



ISD 196

INDEPENDENT SCHOOL  
DISTRICT 196:

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*'EDUCATING STUDENTS TO REACH  
THEIR FULL POTENTIAL'*

## *Dates and Times:*

### **CAMP INFORMATION:**

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Dates: June 15 – July 31

**Days of the week:** Camp is held Monday thru Friday, except for Friday July 3rd

#### VMS - Dates:

M   T   W   TH   F

6/15, 6/16, 6/17, 6/18, 6/19

6/22, 6/23, 6/24, 6/25, 6/26

6/29, 6/30, 7/1 , 7/2,

7/6, 7/7, 7/8, 7/9, 7/10

7/13, 7/14, 7/15, 7/16, 7/17

#### SHMS - Dates:

M   T   W   TH   F

7/20, 7/21, 7/22, 7/23, 7/24

7/27, 7/28, 7/29, 7/30, 7/31

### **3. Practice Time:**

VMS- times: 6:30 am - 8:30 am

SHMS- times: 6:30 am - 8:30 am

# 2009

## *ISD 196 SWIM CAMP* **Training Emphasized**



*High School Swimmers and  
Middle School Swimmers  
are invited to attend*

# CAMP OBJECTIVES:

The Training Camp is for the swimmer with previous competitive experience that wants to:

- Perfect their strokes, starts and turns.
- Get a good regular workout five times a week.
- Prepare for the upcoming high school or middle school swimming season.
- Get in shape and/or stay in shape.

Former and future middle school and high school swimmers are encouraged to attend.

Swimmers should bring goggles, swimsuit, and anything else they need for practice on the first day.

*Please understand the camp is open to a limited number of swimmers, sign up is on a first come basis.*

The Independent School District 196 Swimming Camp is open to all District swimmers.

## Camp Directors:

Mr. Mike McManus: Apple Valley High School Head Swim Coach for 32 years

[michael.mcmanus@district196.org](mailto:michael.mcmanus@district196.org)

Mr. Mark Tollefson: Eastview High School Head Boys and Girls Swim Coach. 24 years coaching experience, 12 years at EVHS.

[mark.tollefson@district196.org](mailto:mark.tollefson@district196.org)

The camp cost is \$225.00 for the entire summer. Rates may be adjusted, especially for more than one family member. Make checks payable to “swim camp”.

Send this portion of the brochure to Mark Tollefson at EVHS or Mike McManus at AVHS to reserve your spot. Swimmers can also come to the first practice date and signup.

## Registration:

Please fill out the following information for our records:

Name\_\_\_\_\_

Grade (to be)\_\_\_\_\_ Age \_\_\_\_\_

High School you (will) attend\_\_\_\_\_

Phone Number\_\_\_\_\_

## Emergency Contact Person:

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

## Parent or guardian permission:

Signature\_\_\_\_\_

Date\_\_\_\_\_

Total Payment Included \$\_\_\_\_\_

e-mail address\_\_\_\_\_

Camp Cost: