



# DCS HOLIDAY CHAMPIONSHIP PREP TRAINING

FOR DOUGLAS COUNTY SCHOOLS

**Dec 15 - Jan 2, 2026**

Mondays, Tuesdays & Fridays

4:30 PM – 5:30 PM

\$60 per athlete (flat rate)

## **PROGRAM OVERVIEW**

This Holiday Championship Prep Training is designed to:

- Improve technique and stroke understanding
- Build stamina and confidence
- Prepare for championship-season performance
- Enjoy a fun, energetic training environment

## **INTERESTED IN YEAR-ROUND TRAINING?**

Check Out DCS Senior Prep (Ages 13-18)

For swimmers who want to stay in shape and continue improving outside of the high-school season. Senior Prep offers structured training focused on technique, endurance, and all four competitive strokes without the time commitment of a year-round competitive team.

A great option for athletes who want to return each high-school season stronger, faster, and more confident.

Register at:  
[www.swimdcsc.com/registration-page](http://www.swimdcsc.com/registration-page)

## **COACHING STAFF**

Coach Jarrod Hunte  
[jarrod.hunte@swimdcsc.com](mailto:jarrod.hunte@swimdcsc.com)

Coach Dan Jackson  
[dan.jackson@swimdcsc.com](mailto:dan.jackson@swimdcsc.com)

## **REGISTRATION PROCESS**

Please visit the DCS website  
[www.swimdcsc.com](http://www.swimdcsc.com)

*\*here you will find the appropriate instructions*

## **REQUIREMENTS**

- Ages 12 & up
- Able to swim 25yds without assistance