



TIGERSHARKS VARSITY

Swim Training Camp

WEEK 1

June 18th-22nd

WEEK 2

July 16th-20th

WEEK 3

Aug 6th-10th

DRYLAND TRAINING WITH COACH RYAN

Monday, Wednesday, Friday
8:30am-9:15am

SWIMMING TRAINING WITH COACH MIKE

Monday-Friday
9:15am-10:15am

PRICE PER WEEK

\$98/Member | \$120/Guest

REGISTRATION

Member reg. opens May 28th
Guest reg. opens June 4th



Enhance your swim performance with our Tigershark Varsity Training Camp!

This week long camp is designed for the high school and middle school swimmer in mind. With an emphasis on conditioning, workouts will consist of daily swim training that focuses on proper technique and endurance PLUS three dryland conditioning sessions with a personal trainer.

Participants must be a current Tigershark Varsity team member or by invitation only.
Contact Coach Mike at mikes@staffordhills for more information or for a tryout.

503.612.2400

www.StaffordHills.com

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