



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 and age. This will add their name to the waitlist. You will then receive an email confirming your child's spot in the camp.

Once your child's spot is confirmed you may submit payment in cash or check form.

Please make checks payable 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

Daily Schedule

9-12 year-olds

11:00AM-12:00PM - Dryland
12:00PM-1:30PM - Swimming
01:30PM-02:30PM - Lunch
02:30PM-03:00PM - Class
03:00PM-04:30PM - Swimming
04:30PM-05:30PM - Dryland

13-18 year-olds

10:00AM-12:00PM - Swimming
12:00PM-01:00PM - Dryland
01:00PM-2:00PM - Lunch
02:00PM-03:00PM - Free Time
03:00PM-03:30PM - Class
03:30PM-04:30PM - Weights
04:30PM-06:00PM - Swimming

Periodically throughout the week we will have guest speakers and instructors ranging from nutritionists to yoga instructors. We are striving to offer a 100% unique experience that will keep all campers engaged both physically and mentally.

Friday Award Ceremony

05:30PM-06:00PM

All parents and participants are invited to the award ceremony where we will recognize participants for their strengths and successes during the course of the camp. We will also have a raffle for all of the participants as a way to celebrate the end of a week of hard work!

It is the Mission of C.R.U.N.C.H. Camp to provide high quality instruction to competitive swimmers wanting to quickly improve their performance in and out of the pool. We connect swimmers with the sets, tools, and knowledge for them to understand how to improve their strokes, and their overall understanding of the sport. For 9-18 year-old swimmers, we will practice in and out of the pool, have lessons in the classroom, and empower them to be their best.