

YORK YMCA SWIMMING

York YMCA Swimming has high expectations. We are committed to providing a challenging, supportive, and fun environment, to teaching good values that reach beyond the pool, and to giving our swimmers the opportunity to reach their full potentials in competitive swimming.

York YMCA swimmers:

**GETTING BETTER
EVERY DAY!!**

COMPETITIVE SWIMMING “MINI-CAMPS”

SPONSORED BY

YORK YMCA SWIMMING TEAM

Learn about technique, training, and racing in a series of one-day camps from one of America’s fastest improving programs!

Get a jump start on the competition for all levels of competitive swimming!

FORMAT: York YMCA Swimming is offering five separate “mini-camps” spread throughout the spring, each consisting of an afternoon of learning about swimming: two hours of stroke technique instruction and practice; one hour of classroom lecture and discussion (with handouts for the campers to take home); and one hour of watching and analyzing stroke video, in particular from World & Olympic championship meets. Snacks and beverages will be provided for the campers.

Camp One: SUNDAY, 9 May, 2010. In the water: Freestyle stroke technique. In the classroom: Nutrition for training and competing; “hidden training”: what you do out of the water and how it affects your swimming.

Camp Two: SUNDAY 23 May, 2010. Water: Starts & Turns. Classroom: videos on championship “walls”.

Camp Three: SUNDAY, 30 May, 2010. Water: Breaststroke technique. Classroom: Goal-setting for improving training and racing performance; getting jazzed about getting faster!

Camp Four: SUNDAY, 6 June, 2010. Water: Butterfly technique. Classroom: Basic sports psychology: learning to love racing; how to keep your poise under pressure; how to do your best when your best is required.

Camp Five: SUNDAY, 20 June 2010. Water: Backstroke technique. Classroom: Basic stroke mechanics: the basic “rules” of moving fast through the water, and what happens when you don’t follow them.

Sign up today for one or more of these YORK Y mini-camps!

TIMES: Sunday afternoons, from 1 pm to 5 pm

LOCATION: Graham Aquatic Center, 543 N. Newberry St., York, PA.

PRINCIPAL INSTRUCTOR: Michael Brooks, head coach of York YMCA Swimming. Additional York Y coaches and swimmers will provide thorough coverage and individual attention.

COST: Each one-day camp is \$70 per swimmer, payable to York YMCA.

REQUIREMENTS: Campers should be competitive swimmers aged 9 and over who want to learn about their sport.

QUESTIONS: Call Coach Brooks at 717-718-1968, ext 104, or email at mbrooks@yorkcoymca.org.

YORK Y “MINI-CAMP” REGISTRATION FORM

Name: _____

Age: _____ **DOB:** _____

Address: _____

City: _____

State: _____ **Zip** _____

Phone: _____

Parent’s names:

Parents’ e-mail: _____

I am registering for:

CAMP ONE: _____

CAMP TWO: _____

CAMP THREE: _____

CAMP FOUR: _____

CAMP FIVE: _____

Would you be interested in our other special programs (such as stroke lessons, Tidal Waves team, etc.)?

Do you wish to be on our team mailing list? _____

Please mail payments to:

**Coach Michael Brooks
York YMCA Swimming
90 N. Newberry St.
York, PA 17401**