



Each camp will be led by Brad Hutton, Head Coach of the Memorial Sea~Hawks, fully certified NCCP Level 3.

Each camp will also be assisted by 3-4 certified NCCP Level 1 or 2 coaches and by members of the Memorial Sea~Hawks Swim Team.



## Memorial Sea~Hawks Competitive Stroke Technique Camps

Friday, November 6th  
3:15-4:30pm

Aquarena

Focus on Dives/Turns

The cost is \$10/swimmer. Priority will go to West Coast/Labrador swimmers attending Fall Classic.

Saturday, November 28th  
3:45-5:45pm

MUN Pool

Focus on Butterfly

The cost is \$15/swimmer.

Saturday, December 12th  
3:45-5:45pm

MUN Pool

Focus on Breaststroke

The cost is \$15/swimmer.



# Memorial Sea~Hawks Competitive Stroke Technique Camps

The Nov 6 camp is at the Aquarena and both the Nov 28 and Dec 12 camps are at the MUN Pool. Swimmers should arrive on time ready to get in the pool.

The pool session will focus on technique work, training tips and include one-on-one work and demonstrations from Sea-Hawk swimmers.

Coaches are also welcome to attend please contact Brad at 737-3802 or [bwhutton@shaw.ca](mailto:bwhutton@shaw.ca) if interested.

## Memorial Sea~Hawks Competitive Stroke Technique Camps

For any Swim NL registered swimmers wanting to improve their stroke technique. The camps will focus on proper technique including body position, hand entry, recovery and optimal pulling techniques.

Available for all competitive swimmers.

There will be a \$15 cost for the camps and there will be a maximum of 45 swimmers at each camp. The camps will be on a first come, first serve basis. Cheques should be to 'Memorial Swimming'.

Previously these camps were subsidized by outside funding, this season there is no subsidy so that is the reason for the cost increase.

## Memorial Sea~Hawks Competitive Stroke Technique Camps Registration Form

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Club: \_\_\_\_\_ Age: \_\_\_\_\_

Nov 6 Camp (\$10) \_\_\_\_\_

Nov 28 Camp (\$15) \_\_\_\_\_

Dec 13 Camp (\$15) \_\_\_\_\_

Drop off registration forms in the Legends mailbox at the Aquarena front desk or email Brad at [bwhutton@shaw.ca](mailto:bwhutton@shaw.ca) with your information.

Cheques must be brought to the camp if not delivered with registration information.

If you have questions, please phone 737-3802.