

What is *Coach K's* Summer Swim Camp Program?

Program Description: The *Coach K's* Summer Swim Camp program is an opportunity to work in a small group setting with Conroe Independent School District's The Woodlands High School Swimming Coach Kent Kirchner. *Coach "K"* is a recipient of the American Swimming Coaches Associations Level V-Coaches Rating, less than 5% of United States swimming coaches attain this rating during their career.

During his career which has included Collegiate NCAA competition and while at the Woodlands High School his coaching style and techniques have resulted in an impressive record of achievement including :

2010 Boys HS Swimming Coach of the Year
2010-5A-U.I.L. Boys State Championship
2009 National HS Swimming Coach of the Year
5-5A-U.I.L. State Swimming and Diving Championships
4-5A-U.I.L. Coach of the Year Awards
3-NISCA National Swimming and Diving Championships
128-NISCA-HS- All-Americans
1980-Olympian
1987-Pan American –Silver medalist
16-NCAA-DI All-Americans

The *Coach K Summer Swim Camp* is a day-camp competitive instruction-based training program. It features:

- (8 hours) of instruction-based training in 2-hour blocks one day a week spread over a one week period. June 7th, 8th, 9th, and 10th.
1:00 pm - 3:00 pm.
- Blended instruction-based training combining digital video, classroom and in-pool instruction-based training.
- Participants will receive their personal DVD's of Instruction-based training & Model Skill-sets.

What Are the Topics learned in *Coach K's* Summer Swim Camp Program?

- Individual Stroke analysis
- Stroke Technique
- Start Technique
- Turn Technique
- Racing-Finish Technique
- All-Strokes pre-recorded to DVD
- All-Strokes post-recorded to DVD
- Model Drills recorded to DVD

Cost: \$200.00 per participant*

*Small class setting limit of 20 during any session.

Age Group: 8-18 years of age

Please make all checks payable to:

Kent Kirchner

Important: Enrollment is on a first come, first-served basis. Camp space is not guaranteed until registration forms, full payment are received

Special Participant Note:

*All registrations are due by June 1, 2010 with payment in full. Participants have access to the CISD Natatorium for the duration but not to exceed the length of **Coach K's Summer Swim Camp** in which the applicant is a participant.*

Participants not following the expressed policies and procedures of the C.I.S.D. Natatorium will be expelled from the camp.

*It is also affirmed that by paying all fees to **Coach K's Summer Swim Camp** the participant will not be entitled to any **make-ups or refunds after the camp is scheduled to begin.***



Coach K's

Summer Swim School

At

CISD Natatorium "THE NAT"



Send to

CISD Natatorium c/o
Coach K's Summer Swim Camp
19133 David Memorial Drive
Shenandoah, Texas 77385

**Coach K's Summer Swim Camp
REGISTRATION FORM 2010**

Name: _____
 Address: _____
 City: _____ State _____ Zip _____
 Phone () _____ Birth Date _____
 Age _____ Sex _____

Parents' or Guardians' Names

E-Mail _____

Insurance Company _____

Policy No. _____

2010 Camp Session Date:

June 7th, 8th, 9th, and 10th, 2010.

Deposit is **non-refundable and non-transferable** and must accompany this registration. Balance is due June 4, 2010 the Friday before the camp is scheduled.

Payment in full is \$200 per participant, payable to:
Kent Kirchner

Call (936) 709-3901 if you have any questions or concerns.

**Fax No: (936) 709-3999
 E-mail: kkirchner@conroeisd.net**

CANCELLATIONS: Full payment cancellations must be received in writing at least 20 days prior to the enrollment date. All cancellations are subject to a \$50.00 service charge.

For office Use Only

Date Rec'd _____ Date Conf'd _____
 Date Ent _____

Deposit: Ck. No. _____ Ck. Date _____
 Am't Rec'd _____ Balance Due _____

Balance Due: Ck. No. _____ Ck. Date _____
 Am't Rec'd _____ Date Rec'd _____

**Coach K's Summer Swim Camp
SWIMMERS CURRENT TIMES-FORM 2010**

50 freestyle:
 Short Course _____
 Long Course _____

100 freestyle:
 Short Course _____
 Long Course _____

50 backstroke:
 Short Course _____
 Long Course _____

100 backstroke:
 Short Course _____
 Long Course _____

50 breaststroke:
 Short Course _____
 Long Course _____

100 breaststroke:
 Short Course _____
 Long Course _____

50 Butterfly
 Short Course _____
 Long Course _____

100 Butterfly
 Short Course _____
 Long Course _____

100 Individual Medley
 Short Course _____
 Long Course _____

200 Individual Medley
 Short Course _____
 Long Course _____

**Coach K's Summer Swim Camp
HEALTHY SWIMMING-FORM 2010**

HEALTH & SAFETY

CISD is committed to the health and safety of all participants. The Natatorium utilizes advanced training and technology and adopts the Centers of Disease Controls (CDC) "*Healthy Swimming Policy*".

This policy has proven to assist in protecting participants from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and the formation of chloramines. The cornerstone of this policy is based on CDC guidelines which mandate safe hygienic practices such as requiring all to shower before entering the pool or spa.

Therefore all Participants in **Coach K's Summer Swim Camp** must sign this application signifying that they will comply with this policy.

In conclusion the participant by signing this application agrees to comply with the CISD Natatorium's "*Healthy Swimming Policy*" and will shower before participating in **Coach K's Summer Swim Camp** activities.

Name: _____

Date: _____

Participants not following the expressed policies and procedures of the C.I.S.D. Natatorium will be expelled from the camp.

ATTENTION PARTICIPANTS

Coach K's Summer Swim Camp does not discriminate on basis of race, color, national origin, sex, religion, Age or disability in employment or provision of services, programs or activities.