

WAM SWIM TEAM

SWIM CAMPS

Competitive Swim Camp: June 28th - July 1st 8:00-3:30

This camp is for the competitive swimmer of all levels. Refine your strokes, turns and starts: increase endurance and strength with 2 practices per day: cross training, flexibility training, nutrition, race preparation will also be covered. Coaching staff will include USA Swimming coaching with over 50 years of combined experience.

Swimmers should bring 2 suits, towels, goggles, water bottle, and 2 snacks per day. Comfortable athletic clothing, running shoes and writing materials

Cost per swimmer is \$175.00

Young Swimmer Camp: June 28th - July 1st 9:00-12:30

This camp is for the young swimmer who can complete a minimum of 25 yards of two of the competitive strokes. Camp will include stroke development; starts and turns; water safety, under water swimming, water games and water safety. Flexibility and age appropriate cross training will be included.

Swimmers should bring suits, towels, goggles, water bottle, 2 snacks, comfortable clothes and running shoes.

Cost per swimmer is \$100.00

To register or for more information, contact WAM Head Coach Steve Schiessl@ 920-286-2306 or bstcoachsgs@aol.net , or WAM Coach Patrice Herzfeld at patriceherzfeld@wi.rr.com