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HBHS Summer Swim Camp- 2021



About:

This summer camp is being run by Girl's head coach, Coach Mason, and Boy's assistant coach, Coach Eich. Attending this summer camp will provide all levels of swimmers with an opportunity to experience what it is like being a part of the high school swim team. The camp will include various types of swim workouts, dryland and weight training, core and stability strengthening and introductions and corrections to swimming techniques. Every type of swimmer is welcome: from beginners who want to learn the basics of swimming to club swimmers who want extra workouts. This camp is a great way to meet people on the team, see how high school swimming works and develop and strengthen your swimming.

Date, Times, & Cost:

We will be running a month-long session, from **July 12th - July 23rd**. We will be meeting 4 days a week, each week, Monday through Thursday. Times are set for 1:00 - 3:00, but are subject to change, due to pool availability.

Cost: \$250 for the month long session. (Cash or Check) Please make checks payable to HBHS ABC, Inc. (Aquatics Booster Club) ***This payment is due on the first day of camp, along with completed clearance and concussion testing.***

Prorated Camp Rates: If you are unable to make the full camp, please contact me via email ASAP. I will give you the pro-rated price, but highly recommend that your child attends the full 4 weeks of the camp. This is not only a learning opportunity, but also a way for the new swimmers, and incoming freshmen to interact with returning swimmers.

How to Register

Coach Mason will send out a confirmation email one month before the start of the summer camp, based off of sign-ups from 8th grade parent night. In the email, Coach Mason will provide information regarding payments, questions you may have about equipment, and any other information you might need prior to the start of camp. Please scan the QR code to register for Summer Swim Camp.

What to Bring:

It is important to be prepared daily, for a successful practice. The required equipment is:

- Speedo/Jammers/1-piece suit (preferably no tie backs or board shorts)
 - Cap
 - Goggles
 - Water bottle
 - Running shoes
 - Workout clothes
 - Towel
 - Healthy snack for after practice
 - *Inhalers should be nearby at all times
 - A Positive Attitude
- Helpful, but not required:
- Kickboard
 - Pull buoy
 - Paddles
 - Fins