

ACAC SWIMMING TECHNIQUE CAMP

It's that time of year. Everyone wants to improve his or her technique to a higher level than it was last season. When you enter the season with great technique, you will train yourself to new levels of excellence. Come join us for the last two weeks in August to launch yourself into the Short Course Season.

When: Two weeks Mon-Thurs 5:30-7:00pm, the first week is August 23rd – August 26th, and the second week is August 30th – September 2nd

Where: Ames High School Pool

Who: All ACAC swimmers

The ACAC coaching staff will cover the five competitive strokes (fly, back, breast, free, and underwater dolphin kicking) along with starts and turns. The swimmers will be performing stroke drills and watching video of themselves and video of top level swimmers. Come join the fun!

The cost is \$65 per swimmer.