

# FRASER MIDDLE SCHOOL TECHNIQUE & ENDURANCE SWIM CAMP

**ABOUT THE PROGRAM:**

This 5-week program is designed for elementary and middle school aged swimmers who wish to continue their training after Middle School season and prepare for upcoming swim seasons. This program will mainly focus on correcting technique and building strength and endurance throughout all 4 strokes.

**WHAT IS INCLUDED:**

- 20 minutes of supervised dryland and plyometric training to increase core strength 4 days per week.
- Just over one hour of swimming and technique work 4 days per week
- Review of starts, turns, and/or stroke technique 1- 2 days per week

**WHEN:**

**June 21<sup>st</sup> – July 29th (Mandatory athletic shut-down week of July 4<sup>th</sup>)**  
**Monday-Thursday: 8:30 – 10:00 am**

**COST:**

**\$175** per athlete, open to the first 30 athletes to sign up  
**\$140** for each additional athlete of the same family

**PAYMENT:**

Please fill out and detach the form below. Send to Swim Camp, Dave Nowinski, 57761 River Oaks dr. New Haven, Mi 48048  
 If you have any questions, please contact at: David.nowinski@fraserk12.org (payment plans available)  
***YOU MAY ALSO REGISTER ONLINE AT FHS ATHLETIC SITE (<https://www.schoolpay.com/>)***

## Middle School Technique & Endurance Camp

Name	Age	Cost
<b>Swimmer total:</b>	<b>Total Cost:</b>	
<b>Contact Info</b>		
<b>Address:</b>		
<b>Emergency Contact:</b>	<b>Phone Number:</b>	