

REGISTRATION INFORMATION

Registration and Contact Information

Fee: \$125 per swimmer

Fees are due by Saturday June 7th.

Venue;

Southlake Carroll High School

1501 W Southlake Blvd

Southlake Texas 76092

817-949-8204 Cell 314-503-7442

Email: MurphyM@CISDmail.com

Write and Send Checks to:

Paul Murphy

Send To:

1400 N Park #901

Grapevine, Texas 76051

MONDAY

12 TO 1PM CLASSROOM

1 TO 1:15PM DRYLAND

1:30 TO 3:00PM STROKE WORK

3:00 TO 3:30 CAMP OVERVIEW

TUESDAY

12 TO 1PM CLASSROOM

1 TO 1:15PM DRYLAND

1:30 TO 3:00PM STROKE WORK

3:00 TO 3:30 CAMP OVERVIEW

WEDNESDAY (THURSDAY –SESSION 2)

12 TO 1PM CLASSROOM

1 TO 1:15PM DRYLAND

1:30 TO 3:00PM STROKE WORK

3:00 TO 3:30 CAMP OVERVIEW

THURSDAY (FRIDAY—SESSION 2)

12 TO 1PM CLASSROOM

1 TO 1:15PM DRYLAND

1:30 TO 3:00PM STROKE WORK

3:00 TO 3:30 CAMP OVERVIEW

AWARDS WILL BE GIVING TO ALL
CAMPERS FOR BEST STROKE AND
MOST IMPROVED.

COACH PAUL MURPHY

PROFESSIONALLY COACHED

Dragon Excel Swim Camp

Hosted at Southlake
Carroll HS Natatorium

Session 1

Ages: 9-12 years

Monday June 9,10,11,12

Session 2

Ages:13 -18 years

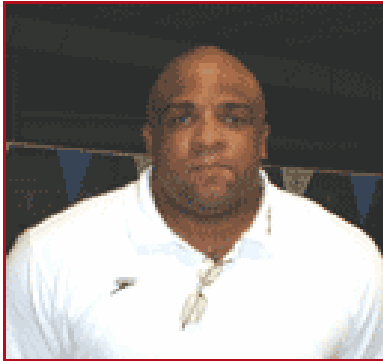
Monday June 16 ,17,19, 20

Time:12 to 3pm

Coach Paul Murphy 28 years in the swim coaching business.

Coach Paul has coached novice swimmers to Olympic trial finalist to National A team members. From club to high School Coach Paul can teach your swimmer the correct techniques for each stroke

Coach Paul believes that just teaching the correct stroke mechanics can improve your stamina, strength while ultimately produce faster times.



Coach Paul Murphy
ASCA Level 5 coach since 1987
Began coaching in 1980
Currently the Assistant Southlake Carroll High School swim Coach

Assistant North Texas Nadadores Coach

As a swimmer:

South Carolina State All American
Swam for the Sugar Creek Swim Club
National Team

As a Coach:

Top 4 American swimmers

Top 8 world class swimmers

Pan Pac Team Member

National Team Member(s)

Olympic Trial finalist.(s)

1 Greek Olympic Team member

Over 30 DI,DII,DIII All Americans

Professional Instruction

Your swimmer will have the opportunity to work with a professional swim coach that help your swimmers become more proficient and efficient in the water.

Intense Stroke Instruction

Each swimmer will receive the most up to date technical instruction on the swimming market.

Fun While Learning

Each swimmer will enjoy new drills, relays, make friends and feel faster in the water.

Classroom Chalk Talk

During the first hour of the each class all swimmers will learn more about race strategies, goal setting, visioning.

Along with Stroke illustrations and stroke videos.

Equipment Needed

9 to 12 year Camp

- 1 swim suit
- 2 pair of goggles
- 1 towel
- 1 water bottle (with drink)
- 1 pair of fins (No PDAs)
- 1 Pen or Pencil
- 1 notebook

13 to 18 year Camp

- 2 swim suits
- 2 pair of goggles
- 1 towel
- 1 water bottle (with drink)
- 1 pair of fins (No PDAs)
- 1 Pen or Pencil
- 1 notebook
- Set of hand paddles
- Equipment bag

At the end of each daily session there be awards for most improved and best stroke. All swimmers will receive a camp gift.