

YORK COLLEGE SWIMMING PRESENTS: Spring Mini Camps

York College Swimming Program is offering 3 Spring Mini Camp dates to the local swimming community through the spring. The Mini Camps will provide three hours of extensive drill and technical work, video review, chalk talk sessions, turn and start work.

The three dates offered in the series of mini camps will run **Saturday, March 28th** (FREESTYLE), **Saturday, April 11** (FLY & BACK) and **Saturday, April 25** (BREASTSTROKE & IM). The session runs for three hours from 9:00 am-12:00 pm and this program gives the athlete an idea of a typical session held during our camp week.

Each swimmer will receive a detailed breakdown of their stroke and where they need to improve, small group coaching sessions with the York College coaching staff and college athletes, in water work and demonstration with the college athletes. The cost is \$40.00 per Mini Camp Session or \$100.00 if you enroll in all three dates.

Sessions are as follows:

March 28, 2015 FREESTYLE

9-9:30 AM Check IN & Stroke Assessment
9:30-10:30AM DRILL/ TECHNICAL WORK/ TURNS
10:30-11:00 VIDEO SESSION- ON DECK CLASSROOM
11:00-12 Turns/starts/Breakouts/Finishes wrap up

April 11, 2015 BACKSTROKE & BUTTERFLY

9-9:30 AM Check IN & Stroke Assessment
9:30-10:30AM DRILL/ TECHNICAL WORK/ TURNS
10:30-11:00 VIDEO SESSION- ON DECK CLASSROOM
11:00-12 Turns/starts/Breakouts/Finishes wrap up

April 25, 2015 BREASTSTROKE & IM

9-9:30 AM Check IN & Stroke Assessment
9:30-10:30AM DRILL/ TECHNICAL WORK/ TURNS
10:30-11:00 VIDEO SESSION- ON DECK CLASSROOM
11:00-12 Turns/starts/Breakouts/Finishes wrap up

For any questions, please
contact York College
head swim coach
Erin Kurtz at:
Phone: 717-815-1775
or email: ekurtz1@ycp.edu

SPRING MINI CAMPS

Participant: _____

Address: _____

Street

City

State

Zip

Phone: _____

Email: _____

Age: _____

Current Club/

YMCA Program: _____

___ March 28 Freestyle Camp

___ April 11 Backstroke and Butterfly Camp

___ April 25 Breaststroke and IM

Consent and Agreement

In signing this Consent and Agreement form, I affirm that my child is in good and normal health, and has my permission to participate in all camp activities. I agree to assume all risks of such participation and further agree to indemnify, defend, and hold harmless York College of Pennsylvania, its officers, its directors, its employees, and all camp staff from any and all claims, suits, losses, demands, or related causes of action for damages arising in any way out of my child's participation in the Spartan Swimming Spring Mini Camps or other activities on York College of Pennsylvania property.

Parent/Guardian's Name: _____
Print

Signature

Date

Mail Completed Form and payment to:

Erin Kurtz
York College Swimming Office
York College of Pennsylvania
441 Country Club Road
York, PA 17403-3651

Please make checks payable to: YCP Swimming