

Registration Form

Name of Swimmer/Diver:

Will your child attend the Swimming portion or Diving portion of camp? Circle one/both

Address:

DOB _____ Age _____

T-shirt Size _____ YM, YL, AS, AM, AL

Swimmer's/ Diver's Skill level:

I (Beg.), II (Intermediate), III (Adv)

Phone Number:

Cell Number:

E-mail Address:

Parent's Names:

I certify that my child is in good physical condition and can participate in the daily schedule of events.

I grant permission for my child to be given treatment at a local hospital if necessary.

Open to all Minisink Valley Residents.

All campers should possess basic swimming/diving skills

Parent's Signature: _____

Minisink Valley Swimming Camp

C/O Brian Golden

P.O. Box 217

Slate Hill, NY 10973



Minisink Valley Swim & Dive Camp - Championship 2018



July 30th - August 3rd

*12:00pm – 2:00pm
(swimming portion)*

*1:15-3pm
(diving portion)*

Ages: 7-16

Location:

Minisink Valley HS Pool

Minisink Valley

Warrior

Swimming & Diving Camp



The Minisink Valley Swimming and Diving Camp is a comprehensive camp covering the four major strokes (Butterfly, Backstroke, Breaststroke and Free-

style). The diving portion will cover the basic skills necessary for competition. Each camper will be exposed to all facets of competitive swimming and diving. Our main emphasis will be on mastering the techniques of all aspects of the sport.

The MV Warrior Swimming & Diving Camp will be guided by Brian Golden-Head Varsity Boys Swimming Coach. Special guest instruction by MV Varsity Standouts.

Camp Activities

to include:

- ⇒ Stretching Program
- ⇒ Dryland Workouts
- ⇒ Individualized Instruction
- ⇒ Drill Work
- ⇒ Video Analysis

Proper attire is required:

- ⇒ A proper training suit
- ⇒ A pair of goggles
- ⇒ A water bottle
- ⇒ A towel
- ⇒ Footwear for the deck

Cost

\$125 per Swimmer

\$100 per Diver

\$200 for both sessions

\$15 discount for each additional sibling.

Space limited to first 55 swimmers/ 20 divers

Free T-Shirt for every camper

Please specify size:

Youth M, Youth L, Adult S, Adult M, Adult L (XL)

Make Checks Payable To:

Minisink Valley Boy's Varsity Swimming

Mail Check and Registration Form to:

Minisink Valley High School

C/O Brian Golden

P.O. Box 217

Slate Hill, NY 10973