

MERCURY SWIMMING

2019 Summer Middle and High School Skills and Drills Camp

July 8th-August 8th

Mondays-Thursdays

3:00PM-4:30PM

Location: Livonia High School Pool

**Cost: Full 5 week session \$100 (\$25 savings- must be paid by 1st day
of camp to take advantage of this deal)**

OR \$25 weekly due each Monday

**Visit our website at mercuryswimming.com and click on the
Registrations/Forms tab for registration form**

**Please contact Head Coach Chris Everett at chriseverett0606@live.com or (585)
519-1269 with any questions**

This camp is intended for students who will swim Modified, JV, or Varsity for their schools but have not been swimming competitively year-round at the club level.

The camp will focus on: Stroke Development (Fly, Back, Breast, Free); Starts, Turns & Breakouts; IM Transitions; Fall Sports Conditioning; Daily Workout Routines

Mercury Swimming is a competitive swimming program sanctioned by USA Swimming. Our mission is to teach the fundamentals of competitive swimming while building the qualities of good sportsmanship, self-confidence, and developing strong minded, mature, fun-loving, student - athletes .