

# Jefferson J-Hawk Summer Swim Camp 2023

We are excited to bring back BOTH swim camps this summer! Check the options carefully and reach out to Coach Hinke if you have any questions.

## Competitive Swim Camp

**WHAT:** You are invited to join us this summer to improve your competitive swimming techniques and strengthen your shoulders and core to be the best swimmer you can be. During the first three weeks, we will focus on stroke technique, starts, turns, and relay exchanges. During the last two weeks, we will continue to focus on technique as we work to improve strength and endurance. In addition, we have a lot of fun! After all, that's what we love the most about swimming, right?

**WHO:** anyone entering 6th-12th grades, must be able to swim 50 yards of freestyle without stopping, prior competitive swimming experience is not necessary

**WHEN:** 6:30-8:30 am, Monday-Friday  
Session 1: June 12-29 (\$90)  
\*no camp Friday June 30  
Session 2: July 10-21 (\$70)  
\$145 for both sessions

**WHAT TO BRING:** tennis shoes, shorts, cap/goggles, swim suit, towel, water bottle (no glass)

**TO REGISTER:** Complete the Google Form here, <https://bit.ly/CompSwimCamp2023>

## Developmental Swim Camp

**WHAT:** Learn to swim, review swimming skills you learned when you were younger, prepare to stay safe in the water during the summer, prepare to join a team as a swimmer or diver or prepare to be a lifeguard - whatever your swimming goals are, let us help you reach them!

**WHO:** anyone ages 8-17 who is interested in improving their swimming skills (may or may not be interested in joining a competitive swim team), minimum water depth is 3.5 feet

**WHEN:** 8:45-9:30 am, Monday-Thursday (no camp on Fridays)  
Session 1: June 12-29 (\$65)  
Session 2: July 10-20 (\$45)  
\$100 for both sessions

**WHAT TO BRING:** swim suit, towel, water bottle (no glass), long hair tied back, goggles are highly recommended

**TO REGISTER:** Complete the Google Form here, <https://bit.ly/DevSwimCamp2023>

If you have any questions, please contact Coach Hinke.  
Jessica Hinke, Jefferson Women's Swimming Head Coach  
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