

Jefferson J-Hawk Summer Swim Camp

You are invited to join us this summer to improve your competitive swimming techniques. During the first two weeks, we will focus on stroke technique, starts, turns, and relay exchanges. During the last three weeks, we will continue to focus on technique as we work to improve strength and endurance. In addition, we have a lot of fun! After all, that's what we love the most about swimming, right?

WHO: anyone entering 6th-12th grades, must be able to swim 50 yards of freestyle without stopping, prior competitive swimming experience is not necessary

WHEN: 6:30-8:30 am

Session 1: June 8 - 19

Session 2: July 6 - 24

WHAT TO BRING: tennis shoes, shorts, cap/goggles, swim suit, towel, water bottle (no glass)

If you have any questions, please contact Coach Hinke.

We look forward to helping you improve this summer!

Jessica Hinke

Jefferson Women's Swimming Head Coach

jhinke@crschools.us



Please include payment and return to:

Jessica Hinke - Swim Coach
Jefferson High School
1243 20th St SW
Cedar Rapids, IA 52404

Jefferson J-Hawk Summer Swim Camp Registration 2020

Last Name First Name T-Shirt Size

Grade Completing Current School Birthdate

Home Address City

Parent Name Parent E-mail (*will receive e-mail confirmation*)

Emergency Contact (Name, Phone) Hospital Allergies

Share one goal you have for summer swim camp

Session 1 (June 8 - 19, 6:30-8:30 am)
COST: \$70.00

Session 2 (July 6 - 31, 6:30-8:30 am)
COST: \$95.00

Both sessions
COST: \$135.00

If payment for one or both sessions is an issue, please contact Coach Hinke at jhinke@crschools.us

Make checks payable to: Jessica Hinke
Include "swim camp" in the memo

In consideration of the acceptance of this application for registration, I, intending to be legally bound, hereby for myself, my heirs, executors, and administration, waive and release any and all rights and claims for damages I may have against Cedar Rapids Community School District or its coaches, representatives, and/or assignees, for any and all damages which may be sustained and suffered by me in connection with my association with entry in this camp, and which may arise out of my traveling to, participating, or returning from camp.

Swimmer Signature Date Parent/Guardian Signature Date