



## **SUMMER SWIM CAMP**

Open for all students from entering 7<sup>th</sup> to entering 9<sup>th</sup>

### **TECHNIQUE CLINIC**

**JUNE 18<sup>TH</sup>-JUNE 22<sup>ND</sup>**

**9AM-11AM @ CLEAR SPRINGS HS**

Personalized training from Clear Springs HS Head Coach with an emphasis on building your stroke from the bottom up. Recommended for everybody!

### **CONDITIONING CLINIC**

**JUNE 25<sup>TH</sup>-JUNE 29<sup>TH</sup>**

**9AM-11AM @ CLEAR SPRINGS HS**

For swimmers who are really ready to advance to the next level! You'll get a glimpse at the kind of sets and workouts you'll see at Clear Springs.

Recommended for swimmers entering 9<sup>th</sup> grade.

**Questions? Contact [tford@ccisd.net](mailto:tford@ccisd.net)**

**Buy ONE week for \$150 per swimmer, or BOTH for \$275/swimmer.**

