

VASD MIDDLE/HIGH SCHOOL COMPETITIVE SWIM TRAINING PROGRAM

Open to boys and girls entering 7th grade through 12th grade who are currently members or aspire to compete for the high school swim team. Training will focus on stroke technique and building endurance in the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) as well as introduction/refinement of starts and turns. Swimmers will be coached by the high school coaches from the Verona Area-Mount Horeb boys and girls swim teams. All practices will be held at the Verona Area Natatorium.

Dates/Times: July 1-July 30
Mondays: 4:00-5:30pm, Tuesdays, Wednesdays, Thursdays: 7:30-9:00pm

Fees: \$100.00 per swimmer.

Registration Form:

Name _____

Address _____

Home Phone: _____

Email address: _____

Emergency Contact (name & phone #): _____

Year in school next fall: _____

REGISTER ONLINE via the Verona Area School District Website:

<http://www.verona.k12.wi.us/SummerCamps>

Or registration form and fees can be mailed to:

Verona Area School District
700 N. Main Street
Verona, WI 53593
Attn: Summer Swim Camp Registration

Checks should be made out to VASD

Registration deadline: Friday, June 26th.