COLLINGWOOD CLIPPERS SWIM CLUB

2019 AUGUST SWIM CAMP

The Collingwood Clippers is a year round competitive Swim Club that trains out of the Collingwood Centennial Aquatic Centre.

This August we will be offering a Summer Camp to existing CCSC swimmers as well as to the public. Participants who are currently not CCSC members are welcome to join!

- New swimmers must be between the ages of 10-18 and must be comfortable in deep water and can swim 4 full lengths (100 meters) on their own unassisted.
- The camp will start on Monday August 19th and the final day will be Friday August 23rd.
- This camp will be coached by professional certified coaches, Head Coach Shane Downey and Assistant Head Coach Joyce Downey.

Register online at
www.collingwoodclippers.ca

Please email Head Coach Shane Downey at shane@collingwoodclippers.net or go online for more information

Purpose

This is an opportunity for new potential swimmers to see what the sport of competitive swimming is all about as well as a jump start for our existing swimmers returning for the 2019-2020 swim season.

- Development of all 4 competitive strokes, starts, turns and finishes.
- Digital stroke analysis
- Guest speakers
- In water (Centennial Aquatic Centre) and dry land training (CrossFit Indestri)

Eligible swimmers

- Public - Swimmers 10 & up who are comfortable in deep water and can complete 4 lengths (100m) on their own.
- CCSC Swimmers - Swimmers in Purple, Bronze, Silver and Gold.

Schedule

Drop off & check in: 9:00am
Activation: 9:00am - 9:15am
Briefing: 9:15am - 9:30am
Pool Session: 9:30am - 12:00pm
Lunch: 12:00pm to 12:30pm (bring your own)
Dry Land: 1:00pm to 3:00pm
Pick-up: 3:30pm at Centennial Pool

Cost

Only $225.00 for all 5 days!