

STOTAN SWIM CAMP

At The Atlantic Club

The STOTAN Swim Camp *is designed to provide the finest coaching and instruction the Jersey Shore and East Coast has to offer.* Each individual will be exposed to every aspect of competitive swimming, ranging from basic fundamental and techniques to elite level training.

This Summer Swim in our New Saline 6 lane, 25 meter outdoor pool!




**August 25th - August 29th
9am-4pm \$350**

- We will discuss nutrition, mental training, and dry-land strength training during the course of the camp.
- Video tape analysis for 25 yards in all four strokes and each afternoon coach and swimmer evaluate the strokes in a one-on-one session.
- 2 In-water conditioning session
- A team race at the conclusion of camp



TAC
riptide
**USS Winter
Swim Team
Open Tryouts**

**Aug 27 • Sept 10 4:30-6pm
Sept 11**

 **THE AQUATICS CENTER**
at The Atlantic Club

**Register at The Fieldhouse 732-292-4475 or contact
Daniel Asencio directly at 732-223-2100 x 166
daniela@theatlanticclub.com**