

Swim for Speed Summer Conditioning

Summer 2013



*Want to get in shape for High School Season?
Want to stay in shape for College Swimming?
Just want to get outside for a workout instead of going to the Gym? Open practices for anyone entering High School in the Fall of 2013 and up!*

Pricing

Non- Members- \$150

CS&T Members- \$100

CS&T Staff- \$50

Drop-in- \$10 per workout

Checks only. Please make them out to Chelmsford Swim and Tennis Club.

Dates

Practice will run from 7:45-8:55am

Running and Dryland training at 7:15 for no extra cost.

July 1, 2, 3, 5, 8, 9, 10, 11, 12, 16, 18, 22, 23, 24, 25, 26, 29, 30, 31

*stay tuned for August Hell Week dates and info!

What to Expect

Technique and conditioning geared towards experienced swimmers looking to get better.

About Coach Jen:

Jen is from Lowell, Ma, where she was a Varsity swimmer and Record Holder at Lowell High School. She went on to swim at the University of Rhode Island where she graduated with her degree in Speech/ Language Pathology. Jen works at Lowell High School and coaches Lowell High School Girls in the fall and Tyngsboro/ Groton-Dunstable co-ed in the winter. In the summer she has coached at Westford Swim and Tennis, Haverhill Country Club and now coaches here at CS&T! She has been coaching swimming for 7 years and looks forward to working with everyone!

