

ABOUT THE CAMP

This outstanding camp is offered to Masters swimmers through the combined efforts of U.S. Masters Swimming, the Triangle Sports Commission, and the Greensboro Aquatic Center. The camp is hosted by the Triangle Sports Commission, a USMS Community Partner, and is supported locally by the Greensboro Convention and Visitors Bureau.

The camp is limited to a small number of dedicated Masters swimmers who are committed to advancing their skills and performance. You'll be taught and analyzed by outstanding U.S. Masters Swimming coaches and professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, and resistance and flexibility training.

WHAT YOU'LL DO

The camp emphasis is on testing and education. Pool time is dedicated to technique improvement rather than conditioning. You'll be tested for your Heart Rate/Lactate threshold and you'll be filmed above and below the water. Stroke analysis, flexibility and range of motion (ROM) assessment and instruction, sports psychology consultations, motivational and classroom presentations on topics such as biomechanics, physiology, sports psychology, and training are all part of the program.



WHAT YOU'LL LEARN

You will learn the most up-to-date Masters training and competitive theories and techniques and be able to correlate them to your personal swimming program and goals. Significant time will be devoted to providing individual results of, and feedback on, all testing. Computerized biomechanic analysis of your stroke, body physiology, videotape review, flexibility and range of motion assessment results and recommendations, lactate and nutrition assessment, and recommendations will be included. You will receive expert instruction and a critique of starts, turns, and drills. You'll take home a flash drive with handouts, videos, and presentations along with personalized training program recommendations.

This camp will be intense, but there will be plenty of opportunity for interaction and socialization with the other Masters athletes.



ADDITIONAL INFORMATION...

Any Masters swimmer is eligible to attend this camp. The fee for the camp is \$2000, and includes room (2 campers/room), board, all ground transportation including to and from the airport (airfare is not included), instructional materials, camp shirt, and other gifts. **Once you are selected, the fee is due in two non-refundable installments of \$1000 by June 2 and June 30.** For further information, contact Hill Carrow at hcarrow@trianglesportscommission.com.

APPLICATION FOR THE USMS HIGH PERFORMANCE CAMP

Please answer the following questions and return by mail or fax to Hill Carrow at the address below:

Hill Carrow
Triangle Sports Commission
401 Harrison Oaks Boulevard, Suite 215
Cary, NC 27513
919-678-1655 fax
hcarrow@trianglesportscommission.com

Campers will arrive on Saturday by mid-day and depart on Thursday morning. Applications are accepted throughout the year and early applications are encouraged. Priority is given by date received. Final deadline for applications (i.e. postmarked or faxed) is **FRIDAY, May 12**. You will be notified of your acceptance by **FRIDAY, MAY 19**.

The primary criteria for selection include: a balance of men and women, previous swimming achievements, swimming background, and workout/training schedule. Due to the limited number of participants (maximum of 20) and the strong interest in participation, your application will be rolled over for the next camp if you are not selected unless you indicate otherwise.

Answer the following questions and return by mail, fax, or email. (You may use your own format if desired. Keep a copy for your records.)

1. NAME _____
2. ADDRESS _____
3. E-MAIL _____
4. PHONE _____ day
_____ ev.
5. AGE _____
6. DATE OF BIRTH _____
7. OCCUPATION _____
8. CURRENT USMS# _____
9. TEAM _____

APPLICATION FORM CONTINUED

10. REASONS FOR WANTING TO ATTEND THE CAMP. _____

11. LIST YOUR MAJOR SWIMMING ACHIEVEMENTS (USMS Top 10 placings within the past 2 years, regional placings, contributions to Masters swimming – national, regional, local.) _____

12. LIST RECENT TRAINING BACKGROUND (POOL, WEIGHT TRAINING & FLEXIBILITY, CROSS TRAINING) _____

13. WHAT IS YOUR BEST EVENT? _____

14. HOW WILL YOU SHARE WHAT YOU LEARN AT CAMP? _____

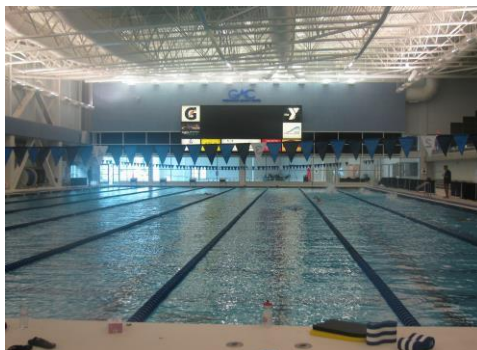
15. DATE OF APPLICATION _____

16. INDICATE WHETHER OR NOT YOU WISH YOUR APPLICATION TO BE CONSIDERED FOR FUTURE CAMPS. _____

GENERAL INFORMATION

Dates: Sat., Aug. 26- Thurs., Aug. 31, 2017

Location: Greensboro Aquatic Center
Greensboro, NC
Site of the 2012 USMS Spring Nationals
and the 2016 USA Masters Games



Housing: Campers will be housed at the **Holiday Inn Greensboro Coliseum**, which is a 5-minute shuttle ride from the Greensboro Aquatic Center

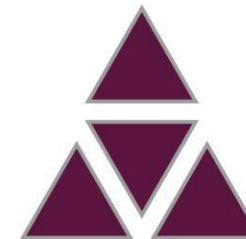


Sessions: Campers will be exposed to various training and competition techniques by a highly experienced staff. High Performance Camp is designed specifically for Masters swimmers who want to improve their swimming. Campers will also participate in both pool and dryland training sessions. Campers will hear from a variety of speakers such as coaches, sports psychologists, and nutritionists, all of whom are focused on the specific demands of Masters Swimming.

**2017
U.S. MASTERS
SWIMMING
HIGH
PERFORMANCE
CAMP**

AUG. 26 – AUG. 31, 2017

HOSTED BY



**TRIANGLE
SPORTS COMMISSION**

**The Triangle Sports
Commission, a U.S. Masters
Swimming Community
Partner**

IN PARTNERSHIP WITH

