



UPPER ARLINGTON HIGH SCHOOL SWIM CAMP

Swim Hard. Swim Smart. Swim Together.

JUNE 24-28 2024
10AM-11:30AM
@ UAHS

Camp Description:

Upper Arlington High School has a tradition of swimming excellence that is unparalleled in Central Ohio. In 2024 the UAHS Girls won the State Championship, while the Boys were 2nd as a team and were the top public school team in the state! For the first time, the high school swimmers and coaches will host a swim camp designed to pass on their skills to the next generations of competitive swimmers in Central Ohio. The camp will be led by Mike deBear (UAHS Boys Head Coach) & John Sands (UAHS Girls Head Coach) who have coached dozens of College Swimmers, individual state champions, and All-Americans and will provide valuable technical instruction for swimmers of all ages.

Who: Swimmers who can complete 25 of each stroke ages 6-14

Schedule:

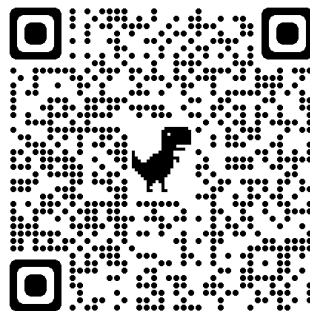
Monday: Freestyle & Flipturns

Tuesday: Backstroke & Underwaters

Wednesday: Breaststroke & Pullouts

Thursday: Butterfly & Open Turns

Friday: Starts and Practice Swim Meet



Cost: \$225 Per swimmer

CONTACT UACOACHSANDS@GMAIL.COM WITH ANY QUESTIONS

