15p** at Fraser High School. We will focus on increasing core and swim muscle strength using **heavy ropes, kettle bells, weight room, "Power Tower"** system, plyometrics, surgical tubing and dry land aerobic and anaerobic conditioning exercises. All participants **need to BRING ATHLETIC SHOES EVERYDAY.**

Summer Morning Conditioning: This program runs **June 21st - July 29th** Monday through Thursday at Fraser High School. **NOTE: State mandated athletic shut down the week of July 5th - July 9th.** Our major focus will be **strength/power and speed training this summer.**

Advanced swimmers will practice **6:45-9:45am** and will be capped at **25** participants.

REQUIREMENTS:

13 years of age, in middle school OR permission by Coach Dave ONLY!

PERSONAL AND UN-RELENTING COMMITMENT TO YOURSELF AND YOUR GOALS!!!!

COST:

Summer Conditioning Swim Camp (7-Wks) - \$245/ea (**Begins June 7th – July 29th**)

PAYMENT

Questions? Contact Coach Dave at 586-838-8734 or david.nowinski@fraserk12.org

Payment can also be made through FRASER HIGH SCHOOL ATHLETIC SITE. (Go to Fraser High Athletic Page and Look for information on summer camps and payment)

Payment Link through FHS: <https://www.schoolpay.com/>

Rise & Shine Total Fitness Program Registration Form

<u>NAME</u>	<u>AGE</u>	<u>PROGRAM</u>	<u>COST</u>
			\$
			\$
			\$
TOTAL ATHLETES:		TOTAL:	\$
ADDRESS: <input style="width: 90%;" type="text"/>			

<u>PHONE:</u>		<u>EMERGENCY PHONE:</u>	
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