

COACH DRAKE'S

SUMMER SWIM CONDITIONING CAMP 2011

Hello,

Welcome to my swim conditioning camp 2011, I am very excited to begin training with the kids. As you know, summer is a time when athletes generally do the least amount of conditioning. For many different reasons, they don't like to work out during their time off from school. As a teacher, I honestly can't blame them for wanting to lounge around and do nothing after spending the last 10 months sitting in chairs listening to adults, however; the problem for swim athletes is that sitting around for six to eight weeks depletes the endurance and muscle that was built up, thus when returning back to the pool for those long and grueling 2 hour practices, the body has to rebuild itself all over again and the process is very difficult.

What I am offering is a conditioning program that is different from many others. Yes, we will get our share of water time, but the focus will be on technique, rhythm, and cardio (anaerobic and aerobic). There may be a few days where we will swim 3,000 yards, but most days will be structured workouts stopping and starting to discuss solutions to problems while offering advice and encouragement to all athletes. Music will be a **MUST** for the pool workouts, if you're going to work, why not have something to listen to and take your mind off what you're doing.

We will also do a ton of dry land. No, not lifting weights and 20,000 pushups, I am talking true dry land training. We will use natural and man-made surroundings as tools for workouts. Playgrounds offer many avenues for working the muscles: jungle gyms, picnic tables, and wide open spaces are perfect areas to train, we will use them all. We will also be heading down to the track, not to run laps, but to work on plyometrics and reaction time, as well as, condition. Finally, Hopewell Park, there, we will take advantage of not only the playground and the big open field, but the trails. Jogging the trails in the woods will provide a level of conditioning that is unmatched. This isn't about speed or racing, I'm looking for muscle fatigue and sweat as we run over terrain that makes us pick up our feet and use our arms. It doesn't matter how well you run, everyone will go at their own pace getting the workout that they need. Coming in first, when conditioning; doesn't matter to me and it shouldn't to the athletes.

What about cost? While other camps are pricey, I am looking to keep interest up and cost down. The program will be 8 weeks, broken into two four-week sessions. The cost is \$150 for all 8 weeks, or \$75 per 4-week session. My goal is to encourage kids to come the entire time, realizing that your body will need all 8 weeks to get ready for those grueling fall practices in the pool. Remember, this is not your summer swim team practice; I am hoping for a 90% attendance rate from each swimmer. NO, you do not have to make every practice but please keep in mind; summer swim team is separate and much different. If you choose to work out with your summer swim team only, that's fine, but at Clearview swim practice, it will be a 99% pool workout, no park, no music, and no games, we will only have time to condition in the water.

This program is for swimmers, entering grade 7 and up, from ALL areas! This is a TEAM building experience 100%. Yes, you may swim for your own summer swim team during this program, but when you're here training, it's all about one team, and making your High School (and Junior High) team stronger for the upcoming season. You ask why teams such as West A. are so good and so far ahead, well, what we're about to do this summer is why. They train ALL season long to get to the level that they show at MAC's, WPIAL's, and PIAA's. What we'll be doing will help close that the gap once fall comes around. It's all about a commitment attitude to reach an attainable level. No, this won't be boot camp, but a fitness program that you will be excited to participate in. Yes, I want to make your body work and hurt a little, however; I have every intention of having as much fun as possible during the process.

Practice will be Monday - Friday. Dates for the clinic are as follows; Session 1 (8:00-9:45): June 20-July 1, July 11-July 22. Session 2 (9:15-11:00): July 25-August 19. All pool practices will be held at the Clearview Pool. The waiver forms and payment will be due before athletes can participate in the program.

Thank you, as always; it's a pleasure to be part of such a rapidly-growing program, with awesome kids and encouraging parents.

- *Coach Drake*

Liability Waiver

Participant Name _____

Date of Birth _____

Emergency Phone Number _____

I certify that I am voluntarily signing my child up to participate in the Coach Drake Summer Swim Conditioning Program for Summer 2011.

I further certify that my child is in good health and has no physical or other impediment which would endanger him/her while participating in this activity. I acknowledge and agreed this activity has inherent risks, including the risk of injury to the neck, back, spine, knees or other parts of the body. I have full knowledge of the nature and extent of all the risks associated with this activity.

In consideration of my child's participation in this activity, I agree (on behalf of myself, my heirs, executors, administrators, and assigns) to release, discharge, waive, relinquish and hold harmless Coach Dave Drake from any and all liabilities, claims, damage or cost, including court costs and attorney's fees, or actions for personal injury, property damage, or wrongful death which may arise out of my participation.

Parental/Guardian Consent: I certify that I am the parent or legal guardian of the above participant and that I am entitled to his or her custody and control and I do hereby give permission for the Child to participate in the above activity. I realize that by participating in this program, the Child will be exposed to a risk of injury or death. I understand the dangers incidental to participating in the program and the need for safety precautions, and I have discussed the dangers of the program and the need for safety precautions with the Child. I hereby execute the above Agreement Waiver, and Release on his/her behalf.

Parent/Guardian Signature

Adult/Parent Name Printed

Date ____ / ____ / ____

CLEARVIEW SWIM & HEALTH CLUB

RULES & REGULATIONS

Swimming Pool Rules:

- No running, pushing, wrestling, dunking, or any undue disturbance is permitted.
- No diving in the shallow end.
- Expectorating in the pool or on the ground or blowing of one's nose into the pool is prohibited.
- Admission shall be refused to anyone with open skin abrasions, colds, coughs, inflamed eyes, infections, or wearing bandages.

General Facility Rules:

- No running, tag, pushing, jumping, wrestling, or hard ball playing is permitted on pool grounds.
- Abusive language or indecent acts will not be tolerated.
- No glass containers of any kind are permitted in the facility.
- No Smoking.
- No gum is permitted on pool grounds.
- No pets allowed within the pool area.
- Papers wrappers of any kind and garbage are to be placed into garbage containers. Soda cans or any aluminum containers are to be placed in the recycling containers.
- The cost of any damage to pool property will be charged to the responsible guest or member.
- The Club is not responsible for loss or damage to personal property.
- Martin and Goodnow Streets are not to be used for parking.
- Members and guests shall drive slowly and carefully on driveway and in parking lot.
- Please do not park in front of the rear gate, as it is designated for EMS.

I, THE UNDERSIGNED, HAVE READ THE RULES AND REGULATIONS, AND AGREE TO THEIR STANDARDS AND REQUIREMENTS. I ALSO UNDERSTAND THAT CLEARVIEW SWIM & HEALTH CLUB WILL NOT BE RESPONSIBLE FOR ANY ACCIDENTS OR INJURY OCCURRING TO ANY MEMBER OR GUEST IN THE GROUP WHILE USING THE FACILITY.

SIGNATURE OF PARENT/GUARDIAN:

_____ DATE: _____

SIGNATURE OF PARTICIPANT:

_____ DATE: _____