



C.R.U.N.C.H. Camp 2019

Character Resilience Unity Nutrition Courage Health

June 10-14, 2019

Littleton High School

199 E. Littleton Blvd, Littleton, CO 80121

Camp Overview

C.R.U.N.C.H. Camp is a fun place for competitive swimmers to focus on stroke technique, starts and turns, and their understanding of how they can improve in the sport of swimming. We will be completing practices in the water twice per day, we will have unique dryland activities inside and outside, and we will have time in the classroom each day to equip each swimmer with the knowledge to improve and succeed. The 13-18 year-olds will also have daily weight training. We will be focusing our time in the classroom on the importance of nutrition, academics, character, health, and race strategy.

Coaches

Andy Farner

Kaitlynn Jackson

Devin Nash

Annastasia Koerner

9-12 year-olds

11:00 AM - 5:30 PM Daily

\$200/Week

13-18 year-olds

10:00 AM - 6:00 PM Daily

\$250/Week

Swimmer Bundle

Drawstring Backpack

T-Shirt

Cap

Camp Sticker

Payment Information

Email CrunchCamp2019@gmail.com, and include your swimmers name. This will add their name to the waitlist.

Payment must be submitted in cash or check form. Checks are to be made out to C.R.U.N.C.H. Camp LLC.

Payment must be collected by Monday June 3rd, to secure your spot.

Payment may be sent, with your child's name, to 9697 W. Chatfield Ave. Unit A, Littleton, CO 80128