

Cascade Swim Club
Summer Camp for Competitive Swimmers Ages 10 & Up
July 28th – August 1st
Day Camp \$550 (including a non-refundable deposit of \$150)
Talisman Sports Centre – Calgary, AB

Camp Includes

- **Coaching by**
 - 1972–2004 Olympic Team Coach and Cascade Swim Club Head Coach, Dave Johnson
 - 2007 Commonwealth Games Team Coach, Wendy Johnson
 - 2003 Pan American Games Team Coach, Jasen Pratt
 - Alberta Provincial Age Group Team Coach, Ildi Deliu
 - 2008 Olympic Team (Synchro) and Cascade Physical Literacy Coach, Leslie Sproule
- **Two days of Stroke Video Analysis by RaceTek™**
- **Dates**
 - July 28th – August 1st
 - Training Day (Monday to Friday)

(1) 7:15–8:45AM	Swim Session #1
(2) 9:00–10:00AM	Gym
(3) 10:00–10:30AM	Break
(4) 10:30–11:30AM	Classroom Session
(5) 11:30–12:30PM	Lunch
(6) 12:45–3:00PM	Swim Session #2

Frequently Asked Questions

How long has this camp been held?

2008 is the first year that a competitive swimming training camp has been offered.

What is the capacity of the camp?

There is a limit of 30 swimmers for this year's camp.

What if something happens and I cannot make the camp?

You will receive a refund of your camp fees less the non-refundable deposit. After July 6th, 2008, no refunds will be given.

What are the swimming requirements for this training camp?

This camp requires that all swimmers are current competitive swimmers – either through summer swimming or winter swimming.

How do I register?

Registration is done [online](http://www.cascadeswimming.com). Go to our website: www.cascadeswimming.com and click on registration. From the pull down list please pick Cascade Summer Camp – competitive from the list of options.

Who makes up the staff of the Cascade Swim Camp?

All of the coaches on the Cascade staff take part in the camp as well as swimmers from the senior level of the program.

Tuesday, June 17, 2008