



Each camp will be led by Brad Hutton, Head Coach of the Memorial Sea~Hawks, fully certified NCCP Level 3.

Each camp will also be assisted by 3-4 certified NCCP Level 1 or 2 coaches and by members of the Memorial Sea~Hawks Swim Team.



Memorial Sea~Hawks Competitive Stroke Technique Camps

Sunday, January 3rd
12:45-2:30pm

College Pool, Corner Brook
Focus on Freestyle
with a little Backstroke.

The cost is \$15/swimmer.
Please make cheques out to
'Memorial Swimming'.
You may pay at the camp.

Monday, January 4th
5:15-7:00pm

Deer Lake Pool
Focus on Starts and Turns

The cost is \$15/swimmer.
Please make cheques out to
'Memorial Swimming'.
You may pay at the camp.



**Memorial
Sea~Hawks
Competitive
Stroke
Technique
Camps**

The Jan 3 camp is at the College Pool and the Jan 4 camp is at the Deer Lake Pool. Swimmers should arrive on time ready to get in the pool.

The pool session will focus on technique work, training tips and include one-on-one work and demonstrations from Sea-Hawk swimmers.

Coaches are also welcome to attend please contact Brad at 737-3802 or bwhutton@shaw.ca if interested.

Memorial Sea~Hawks Competitive Stroke Technique Camps

For any Swim NL registered swimmers wanting to improve their stroke technique. The camps will focus on proper technique including body position, hand entry, recovery and optimal pulling techniques.

Available for all competitive swimmers.

There will be a \$15 cost for the camps and there will be a maximum of 45 swimmers at each camp. The camps will be on a first come, first serve basis. Cheques should be to 'Memorial Swimming'.

Previously these camps were subsidized by outside funding, this season there is no subsidy so that is the reason for the cost increase.

Memorial Sea~Hawks Competitive Stroke Technique Camps Registration Form

Name: _____

Phone #: _____

Email: _____

Club: _____ Age: _____

Jan 3 Camp (\$15) _____

Jan 4 Camp (\$15) _____

Email registration information to Brad at bwhutton@shaw.ca.

Cheques must be brought to the camp that your swimmer is participating in.

If you have questions, please phone 737-3802 or email Brad at bwhutton@shaw.ca.

Masters swimmers are welcome at the camps!