



Stingrays Swim Camp Information

Intermediate-Advanced Group

Welcome Swimmers & Families!

We will focus the next two weeks swim camp designed for intermediate to advanced swimmers who are ready to level up. We'll focus on refining technique, increasing speed and endurance, and building strong mental and physical habits.

Check-In & Check-Out

Check-In: Monday, Wednesday at 3:50pm

Please walk your swimmer in daily to check them in. If you have not provided an email and/or phone number please do so at check-in. We will be communicating updates, photos and communication via email.

Check-Out: at 5:50pm

Camp will end at 5:45-5:50pm each day to allow for hotup time, play-time or work on skills until time at 6pm. Please arrive promptly before or at 6pm. If you are going to be late please call the pool on your arrival time.

What to Bring *(Please label everything-things like to wander off!)*

Goggles will be available to purchase at the front desk if you need goggles

- Swimsuit (plus an extra if needed)
- Towel
- Goggles & cap (optional) * Long hair needs to be pulled up
No full facemasks will be allowed
Nose plugs are allowed with goggles
Goggles will be available to purchase at the front desk if you need goggles –Prices vary
Stingrays Swim Caps will be available to purchase at the front desk if you need one
- Tennis Shoes (Outside dryland exercises)
Building strength outside of the pool helps support the muscles used for each stroke
- Flip-flops or water shoes (optional, for walking on deck)
- Water bottle (labeled) (No glass)
Hydration is key to a successful training
- Rested swimmer, energy and goals for the weeks

Swim Camp Focus

Mastering stroke technique & efficiency

Building race strategies & mental toughness

Improving turns, starts, breakouts, and transitions

Learning how to push through tough sets

Strengthening leadership & teamwork

Questions? Contact: Coach Meg Pool:231-547-0982 Cell: 517-260-0999

Let's bring the energy and have a fantastic two weeks!

Swim Camp Schedule

Arrival & Group Discussion

Warm-up & Dryland (Stretching, Balance, Coordination)

Video Learning (Stroke Review, Techniques)

Water time (Stroke development, Swim Techniques, Diving, Games and Fun)

Snack & Break Time

SPECIAL CAMP ANNOUNCEMENT

- First Friday of Swim Camp 8/1 will be OPEN swim from 4p-6p for all swim camp swimmers. This is an opportunity to talk with other campers and have some fun! I will not be present this day due to a conflict..
- Second Friday of Swim Camp 8/8 we will have a mock swim meet. Please sign-up if you can help (timers, marshals)
- Swim Camp shirts will be delayed due to the high busy season. Camp shirts will arrive the first week and we will hand out when they arrive.
- Awards will be handed out second Friday after our Mock swim meet
- If your swimmer(s) has needs assistance or has health concerns, please inform the Coach/Lifeguards