

Camp #1: “Building the Technical Base”

Saturday January 28, 2012

Shaw Centre, Saskatoon

Details:

- You will participate in one of three 1.5 hour sessions between 12:00-4:30 PM
- **Cost \$25** gets you:
 - o 1.5 hour coached session with swimmer-to-coach ratio $\leq 8:1$
 - Paul will be the head coach with help from our STCI coaches!
 - o Entry to the Shaw Centre
 - o All registrants must have a valid STAC membership*
 - o **Register** at https://www.active.com/event_detail.cfm?event_id=2007980

Get to the front of the swim pack this summer with top notch coaching from Paul Armstrong, renowned swimming coach of the Saskatoon Goldfins. STCI is pleased to bring Paul on deck for a series of swim camps this season.

There will be a series of three camps – one in January, March and May. You are not obligated to attend all three, but certainly will derive the most benefit if you do. Each camp will have a different focus to get you primed for race season. This will give you a chance to learn new skills at the camp to incorporate into your training swims. Each camp will build on skills from previous camps.

- Ideally the three groups will be organized based on swim time such that people in each group will be of similar caliber. During the registration process you will be asked for your 400 m time.
 - What better time than the New Year to do a fresh 400m TT to establish a baseline for the 2012 season. If you can't work a TT in before registration, don't worry about complete accuracy of time; give a ballpark if you haven't timed yourself lately.
- The plan is to have slower swimmers start with the first session and make our way to the faster swimmers during the last session. Please keep in mind this is subject to change and the definition of “slower” and “faster” depends on who registers!
- You will be able to indicate any times during which you are not available. Please use this only if you truly have other commitments and cannot make it. If, for instance, your favorite TV show runs during that time talk to Glenn – he has a new PVR and I'm sure would be happy to record it for you ☺ Swimmers will reap the best experience if swimming with others of similar caliber.
- You will be notified of your swim time within the week before the camp.

If you have any questions, email Carmen Bell: cbell121 at hotmail.com Deadline for registration is **Jan 20th**.

Did I mention the cost is \$25 – **huge value!!!**

FYI - Private or semi-private swim coaching is around \$60/hr, when you consider the drop in fee at Shaw is \$8 (f you were to swim on your own); that means you're paying only \$12 for 1.5 hr of coaching with Paul, the highest ranked coach in Saskatoon!

Details about camps #2 and #3 will be available a few weeks before those camps will run. If there is insufficient participation/interest in this camp, the subsequent camps will be cancelled.

*STAC = Saskatchewan Triathlon Association Corp. Memberships can be purchased at <http://www.triathlonsaskatchewan.org/Membership/tabid/138/List/1/Default.aspx>