

Cascade Swim Club

Summer Camp for Competitive Swimmers Age 10 & Up

July 11th - 15th

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 Team Age Group Coach, Ildi Deliu
- 2008 Olympic Team (Synchro) and Cascade Physical Literacy Coach, Leslie Sproule

- **One day of Stroke Video Analysis by RaceTek™**

Dates of Camp

July 11th - 15th

Training Day (Monday to Friday)

- 0730 - 0900AM Swim Session #1
- 0930 - 1030AM Dryland Gym Session
- 1100 - 1200AM Classroom Session
- 1200 - 0100PM Lunch
- 0130 - 0300PM Swim Session #2

Frequently Asked Questions

How long has this camp been held?

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

How many swimmers can attend?

- The 2011 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 4th 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 done online on the Cascade website (www.cascadeswimming.com) under the header "registration" and then "online registration". More information is posted there under summer programs.

Who makes up the coaching staff of the Cascade Swim Camp?

- The camp is being led by the senior coaching staff at the Cascade Swim Club. Staff will be augmented based on the needs of the swimmers.

Thursday, July 7, 2011

How can I get more information?

- To get information on this camp or any other program being offered by the Cascade Swim Club please contact the club office at (403) 263-SWIM (7946) or visit us on the web at: <http://www.cascadeswimming.com> and email office@cascadeswimming.com.