

# 2017 DAL Tigers Super Skills Swim Camps



2012 Canadian Olympian – David Sharpe (DAL 2009-2013)

## Do you want to learn how to swim like an Olympian?

Develop the skills necessary to **swim faster while making lots of new friends** by registering for the revamped Dal Tigers swimming camps! Last summer over 60 competitive swimmers from around the Atlantic Region improved their skills and went on to see continued success in their competitions later that summer and into the fall!

**This year we will again be offering two one-week camps: July 10-14 & July 17-21.**

The Dalhousie Tigers varsity swim teams offer structured summer camp programs designed and instructed by Lance Cansdale (Canadian National Team Coach, Varsity Swim Team Head Coach) to develop the skills and knowledge necessary for personal improvement in performance as a competitive swimmer. Proper stroke technique and drill progressions are emphasized, as well as starts and turns, and each swimmer will receive video analysis of their stroke(s). These camps are appropriate for competitive swimmers in either full-year or summer clubs, as well as swimmers with at least Red Cross Swim Kids 6 or the equivalent, who wish to improve their competitive stroke skills. Sessions will include other strokes, however, the emphasis will be on the development of one stroke per session. Full day option includes lunch.

**So if you're ready for a fun, exciting (and wet!) learning experience, join us this summer! Register early to avoid disappointment as in the past our camps have proved popular in the past!** If you have any further questions, please feel free to send an e-mail or check out our website for further information. **GO TIGERS!!**

**Practice right and swim fast!**

**Lance Cansdale, Camp Director & Head Coach**  
**Dalhousie Men's and Women's Varsity Swimming Teams**  
[lance.cansdale@dal.ca](mailto:lance.cansdale@dal.ca) | [http://athletics.dal.ca/children\\_youth.html](http://athletics.dal.ca/children_youth.html)

## Registration

Call 494-3372 or visit [www.dal.ca/camps](http://www.dal.ca/camps)

**5 Full Day Camp: \$280**

**5 Half Day Camp: \$150**

*July 10-14 (Free – AM / Breast – PM) | July 17-21 (Fly – AM / Back – PM)*

