



Murrieta Valley Adult School and Community Education  
"Pathway to Success"

# MVHS Swimming

## 2025 Murrieta Valley High School Swimming Summer Camp

The Murrieta Valley High School Swim Program would like to welcome anyone that is interested in developing their swimming skills and learn more about the swim program. If you enjoy a challenge and want to learn a new skill or refine your strokes, this camp is for you.

**DATES:** June 9<sup>th</sup> – June 20<sup>th</sup>, 2025. This camp is designed to help your swimmer gain an understanding of competitive swimming at the High School level and develop their skills in all 4 strokes. The summer camp will focus on developing or refine the swimmer's technique in their strokes, turns, starts/dives and finishes to increase their competitiveness in the sport. Training will include some dryland (exercises outside of the water) work and the possibility of assessment and analysis of stroke through video. Training times will be as follows:

**TIMES:** Mon – Friday (12pm-2pm)

**COACHES:** MVHS Swim Team Staff

**SUMMER CAMP TUITION:** \$150 Tuition will be paid online here.

If you have any other questions, please contact Coach Andrea [alalienasargis@murrieta.k12.ca.us](mailto:alalienasargis@murrieta.k12.ca.us)

**PHYSICALS & CLEARANCE:** In order to attend camp each player must have a current physical dated after May 1, 2025. Once physical is obtained you must complete application at [www.homecampus.com](http://www.homecampus.com) once you receive the Clearance email that will be turned in to Coach at beginning of camp. If you have any questions on clearance, please contact Karee via email. [kmason@murrieta.k12.ca.us](mailto:kmason@murrieta.k12.ca.us)

*Participation in a high school summer sport, music or cheer camp is designed to assist participants with skill improvement and practice, enrichment, and/or overall conditioning or proficiency. Summer camps are not required and do not guarantee placement or eligibility for a high school team or program. Participation in recreational camps and activities is optional and separate from the regular school year.*