



2016 Competitive Swim Camp June 26 - July 2



The Competitive Swimming specialty camp combines all the activities of Anokijig with a focus on the sport of competitive swimming. It is designed for current age-group competitive swimmers (YMCA or U.S.S.). This program spends two hours per day at a local pool. Campers will focus on stroke techniques, starts, and turns. They are also video taped and receive a written evaluation on all four strokes at the end of the week. Swim camp concludes with a swim to Optimist Island for an all around test of your strokes and endurance. What are you waiting for? The water's fine!

What to look forward to:

- Offsite swimming at a local pool
- Developing and improving stroke technique under the guidance of a competitive swimming coach
- Practice of strokes through fun and games, not just laps
- Individual videotape of your own swimming

What to bring:

- Swimsuit
- Towel
- Goggles
- Change of clothes
- A great attitude

