

COACH DAVE & COACH BOB'S RISE & SHINE TOTAL FITNESS PROGRAM

CONDUCTED BY: Coach Nowinski of Fraser High, over 20 years exp. and Coach Ogilvy of Utica High, over 10 years exp.

CAMP INFORMATION:

This year's camp is split into two sections; Spring Tune-up and summer conditioning.

In the spring tune-up, the athletes will focus on increasing core and swim muscle strength through the use of surgical tubing and dry land conditioning exercises (both aerobic and anaerobic). Proper technique when performing all activities will be advocated. **All participants need to bring tennis shoes everyday.** The spring tune-up will run at Fraser, starting on May 11th, running M,W,Th through June 11th from 3:15-5 PM.

The **summer conditioning** program will run from **June 15th** through **July 30th**. This portion focuses on conditioning and technique. Swimmers will be divided according to ability and areas of specialty. Let us help you towards your quest to **RISE** to the top of the county/state and **SHINE** above your competition. **There will be a state mandated athletic shut down the week of July 6th – July 10th.**

*****New "B" group summer session added!*****

Swimmers new to the sport will be placed into the "B" session time of 8:30 to 9:40am M –TH. New is defined as 1st or 2nd year swimmer needing stroke work, but has basics down and wants to prepare for high school swimming. We will take swimmers as young as 11-12 yrs old provided they are strong enough and able to swim freestyle with their face in the water for 25 yards (1 length of the pool).

PROGRAM REQUIREMENTS:

- 14 years of age or in middle school this year (B group as young as 11-12).
- The desire to accept nothing but the best from yourself!!

PROGRAM DATES & TIMES:

Spring Tune-up:

May 11th – June 11th, M,W,Th, 3:15 – 5 PM @ **FHS only**

Summer Conditioning:

A GROUP: June 15th – July 30th, M-TH, 6:45 - 9:40am @ FHS (strength training from 9 – 9:40am)

B GROUP: June 15th – July 30th, M-TH, 8:30 - 9:40am

****A group will be capped at 45 swimmers maximum; B group cap is 35****

COSTS: (Multiple family member discounts; call Coach Nowinski)

11-week program: spring and summer programs \$250/ea. (spring only \$150)

6-week program: **summer only** program \$200/ea.

B Group 6-week **summer only** program \$150/ea.

CHECKS PAYABLE TO: Dave Nowinski

SEND TO:

DAVE NOWINSKI

45973 LOOKOUT DR.

MACOMB, MI 48044

(PH# 586-465-5331)

?Q's david.nowinski@fraserk12.org

NAME _____ AGE _____

_____ **AGE _____**

_____ **AGE _____**

ADDRESS _____

HOME PH # _____ EMER. # _____

TOTAL ATTENDING _____ TOTAL COST _____

Commit early and don't get locked out, it will fill-up!