

OMAHA SWIM CAMP

The Omaha Swim Team will be providing two camps this summer, Technique Camp and Racing Camp. Check them out and see which one(s) fits what you are looking for in a summer swim camp experience.

50 METER - RACING CAMP

Female and Male Athletes Welcome! This camp is geared for Club Swimmers.

** Camp limited to 40 swimmers**

REGISTER TODAY

WWW.OMAVS.COM > SPORTS > SWIMMING > MORE > CAMPS

Visit our website and begin the registration process!

camps.unomaha.edu/register



The 50-Meter Racing Camp includes:

- Daily morning and afternoon practices with long course workouts will be held at the pool located in the Health & Kinesiology Building.
- Campers also receive one flume session with the head coach and will be filmed swimming all four competitive strokes above water and under water for evaluation.
- Strength and conditioning will include dryland exercises, fun runs, Pilate's and rock climbing.

Residential campers:

Stay on-campus overnight housing with meals and evening entertainment opportunities with our coaches!

DATES: MONDAY, JUNE 8 - FRIDAY, JUNE 12

Time: 8:30 a.m. - 5 p.m.

Cost: Commuter -- \$400 (Early Bird Registration is \$350 by May 14)

Residential -- \$550 (Early Bird Registration is \$500 by May 14)

Ages: Commuter campers entering 3rd and up to 12th grade.

Residential campers entering 5th and up to 12th grade.

Each camper's balance is due at the time of registration, which includes a \$50 non-refundable fee. Refunds are issued at the discretion of the camp director.

Contact Coach Samland: tsamland@omavs.com or (402) 250-1769

