

Dave Johnson Swim Camps 2009

Summer Camp for Competitive Swimmers Age 10 & Up

July 20th – 24th

Day Camp \$550 (including a non-refundable deposit of \$150)

Talisman Sports Centre – Calgary, AB

The Dave Johnson Swim Camps are targeted for developing competitive age-group swimmers who are looking at improving the technical proficiency of their swimming. These camps place a very heavy technical demand on the swimmers as the entire focus of the camp is on stroke, start, and turn technique.

Video footage will be done for all swimmers on all strokes covering swimming technique, starting technique and turning technique; feedback and analysis will be done by the experience coaching staff on hand.

If you are looking to see your swimmer improve in the world of fast swimming this is the camp for you!

Camp Includes

- **Coaching by**
 - Dave Johnson
 - 1972–2004 Olympic Team Coach
 - Coach of World Record Holder, Peter Szmidt
 - 2007 Commonwealth Games Team Coach, Wendy Johnson
 - 2003 Pan American Games Team Coach, Jasen Pratt
 - Alberta Provincial Team Age Group Coach, Ildi Deliu
 - 2008 Olympic Team (Synchro) and Physical Literacy Coach, Leslie Sproule
- **Two days of Stroke Video Analysis**

Frequently Asked Questions

How long has this camp been held?

- 2008 was the first year that a competitive swimming camp had been offered.

How many swimmers can attend?

- The 2009 camp has a maximum of 30 spots for competitive swimmers.

What happens if I sign up and then I cannot make the camp?

- You will receive a refund of your camp fees less the non-refundable deposit. After July 14th 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 with a Winter or Summer swimming program.

How do I register?

- Registration is being done online through the Cascade website (www.cascadeswimming.com) under the header “registration”. More information is posted there under summer programs.

Who makes up the coaching staff of the Dave Johnson Swim Camps?

- The camp is being led by the senior coaching staff from Calgary and the Calgary area. Staff will be augmented based on the needs of the swimmers.

Who is running the Dave Johnson Swim Camp?

- The Dave Johnson Swim Camp is being run as partnership between Dave Johnson, Gold Circle Sports, Swim Alberta, the Cascade Swim Club and 1373530 AB Ltd.

How can I get more information?

- To get information on this camp please contact the camp director, Jasen Pratt, at (403) 263-SWIM (7946) or email: jasen@cascadeswimming.com.