

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

ORI-OWL SWIM CAMP

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| 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: <ul style="list-style-type: none">• iPad video stroke analysis• a little water polo• inter-squad swim meet finale |
| Who? | <u>Girls</u> and <u>Boys</u> entering <u>grades 5-10</u> interested in competitive swimming who can <u>safely</u> and <u>confidently</u> swim <u>at least</u> 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 SwimTeam 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 OR 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) 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**

