

# Jefferson J-Hawk Summer Swim Camp 2021

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

Session 1: June 14 - July 2 (\$95)

Session 2: July 12-23 (\$70)

\$135 for both sessions

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

**COVID-19:** If our numbers are limited due to restrictions with COVID-19, we will split into 2 groups to accommodate more swimmers, 6:10-7:40 am and 7:15-8:45 am. Please note your preferred time when you sign up. We will communicate with you if we need to change the schedule. We will follow the current IGHS AU/IHSAA guidelines for masking and social distancing during practices.

**TO REGISTER:** Complete the Google Form here, <http://bit.ly/SummerSwim2021>  
Submit payment by check (mail to Coach Hinke) or Venmo (@JessicaHinke)

If you have any questions, please contact Coach Hinke.

We look forward to helping you improve this summer!

Jessica Hinke

Jefferson Women's Swimming Head Coach

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