

FRASER HIGH & MIDDLE SCHOOL

SPEED AND POWER SWIM CAMP

Start training now to get the most from your upcoming swim season. Coach Dave Nowinski an accomplished Macomb County Swim Coach with over 36 years' experience.

Let the **Speed & Power Swim Camp** help you towards your quest to **RISE** to the top of the county/state and **SHINE** above your competition.

GENERAL INFO. for HIGH SCHOOL LEVEL Campers: (This is part begins before school is out for summer)*****
THE FIRST WEEK, runs **June 6th - June 8th, Tues., Wed., and Thurs.** from **3:00-5:00pm** at Fraser High School. We will focus on increasing core and swim muscle strength using **heavy ropes, kettle bells, weights, "Power Tower"** system, plyometric's, surgical tubing and dry land aerobic and anaerobic conditioning exercises. All participants **need to BRING ATHLETIC SHOES EVERYDAY.**

BEGINNING on JUNE 12TH THROUGH JULY 27th:

Summer Conditioning: (Begins after school gets out for summer break) This program runs **June 12th - July 27th** Monday through Thursday at Fraser High School. **NOTE: State mandated athletic shut down the week of July 3rd - July 9th. NEW:** This group will focus on conditioning and technique according to ability and areas of specialty. **Our major focus will be strength/power and speed training this summer.**

PRACTICE TIMES from June 12th – July 27th **6:45-9:50am** (camp number will be capped reserve your spot.)

Non-high school level is possible, but will need to be approved through Coach Dave only!!

COST: (Multiple family member discounts; call or email Coach Nowinski)*****

Varsity Group (7-Wks) - **\$270/ea** (*Begins June 6th – July 27th*)

MIDDLE SCHOOL CAMPERS: Runs from JUNE 12th - July 27th, same shut down week as above!!

TIME: 8:15am - 9:50am M - TH, MUST COME WITH ATHLETIC SHOES ON EVERYDAY!!!

COST: \$200/ea (Contact Coach Dave for multi-family member discount)

PAYMENT: CHECKS MADE TO:* Lakers Aquatic Club******

Please fill out and detach the form below: Send to; Dave Nowinski,
 57761 River Oaks Dr, New Haven, MI 48048

Questions? Contact Coach Dave at: coachdavefhs79@gmail.com

Scan code to go
 to USA swim
 registry



NEW THIS YEAR!!!

All swimmers must join USA Swimming.(No exceptions to this policy) You will sign up for summer membership. If already registered as a USA swimmer you do not need to do this, you are all set. PLEASE USE above code to get you to proper registration site.

SPEED & POWER Program Registration Form

<u>NAME</u>	<u>AGE</u>	<u>PROGRAM</u>	<u>COST</u>
			\$
			\$
			\$
			\$
			\$
<u>TOTAL ATHLETES:</u>		<u>TOTAL:</u>	
<u>ADDRESS:</u>			\$
<u>PHONE:</u>	<u>EMERGENCY PHONE:</u>		