

Diamond Bar High School Swim Team Summer Camp

Diamond Bar High School is offering an amazing summer swim program. This program is designed to enhance stroke technique as well as strength and conditioning. It is designed to prepare you for the 2017-2018 swim season. We are in the middle of another successful season that is bringing down a lot of records. Our Varsity boys won the Mt Sac Winterfest as well as Varsity Combined boys and girls. There were a total of 34 schools with over 1200 swimmers in this two day meet.

This eight week program will start on May 30 and go through July 21. It will be Monday – Friday from 1:30 PM-4:00 PM. On Tuesday and Thursday we will be doing dry land the last half of the practice from 3-4:00.

The cost for this eight week, performance enhancing program will be \$225 per swimmer. If you sign up on or before May 7th cost is \$210

Come out to stay in shape for the upcoming 2017-2018 Season. We are expecting an even more successful season next year. Come and be a part of it! Participation on the school team is not conditional upon summer camp participation.

All athletes must be cleared by the Athletics Office before participating in any summer activities. Submit completed Athletic Clearance Packets at least one week in advance to allow time for processing.

We are looking forward to another fun summer program. Please contact Coach Darlys Ankeny at darlys.ankeney@gmail.com for any questions about the program and to get signed up.

AMOUNT PD by CHECK \$ _____ CK# _____

PAID CASH \$ _____ RCPT # _____

NOTES: _____