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AMES HIGH GIRLS' SWIMMING CAMP 2011

Coached by Dan Flannery

Our coaching staff is excited to offer a week swimming camp that is available for all returning and new high school swimmers.

8:30-11:00 AM at the AHS Pool, August 1 - 5.

- Intensive instruction on stroke mechanics.
- Introduction to proper skills, and drills for all four stroke disciplines.
- Advanced instruction techniques for all starts and turns.
- Video Instruction with individual and group swimmers.
- Dryland training procedures.
- Proper weight lifting instruction.
- Cost is \$55.00 for the week

Please sign up at the following website:

<http://www.AmesHighSportsCamps.com/>

Any questions please contact Coach Flannery at:

dflannery@ames.k12.ia.us.

You can also check out our website at:

<http://www.ameshighswimming.com>

*** The first official practice is Monday, August 8th 8:30-11:00 AM.**