



Gators Academy of Swimming
Masters Training Camp
Palm Springs, California
March, 2014

GENERAL CAMP INFORMATION

Location & Facility

- ◆ Desert YMCA, Palm Springs, California

Dates & Schedule

- ◆ Week 1: March 17-21, 2014
- ◆ Pool time might be a mix of SCY, SCM and LCM.
- ◆ A detailed schedule will be released to all camp participants at a later date
- ◆ Most days will feature 2 workouts, with 1-2 days with single workouts only
- ◆ Sessions will be between 1.5 hrs and 2 hours – please arrive on deck about 20-30 minutes prior to us getting in the water to allow for some dynamic stretching and activities



Cost - \$450 per person

- ◆ Cost is for camp registration ONLY - travel and accommodation is additional

Travel & Accommodation

- ◆ A lot of people travel south in the winter and to places like Palm Springs. With the options that are available to travellers, as well as accommodations and ground transfers (to/from airport, to/from resort to pool) all of those arrangements will be at the sole responsibility of the participant to reserve and purchase.

EXPECTATIONS, REQUIREMENTS & PURPOSE

- ◆ This swim training camp is open to Masters swimmers (18 years of age or older) or Triathletes who seek a challenging, but rewarding training experience in and out of the pool.
- ◆ Swimmers will be presented with sets focused across all 4 competitive swimming strokes, although plenty of opportunity will also be provided to focus solely on your favourite stroke(s).
- ◆ Throughout the camp, participants will learn the technique and the fundamentals of each stroke and applying what we are learning. Swimmers will also be challenged on their anaerobic and aerobic levels and overall fitness.
- ◆ All sessions should be considered mandatory by all swimmers however we do understand that there are other activities people want to take part in (i.e. golfing) and we feel that is perfectly acceptable.
- ◆ All participants will receive:
 - G.A.S. Swim Cap
 - G.A.S. T-Shirt
 - Daily Giveaways.
 - New (different) of knowledge of the sport

Gators Academy of Swimming – *“Where Results Are Made”*

www.swiminthewamp.com



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MANDATORY REQUIREMENT!

- ◆ For insurance purposes, all participants **must be** at least 18 years of age or older and have a current membership with their respective association.
- ◆ Whether you swim for competitive, recreational, fitness, or social reasons, rest assured as everyone will be welcomed and encouraged equally.
- ◆ Please note, this is **NOT** a “learn-to-swim” program as it is expected that all camp participants have a minimum level of fitness, ability and knowledge of swimming. Anyone unsure of the suitability of this camp should contact Clint Stevens at coach@swimintheswamp.com
- ◆ For the competitive Masters athlete, this camp represents a fantastic opportunity to gain an edge over the competition and give their training a boost in advance of the 2014 competitions at their provincial and national level including the upcoming World Masters Championships in Montreal, QC.
- ◆ For both the competitive and non-competitive Masters athlete, this camp also represents a chance to have an extraordinary outdoor swimming experience escaping the clutches of Old Man Winter.
- ◆ “FUN, FITNESS, FRIENDSHIP & PARTICIPATION” - Masters Swimming Canada

Recommended Clothing and Equipment

- | | |
|----------------------|--------------------------|
| ◆ Notebook and Pen | ◆ Sweatshirt |
| ◆ 2 Swim Suits | ◆ Long pants/sweat pants |
| ◆ 2 Swim Caps | ◆ T-shirts |
| ◆ 2 pairs of goggles | ◆ Gym shorts |
| ◆ Gym shoes | ◆ Towels |
| ◆ Socks | ◆ Water bottle |
| ◆ Swim bag | ◆ Snorkel |

COACHES

Coach & Camp Coordinator – Clint Stevens (Red Deer, AB)

Director of Competitive Swimming/Head Coach – Gators Academy of Swimming

- NCCP/ASCA certified swim coach, with over 15 years of coaching experience coaching all levels of swimmers specializing in Masters and Elite athletes
- USMS (United States Masters Swimming) Level 2 certified
- Specialties are in I.M., High Intensity Interval Training, Aerobic Training



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REGISTRATION

DEADLINE FOR REGISTRATION – January 30, 2014

Registration will be limited to a **minimum of 20 and a maximum of 40** participants for the week. Registrations will be received and confirmed on a **first-come, first-serve basis**. If necessary, a wait list will be generated.

If interested in registering for our inaugural training camp, please complete the sections below and accompany your payment to the following address:

Gators Academy of Swimming/Clint Stevens

35 Inglewood Drive

Red Deer, AB

T4R 0A4

Alternatively, you can email a scan of the completed form to coach@swiminthewamp.com. Please note, your registration will not be considered complete until payment has been received. Payment options and refund policies are outlined below.

NOTE ABOUT FUTURE GAS TRAINING CAMPS.

This is not our first rodeo; in the past we have conducted various stroke clinics for a number of clubs within our province. Our camps and clinics will follow a similar structure with the exception of our chalk talk sessions – if we are able to secure a room for some this type of session we will do so and it is open to anyone wanting to attend.

This is our inaugural training camp and we do hope that you will consider taking part in this fun, challenging and rewarding experience – sometimes

ABOUT Gators Academy of Swimming (G.A.S.)

Gators Academy of Swimming is a registered coaching and consulting service based out of Red Deer, Alberta owned and operated by Clint Stevens. G.A.S. is also a registered Masters Swim Club with Masters Canada and Swim Alberta.

Our mission is to coach and develop athletes in all walks of our sport, share our knowledge, and most of all affordable training camps or clinics both locally and afar for Masters/Age Group swimmers, Triathletes and more.

For a full biography of Coach Clint and more about Gators Academy of Swimming, please visit our website: www.swiminthewamp.com



PERSONAL INFORMATION (Please print clearly)

First name: _____ Middle initial(s): _____

Last name: _____

Street address: _____

City: _____ Postal Code: _____

Phone Number: _____ Email: _____

Date of Birth*: _____/_____/_____
(day) (month) (year)

- ◆ Please note that you must be at least 18 years of age or older to participate in these camps.

T-Shirt Size (Adult): _____(XXL)/_____(XL)/_____(L)/_____(M)/_____(S)

MASTERS SWIMMING ASSOCIATION REGISTRATION*

Masters registration #: _____

Province/LMSC of issue: _____

*** For insurance purposes, all participants must be registered with their respective provincial Masters association.**

*** Proof of valid registration may be required.**

MEDICAL INFORMATION & WAIVER

Medical information and waiver forms will be sent out to all confirmed registrants prior to the start of the camp. These forms need to be returned to G.A.S. prior to the first workout.

NICE TO KNOW INFORMATION

1. How many years have you been swimming? _____
2. How many practices do you average per week? _____
3. What is your average distance of each practice? _____
4. List the times of your appropriate events in short course yards.

List your 3 goals:

1. Goal#1: _____
2. Goal #2: _____
3. Goal #3: _____



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We spend a lot of time on:		We don't spend much time on:	
<input type="radio"/> Technique/Drills	<input type="radio"/> Streamlining	<input type="radio"/> Technique/Drills	<input type="radio"/> Streamlining
<input type="radio"/> Training (Aerobic)	<input type="radio"/> Starts	<input type="radio"/> Training (Aerobic)	<input type="radio"/> Starts
<input type="radio"/> Training (Sprint/Anaerobic)	<input type="radio"/> Turns	<input type="radio"/> Training (Sprint/Anaerobic)	<input type="radio"/> Turns
<input type="radio"/> Kicking	<input type="radio"/> Stretching	<input type="radio"/> Kicking	<input type="radio"/> Stretching
<input type="radio"/> Sculling	<input type="radio"/> Dryland	<input type="radio"/> Sculling	<input type="radio"/> Dryland
<input type="radio"/> Games	<input type="radio"/> Videotaping	<input type="radio"/> Games	<input type="radio"/> Videotaping
<input type="radio"/> Other _____			

Camp Expectations:

1. _____
2. _____
3. _____
4. _____
5. _____



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PAYMENT OPTIONS - \$450 per person per week

Airfare, ground transportation and accommodation including meals are at the responsibility of the participant.

Option 1: By Cheque - make payable to:

Gators Academy of Swimming/Clint Stevens
35 Inglewood Drive
Red Deer, AB
T4R 0A4

* We apologize and hope to offer additional payment methods in the future *

CONFIRMATION OF REGISTRATION

Registration will be confirmed by email once **FULL** payment has been processed. Please ensure that you print clearly and legible on the forms as much of our correspondence will be done electronically or on our facebook page.

DEPOSIT TO HOLD SPOT

A **50% (\$225.00)** deposit is required to hold a spot in your name until **January 1st, 2014**, after which a decision on your participation will need to be made and the remainder of the camp registration fee paid.

Full payment (\$450.00) will be required no later than February 10th, 2014.

All prices are in **Canadian Funds**

CANCELLATION & REFUND POLICY

- All requests for cancellation of camp registration should be sent as soon as possible via email to coach@swiminthewamp.com
- Refunds will be granted, for the camp registration fee **ONLY**, according to the following schedule:
 - February 14, 2014 - \$150 becomes non-refundable, \$300 will be refunded**
 - March 1, 2014 - \$450 becomes non-refundable, no refund will be given**
- A full refund, of the camp registration fee **ONLY**, will be given in the unlikely event that it becomes necessary to cancel the camp, regardless of the date

I have read and fully understand the refund policy:

Signature: _____

Date: _____



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CONSENT AND WAIVER OF RESPONSIBILITY

In consideration of Gators Academy of Swimming Masters Swim Camp's acceptance of

▶ _____
(your name)

As a participant in the Gators Academy of Swimming Master's Swim Camp for the period of March 17-21, 2014:

It is agreed that all risks attendant to watching and /or participating in camp activities including, but not limited to bodily injury, are assumed by the participant and that this assumption is acknowledged, approved, and agreed to by the participant as indicated by his/her signature hereto. MSC/USMS members are covered for injuries/accidents occurring during camp as secondary coverage after the participant's primary insurance has paid.

I hereby grant permission for physicians, dentists, or other licensed health care providers and their designees to administer outpatient medical, surgical, or dental services as appropriate, or to use necessary antigens or other injections, to perform emergency procedures as necessary or to refer to duly licensed medical personnel when indicated.

Signature: _____

Date: _____

HOLD HARMLESS AGREEMENT

By my signature below, I _____ do attest that I know and understand the scope, nature, and extent of the risk involved in participating in the Gators Academy of Swimming Master's Swim Camp, to be conducted from March 17-21, 2014. I the undersigned, agree to hold Desert YMCA (and the Board of Trustee, Officers, Faculty, and Staff), the Gators Academy of Swimming Master's Swim Camp personal, or the MASTERS SWIMMING CANADA, UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, from any liability, claims, expenses, demands, or legal action (or Course of action) arising out of or in connection with such loss, damage or injury.

Signature: _____

Date: _____



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THIS RELEASE MUST BE SIGNED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters SWIMMING (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: MASTERS SWIMMING CANAD, UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of FINA, MSC and USMS.

Signature: _____

Date: _____