



MMSC Swim Camp

Prizes

**Body Control & Core Work!
Dry-land & Cross Training!
Team Building Fun!**

Date: 08/02-08/06

Time: 10:00-2:00

Location: Flowing Lake; Mon, Tue, Wed
Jetty Island; Thu
Kayak Point; Fri

Schedule:

9:45 Arrive and prepare for prompt start!
10:00-12:00 Dry Land activities!
12:00-12:30 Lunch!
12:30-2:00 Water activities!

Only \$75.00 for the entire week!

To register see Coach Kirby

Or put registration form below into
Swim Camp Folder

What to Bring

- *Suit, goggles, & towel
- *PE type clothes: shoes & socks, shorts t-shirt
- *Water bottle
- *Healthy lunch
- *A positive attitude
- *Clothes for all weather

Team Competition:

- Most enthusiasm
- Best attendance
- Best teachers
- Skill contests
- Other games

Individual Awards:

- Many surprises



**Interested in
Being a Counselor?**

*There are many
Benefits of
being a Counselor!*

**See Kirby,
and ask him
for details!**

Great Opportunity

**To get to know your fellow swimmers
and coaches, when they are dry.
And learn the key things you can do, out-
side the water, to make yourself
a successful swimmer
and person!**

Parent Information

Swimmers information

Please return this form
with payment by 07/23/10

Name _____

Address _____

Phone _____

Name: _____

Age: _____ Gender: _____

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

**Make check payable
to MMSC**