

**MANHEIM TOWNSHIP HIGH SCHOOL**  
**COMPETITIVE SWIM CAMPS – FALL 2019**

This fall the Manheim Township High School swim team will be offering competitive swim camps for Manheim Township residents in grades one through twelve. Swimmers will be grouped in the camp according to grade level. The camps will be conducted by the MTHS coaching staff led by Dan Graybill. Please note that the fall competitive swim camp is being conducted by the MTHS swim team and not by MTAGSP. (The MTAGSP competitive stroke clinic is held in the spring.) When registering a child in the fall camps, please make sure your check is made out to: "Manheim Township Swim Team". Deadline for registration is Thursday, Oct. 10<sup>th</sup>.

**Camp Highlights**

- Swimmers will be working on competitive technique and stroke mechanics.
- Swimmers will be given instruction on starts and turns.
- Swimmers will be given conditioning sets in order to prepare for the upcoming age group and high school swim season. High school and middle school swimmers may opt for more conditioning sets as opposed to all stroke technique work. Separate lanes will be assigned to those who select the conditioning option.

**Primary Swim Camp (Grades 1-4) – Monday, Oct. 14 – Friday, Nov. 08**

M T W Th F – 4:15–5:15 PM    Cost: \$100.00 (Four-week clinic)

**Intermediate Swim Camp (Grades 5-6) – Monday, Oct. 14 – Friday, Nov. 08**

M T W Th F – 3:30-4:30 PM    Cost: \$100.00 (Four-week clinic)

\*Participants in this group typically walk from the Landis Run School to the MTHS natatorium at the conclusion of the school day.

**Middle School Swim Camp (Grades 7-8) – Monday, Oct. 14 – Friday, Nov. 08**

M T W Th F – 3:00-4:15 PM    Cost: \$125.00 (Four-week clinic)

\*Participants in this group typically walk from the Middle School to the MTHS natatorium at the conclusion of the school day.

**High School Swim Camp (Grades 9-12) – Monday, Oct. 14 – Friday, Nov. 15**

M T W Th F – 3:00-4:15 PM    Cost: \$175.00 (Five-week clinic)

Please fill out the registration/medical release form on the accompanying page. Return the registration/medical release form and your check made out to "Manheim Township Swim Team" to:

Daniel Graybill  
163 Valleybrook Drive  
Lancaster, PA 17601

Questions?? Call Dan Graybill at (717) 314-4895

**Very Important – All applicants must be able to swim the length of the MTHS pool in both freestyle and backstroke.**

**REGISTRATION AND MEDICAL RELEASE FORM**

<u>SWIM CAMP</u>	<u># OF SWIMMERS</u>	<u>COST</u>	<u>TOTAL</u>
<u>Primary Camp (10/14/19-11/08/19)</u> M T W Th F - 4:15-5:15 PM	_____	x \$100.00 =	_____
<u>Intermediate Camp (10/14/19-11/08/19)</u> M T W Th F - 3:30-4:30 PM	_____	x \$100.00 =	_____
<u>Middle School Camp (10/14/19-11/08/19)</u> M T W Th F - 3:00-4:15 PM	_____	x \$125.00 =	_____
<u>High School Camp (10/14/19-11/15/19)</u> M T W Th F - 3:00-4:15 PM	_____	x \$175.00 =	_____

Checks should be made out to: "Manheim Township Swim Team"

Swimmer #1 Name \_\_\_\_\_ Grade \_\_\_\_\_

Swimmer #2 Name \_\_\_\_\_ Grade \_\_\_\_\_

Swimmer #3 Name \_\_\_\_\_ Grade \_\_\_\_\_

Swimmer #4 Name \_\_\_\_\_ Grade \_\_\_\_\_

**MEDICAL RELEASE FORM**

I understand that the Manheim Township School District does not carry medical or accident insurance for campers, and I certify that \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (swimmers' name/names) is/are covered by an insurance policy and that the Manheim Township Swim Camp employees nor the Manheim Township School District will be held financially responsible for any injuries to the above named swimmer/swimmers. Further, I authorize treatment to be referred to local physicians and medical facilities at my own expense.

Parent/Guardian's Name \_\_\_\_\_

Home Phone or Cell Phone Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_