



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.

TECHNIQUE CAMPS

Female and Male Athletes Welcome!

Must be 3rd - 12th grade.

These camps are not swimming lessons:

Swimmers must be able to complete 25 yards!

This camp is limited to the first **50 swimmers per camp**



REGISTER TODAY

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

Visit our website and begin the registration process!

camps.unomaha.edu/register

JUNE 3	JUNE 4	JUNE 5
Freestyle & Backstroke	Butterfly & Breaststroke	Starts, Turns & Breakouts
\$100 or \$75 if paid by May 1 st	\$100 or \$75 if paid by May 1 st	\$100 or \$85 if paid by May 1 st
8:30am - 5pm	8:30am - 5pm	8:30am - 5pm

ALL THREE SESSIONS: \$300 or \$225 if paid by May 1st

- Extreme focus on learning drills & striving for excellence in skills.
Lecture about technique fundamentals/ stroke mechanics.
A variety of drills will be demonstrated and discussed in the classroom setting.
- Facility - Short Course Workouts (25-yard)
Two 2 hour practices - each practice will have 75-90 minutes of drills & technique and 30+ minutes of race training while maintaining newly learned skills.
- Outside of the Pool - Will have one dryland activity focused on core strength and conditioning. Along with other structured activities. Lunch will be provided.

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

These camps are geared towards swimmers wanting to gain more knowledge on swimming with great technique - ideal for summer league swimmers starting their season!