



We are excited to have you join us this summer!!

Summer League: June 10-June 28 & July 8-July 26

Kendrick and I will once again be hosting this years Summer League.

Cost for the Summer League will be \$100.00, checks payable to “Paul Bachman”. Due on the first day of your practice.

Come as often as you like during the Summer League sessions.
Contact Information

Coach Paul, pbachman@rcsmn.org (507 282-7179)

Coach Kendrick kendrick@crossfitcredence.com

What you will need to bring to each session:

Work out clothes, i.e. shorts, shirts, shoes

Swim suits, goggles, and swim caps

(prefer high school cap)

Equipment bags with fins, pull buoys and snorkels (if you have them)

- If you do not have your own fins, think about getting some as the high school swimmers should be using them quite a bit.

The time schedule will be as follows:

Monday – Friday

8-8:45 Dryland/Practical Fitness

9-10 In pool work, which each day can include swimming conditioning, technique, starts, and turns.