

# VASD MIDDLE/HIGH SCHOOL COMPETITIVE SWIM TRAINING PROGRAM

Open to boys and girls entering 7th grade through 12th grade who are currently members or aspire to compete for the high school swim team. Training will focus on stroke technique and building endurance in the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) as well as introduction/refinement of starts and turns. Swimmers will be coached by the coaches from the Verona Area High School boys and girls swim teams. All practices will be held at the Verona Area Aquatic Center.

**Dates/Times:** June 15 – July 24  
Mondays through Thursdays: 7:00-8:15pm

**Fees:** \$150.00 per swimmer. Scholarships available.

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**Registration Form:** Registration deadline: Wednesday, June 10th.

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency Contact (name & phone #): \_\_\_\_\_

Year in school next fall: \_\_\_\_\_

**REGISTER ONLINE** via the Verona Area School District Website:

<https://www.verona.k12.wi.us/families/vasd-camps>

Or registration form and fees can be mailed to:

Verona Area School District  
700 N. Main Street  
Verona, WI 53593  
Attn: Summer Swim Camp Registration

Checks should be made out to VASD