

SWIM TEAM MINI CAMP

@ COMMUNITY PARK

JULY 13-18 & JULY 20-25

For the weeks of July 13 and July 20, swimmers will have the opportunity to participate in what we are calling a "Swim Team Mini Camp" that will focus on technical development of all four strokes, a taste of short 'sets' that you might do at a typical PASDA or club team practice, and spend time refining starts, turns, and other racing skills. *At the end of each week on Saturday Mornings, swimmers will be given a chance to 'race' and get times in their favorite events!*

MINI CAMP OUTLINE

WEEK 1: July 13,14,15,17,18 (Mon, Tues, Wed, Fri, Sat)

WEEK 2: July 20,21,22,24,25 (Mon, Tues, Wed, Fri, Sat)

TIMES: Weekdays between 6:30-8:15PM ; Saturdays between 8:00-10AM.

Divided into 2 Groups: Beginner = 6:30-7:15PM ; Advanced = 7:20-8:15PM

COACHES: Led by USA Swimming / NCAA / PASDA Coaches, Assisted by Local Swimmers.

HOW TO REGISTER

SIGN UP FOR AN EVALUATION:

<https://www.signupgenius.com/go/10c054daaaf29a2fc1-swim>

EVALUATIONS: held at Community Park. Sat, Sun, Mon 7/11,12,13 8:00-9:30AM.

All swimmers wishing to register for the Mini Camp must attend a 5-Minute In-Water Evaluation. This will give our coaches a chance to meet your swimmer(s) and appropriately place them into one of our two groups. We will be capping each group at 24 swimmers, four per lane, two at each wall. Our goal will be to create the most balanced and compatible groups that we can in order to ensure optimal organization and safety.

PLEASE BRING: Bathing Suit, Towel, Goggles, Swim Cap. NO LOCKER ROOM ACCESS!!!

COST: \$100 for Week 1. Week 2 will be \$75 for those 'rejoining' and \$100 for new members.

FYI: usa swimming and/or pasda registration is NOT required, nor is CP Membership.

ALL MINI CAMP PARTICIPANTS MUST...

-Be able to complete 25yards (one full length) of both Freestyle and Backstroke, and be able to swim a full length or have a "good understanding" of Breaststroke and/or Butterfly.

-Be able to follow instructions and function as part of a group setting.

-Be at least 7-years-old.

To Be Considered for 'Advanced' Group

-Be able to complete a 100 IM and 100 freestyle,

-Be comfortable diving off starting blocks and performing flip turns and open turns.

-Have some swim team experience at some level (summer team, rec team, usa club team)

Questions / Introductions? E-Mail us: EasternExpressSwimTeam@gmail.com