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Cousino Summer Swimming Camp

General Information:

The primary focus of this camp will be to improve the swimming ability of all participants. This will be accomplished in a wholistic approach utilizing a variety of swimming workouts, as well as resistance, calisthenics, and plyometric exercises.

Coach Matt has 8+ years of combined swimming, swim lessons and coaching experience to help you become a better swimmer! He is the current Girls and Boys Head Coach for varsity swimming at Cousino High School, as well as a school record holder.

The program will begin on June 20th, 2022 at 7:30a, and run Monday-Thursday each week from 7:30a-10:30a everyday, until July 28th, 2022 (6 weeks total).

A state mandated summer "dead period" will occur July 2nd -8th, meaning no camp sessions will occur during that time.

Requirements:

MUST BE 13 years – 18 years of age (8th grade - 12th grade)

MUST HAVE swim suit, goggles, athletic clothes and shoes everyday!

The cost for the summer camp will be \$240 per swimmer. An individual \$20 discount is available (\$220 per participant) for swimmers from the same family. Included in the price is a camp T-shirt.

A maximum of 30 swimmers will allowed to attend, and priority will be given on a first come, first serve basis.

The summer camp will be held at Sterling Heights High School – pool entrance behind the building – Address: 12901 15 Mile Rd, Sterling Heights

For any questions, please contact Coach Matt by phone or email – 586-202-2094 – mbossuyt@wckids.net

Name 1:

Age 1:

Name 2:

Age 2:

Total Cost:

Revtrak Payment –
(insert information about the payment process here)

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Address and Emergency Contact Phone Number:

Please cut along the perforated line and return this section no later than June 20th

