



CENTENNIAL H.S. SUMMER SWIM CAMP

GRADES 9-12



Build endurance, speed, strength, improve breath control, improve stroke technique to protect against injury, and meet other swimmers from the team.

DATES/TIMES

July 25, 26, 27 & Aug 1, 2, 3
5:45am – 8:30am

Start at pool and end outside the gym
Dryland portion is weight room or track

CAMP FEES

\$35 paid to CeHS Bookstore
any time before camp starts

Bring \$12 cash (\$2 per day)
to the pool for the City of Peoria fee



ALL Swimmers must be cleared before camp starts. Be sure to schedule sports physicals now and submit all forms to Aktivite-RMA as soon as possible to ensure clearance. You can use this link [“Register My Athlete”](#). *Instructions can be found on CeHS Athletics Website or call Athletic Department 623-412-4416*

BRING TO CAMP: A large refillable water bottle, beach towel, cap, goggles (for the pool), hand towel, appropriate clothing, socks, & athletic shoes (for dryland/weight room).

Centennial 2023 Summer Swim
Camp Registration July 25-27 &
Aug 1-3 (5:45am-8:30am)



PLEASE SCAN QR CODE TO REGISTER

Register now!

Don't forget: 1) Pay your \$35 camp fee to the CeHS bookstore by 5/25/23,
2) Aktivite-Register My Athlete clearance (get sports physical a.s.a.p.).
3) Bring \$12 for City of Peoria to the pool on the first day of camp 7/25/23

Questions? Contact Coach Hounihan - ehounihan@pusd11.net

Cut this bottom portion and bring it along with your \$12 cash payment for the City of Peoria to the pool for first day of CeHS Swim Camp 7/25/23.

Swimmer's first & last name: _____

Swimmer's birthdate: _____ Grade level Aug 2023: _____

Payment: ☐ Cash only