

# Jefferson J-Hawk Summer Swim Camp 2025

We are excited to bring back BOTH swim camps again this summer! Check the options carefully and reach out to Coach Hinke if you have any questions. **AGAIN THIS SUMMER!!! “Mini Meet” on Friday, July 25 with CR Kennedy swim camp and coaches. Meet will be at Kennedy, time TBA. You must register for at least one camp session during the summer to participate and all swimmers will receive a J-Hawk swim cap to wear at the meet. Also, register by June 1 to receive a camp t-shirt!** Note: Due to how the calendar works this summer, both the June and July sessions will be 3 weeks!

## 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. In June, we will focus mostly on stroke technique, starts, turns, and relay exchanges. In July, we will continue to focus on technique as we work to improve strength and endurance. Throughout the summer, we will also incorporate agility work and shoulder strength. In addition, we have a lot of fun and play team games! 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, *if you have participated in competitive swimming for at least one year, there is not an age restriction*

**WHEN:** 6:30-8:15 am, Monday-Friday  
Session 1: June 9-27 (\$95)  
Session 2: July 7-25 (\$95)  
\$170 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/CompSwimCamp2025>

## 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 and all swimmers should be comfortable swimming independently up to 25 yards at a time; each session will be limited to the first 15 swimmers who register; we will only be offering the “pre-team” group this summer - email Coach Hinke if you have any questions!

**WHEN:** 8:30-9:20 am or 4:30-5:20 pm,  
Monday-Thursday (no camp on Fridays)  
Session 1: June 9-26 (\$80)  
Session 2: July 7-24 (\$80)  
\$140 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/DevSwimCamp2025>



If you have any questions, please contact Coach Hinke.

Jessica Hinke, Jefferson Women’s Swimming Head Coach, [jhinke@crprairie.org](mailto:jhinke@crprairie.org)