



2019 Linn-Mar Summer Swim Camp

(for fall 2019 high school students)

Camp Dates & Fees

July 8 through August 8

Camp registration is \$50.00

Camp Director: Bobby Kelley

Camp Features

- *Introduction to weight training program that will be used during the 2019 Fall Girls High School Season*
- *Introduction to dryland conditioning program that will be used during the 2019 Fall Girls High School Season*
- *Time dedicated to developing improved swimming technique*
- *Time dedicated for light conditioning work in the pool*

Camp Times

2:00-3:30 PM on Monday, Tuesday, Wednesday
and Thursday afternoons

*Please note: There will not be camp practices on Wednesday
and Thursday, July 17 & 18. There also not be camp practices
on Thursday, July 25.*

Additional Information:

Make checks payable to: Linn-Mar Girls Swim Camp

Mail to:

Linn-Mar High School Cashier Office

Attn: Swimming

3111 North Tenth Street

Marion, Iowa 53202

Swim Camp Registration

Name: _____

Grade (fall 2019): _____

Phone: _____

Email: _____

Parent Release: I understand that personal medical insurance coverage for this camp is the obligation of each participant. I hereby authorize the instructors of the Linn-Mar Swim Camp to act according to their best judgment to provide medical attention in the event of injury or illness. I hereby release Linn-Mar School District and employees of the Linn-Mar Swim Camp from all claims resulting from injuries which may be sustained while attending the camp.

Parent Signature _____

Date _____