

**EMS-ISD**

# **Summer Swim Team Clinic Camp Aug 5-12**

**Hosted by: Boswell, Chisholm,  
and Saginaw Swim Teams**



Boswell, Chisholm and  
Saginaw Swim Teams

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## Information

**Who:** Any student entering the 6th-12th grade in the fall who is currently enrolled in an EMS-ISD campus.

**Experience:** Be able to swim 2 lengths of the pool, we will teach you all the fundamentals of competitive swimming!

### When:

August 5-16,  
2013, (Monday-  
Friday only) 7-  
9am



### Where:

Tarrant  
County Community College, the WHPE  
building located off Marine Creek Park-  
way.

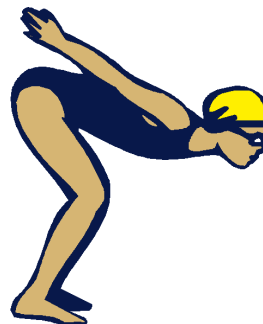
**Cost:** Early Registration: \$25 by April  
30, Late Registration: \$30

**What to bring:** Girls: one piece swim  
suit and cap, Boys: swim trunks or jam-  
mers, all bring goggles.

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## Typical Day at a Swim Camp

Each day swimmers will learn one of the four strokes in competitive swimming which include butterfly, backstroke, breaststroke, and freestyle. The swimmers will learn drills during clinic time that will develop their strokes. No matter the level of your swimmer, each camper will complete the camp with four improved strokes.



After learning drills and working on the technique of strokes, we will practice dives, competition skills, turns, and relays. We will always end the day with fun relays or games! Be ready to work hard, learn a lot, and have fun!

## High School Swim Team Programs

The high school swim coaches do not require experience when joining the swim team. It is preferred that you can make two lengths of the pool either on your stomach or back. From there on, we can teach you anything you need to know! We hope that this summer swim camp will give you a head start in joining the high school swim team. The

clinic will help provide the skills for the competitive swim season by getting a feel for the water, learning workouts, and developing technique. Whether you are in 6th grade or 10th grade, the summer swim team clinic will be a great experience!

Swimming is a year long sport! Boswell and Chisholm Trail practice every morning at TCC and Saginaw practices each afternoon at the Keller Natatorium. All three teams participate in 6-8 meets per a season plus district and regionals. Meets begin in late September and end with Regionals at the beginning of February. Even though swimming is a year long sport, it fits well with many other sports and activities such as band, JROTC, and more!

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