

Love to swim? Love to compete? Want to be faster in the pool?

## ORI-OWL SWIM CAMP

- What?** A competitive swim camp to teach and refine the four competitive swim strokes (freestyle, backstroke, breaststroke, butterfly), starts, and turns, as well as build endurance and core strength both in the pool and on deck. Camp will also include:
- iPad video stroke analysis
  - a little water polo
  - inter-squad swim meet finale
- Who?** Girls and Boys entering grades 5-10 interested in competitive swimming who can safely and confidently swim at least 25 yards (length of high school and Rec Center pools or ½ length of outdoor pool)
- When?** **Mon-Thurs, June 24-27, 2019**  
**3:00-5:00 pm**
- Where?** Hartford Union High School pool  
(at the back of the school, through Exit 6, then left)
- Cost?** \$25 (includes t-shirt)
- Coached by:** Pete Meinberg, Head Coach Girls Swim Team  
Marcie Norton, Head Coach Boys Swim Team, JV Coach Girls Swim Team  
Troy Hagen, Assistant Coach Girls & Boys Swim Teams  
MacGyver Zepezauer, JV/ Assistant Coach Boys Swim Team  
Current athletes from the girls and boys swim teams
- Questions?** [marcie.norton@huhs.org](mailto:marcie.norton@huhs.org) OR [pete.meinberg@huhs.org](mailto:pete.meinberg@huhs.org)
- What do I need?** Check + completed registration form/concussion form (on Athletics webpage).  
Competitive swim **goggles** (available at sports stores or [swimoutlet.com](http://swimoutlet.com))  
**Swim suit** appropriate for high level of activity in pool & on deck  
**Water bottle** to stay hydrated.

Run by the HARTFORD-SLINGER CO-OP SWIM TEAMS

