

Dave Johnson Swim Camp

Camp for competitive swimmers! The Dave Johnson swim camp is targeted for developing competitive age-group swimmers who are looking to improve their technique in swimming. These camps place a very heavy technical demand on the swimmers and focuses on the technique of the start, turn and the strokes themselves.

Video footage will be done for all swimmers in the camp. This is a great way to analyze the technique of the skills and provide feedback. The analysis and feedback will be given by the experienced coaches on staff. If you are looking to see your swimmer improve in the world of fast swimming this camp is for you!!

Camp includes:

- **Coaching by:**
 - Dave Johnson, 1972-2004 Olympic team coach
 - Marc Tremblay, 2009 World Championships Team coach
 - Wendy Johnson, 2007 Commonwealth Games team coach as well as Olympic swimmer herself
 - Jasen Pratt, 2003 Pan American Games Team coach
 - Ildi Deliu, Alberta provincial age group coach
- **2 days of video stroke analysis**
- **Dryland Training**
- **Classroom sessions**

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 2012 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 23rd

***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 register for summer programs

How can I get more information?

- To get information on this camp please contact the camp director, Sasha Sproule, at (403) 263-SWIM (7946) or email: summer.programs@cascadeswimming.com