



YMCA FLINT FALCONS COMPETITIVE SWIM CAMP

SUNDAY, AUGUST 11 – FRIDAY, AUGUST 16

YMCA Camp Copneconic and the YMCA Flint Falcons Swim Team are partnering to offer a six-day, overnight competitive swim camp complete with the adventure of summer camp! This camp is open to swimmers entering 4th – 6th grades in the fall.

Participants will swim outdoors in Lake Copneconic and will also travel to a local lap pool where they will receive instruction on technique from the Flint Falcons coaching staff. This camping experience will be a combination of the fun and bonding of summer camp complete with professional instruction in a small group setting.

JIM LAFAVE, HEAD COACH

Jim joined the Falcons program in 2018 after spending two years as an assistant coach for the DePauw University Women’s Swim Team. There, Jim primarily worked with a sprint group that earned all-conference honors in the 200 freestyle relay and finished Top 30 in the nation. Jim also works as the head coach for Pine Lake Country Club where he has led the team to two undefeated dual meet seasons and a finals championship victory in 2018.

As a swimmer Jim competed for the Birmingham Blue Dolphins, Seaholm High School and Grand Valley State University. His best events were the 100 & 200 backstroke and the 100 butterfly. Jim was a member of BBD’s YMCA National Team, as well as a two-time BBD team record holder. In high school he earned multiple All State Awards and was a part of the 2011 State Champion Seaholm Maples. Jim went on to make the All Time Top 10 List in the 200 backstroke for Grand Valley State University where he also earned his BS in Exercise Science in 2015.

Jim is from Troy, Michigan and is currently a resident of Grand Blanc.

THE CAMP EXPERIENCE WILL INCLUDE:

- Daily Conditioning
- Training by YMCA Competitive Swim Coaches
- Guest Coaches
- Stroke Technique
- Goal Setting
- Traditional Summer Camp Activities
- And Much More!

REGISTRATION

\$500 ON OR BEFORE MAY 31

\$525 AFTER MAY 31

Space is limited. Register online at www.CampCopneconic.org.



**YMCA
CAMP
COPNECONIC**

FENTON, MI / 810.629.9622 / www.CampCopneconic.org

Please complete one (1) form per camper. Please print.

Camper’s Name: _____ Male / Female Date of Birth: ___/___/___ Grade in Fall ‘19 _____

Parent’s Name: _____ Phone Number: _____

Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Swim Camp Program Fee	\$ _____	PAYMENT: <input type="checkbox"/> Amex <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> Check Card Number: _____/_____/_____ Exp. Date: ___/___ CVV Code: _____ Zip: _____ Amount to be Charged: \$ _____ Card Holder’s Name: _____ Signature: _____
Sibling Discount 15% Off*	\$ _____	
Total Camp Fees	\$ _____	
Deposit \$150/Camper	\$ _____	
BALANCE DUE	\$ _____	

*Applies to second and each additional camper registered from the same household.

Return registration form to: YMCA of Greater Flint, ATTN: Katie Comack, 10407 N. Fenton Rd., Fenton, MI 48430
 Questions? Contact Katie Comack, Summer Camp Director at YMCA Camp Copneconic, at 810.629.9622 or katiecomack@flintymca.org.