

# PERFORMANCE EDGE SWIM CAMPS JUNE 17-21, 2013

*[Sponsored by Tampa Bay Aquatics](#)*

**Dates:** June 17-21, 2013

**Times:** 9:00am to 3:30pm

**Ages:** 9 years of age and older (*with competitive swimming experience*)

**Facility:** Tampa Preparatory School - Colwill Aquatics Center (SCY)

## **Cost**

Early Bird Special (*Before March 1, 2013*) - \$425

Regular Price (*After March 1, 2013*) - \$500

**\*\* Please make all checks payable to: Tampa Bay Aquatics\*\***

**\*\*\* There will be no refunds after March 1, 2013\*\*\***

## **Camp Details**

*Performance Edge Swim Camps (PESC)* are geared for young swimmers, ages 9 and older, who are looking for that extra “*edge*” in the sport of competitive swimming.

The five days at PESC will help your swimmer improve focus and concentration on the proper techniques for all 4 strokes (Butterfly, Backstroke, Breaststroke and Freestyle). We will focus on one stroke per day for the 1<sup>st</sup> 4 days of the *PECS*. The final day will be reserved for starts, turns and underwater video stroke analysis.

The days will be broken up into 2 sessions (Morning & Afternoon). Each session will include a classroom discussion (Guest Speakers, Coaches, Video) and water technique portion.

(A more detailed schedule of events will be posted on [www.tbaycentral.org](http://www.tbaycentral.org) soon)

**Coaches & Speakers:** We believe that our camp has one of the best coaching staff's in the Tampa Bay area. Our coaches take great pride in making sure campers have an exceptional learning experience, while at the same time ensuring athletes are having fun during their time at PESC.

**Lunch & Snacks:** Lunch and Snacks will be provided during the entire camp

**Facilities:** Our entire camp will be held at Tampa Preparatory School - [Colwill Aquatics Center](#) (SCY)

**Forms:** All Performance Edge Swim Camps forms must be filled out, signed and completed prior to June 17, 2013

**Questions:** If you have any questions please email [jasonbowes26@gmail.com](mailto:jasonbowes26@gmail.com)

**Reminder** – there are **NO** refunds after **March 1, 2013**

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## **General Information**

*(Subject to change without notice)*

**Drop Off Time** (8:45am) – Please have your Athlete/s dropped off in front of the Tampa Preparatory Gymnasium 15min before that days start time.

**Pick Up Time** (3:30pm) – Please have your Athlete/s picked up in front of the Tampa Preparatory Gymnasium at 3:30pm.

\* Please note that there will be no child care before or after the schedule camp hours – So please make sure your swimmers are dropped off and picked up on time\*

\* Also note that **No Parents, friends or family** will be able to stay in the classroom or come on deck during **PESC** camp. If you have questions please refer them to Coach Jason Bowes.

**Swimming Equipment** (all swimmers must have their mesh bags)

- Goggles\*
- Fins \*- proper fins for training
- Kick Board\*
- Pull Buoy\*
- Paddles (optional)

**\*Required**

**Dryland Attire** (all swimmers are required to have proper workout attire during camp)

- Shorts
- T-shirt
- Proper running shoes and socks
- Hat (optional due to sun)

**Must have's...**

- Sunscreen
- Your own Water Bottle (with name on it)
- Good Attitude

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