



SBSC New Year's Resolution Training Camp

December 27 , 2015 – January 2, 2016

Registration Deadline December 15, 2015

Sanctioned by Southern Pacific Masters

Santa Barbara Masters wants to help you kick off the new year with our first annual New Year's training camp. The objective of this week-long training camp is to jump start your 2016 season with some serious training and fun! We realize this is your vacation time so we encourage you explore all that the Santa Barbara region has to offer during your down time. We will be conducting a challenging mix of pool swimming, open water swimming and dry land workouts. Our professional coaching staff will be providing stroke analysis and personal feedback during all practices.

There will be two swim sessions per day, with the exception of New Year's Eve and New Year's Day. The morning session will be general fitness driven and the afternoons will be split between mid-distance and sprint and will allow for stroke work in either break-out group. The morning workouts will be long course and the afternoon work outs will be short course.

Your coaching staff

Mark Warkentin, 2008 Olympian and Head Coach Santa Barbara Swim Club

Caroline Burkle , 2008 Bronze Medalist and NCAA Champion

John Abrami and Mark Stori – Santa Barbara Masters Coaching Staff

Christopher Barrett Politan - Competition Coach, Chicago Smelts - 2015 IL Masters State Champions

Chris Bull – Santa Barbara Swim Club Strength Training Coach

Our training camp is open to all 2016 USMS registered swimmers. We request that you are capable of swimming at least a 2,000 meter work out. The fee for the camp is \$325 for 7 days or \$255 for 4 days (which is inclusive of a SBSC t-shirt and swim cap). Registration will be capped at 50 athletes, ensuring highly individualized feedback. A 50% deposit will reserve your space with final payment due by December 15th. Massages and surf lessons will also be available for an additional fee.

Forms/Documents:

- Camp Logistics
- Camp registration
- Camp Schedule

Santa Barbara Masters NY Resolution Camp Logistics



Los Banos Del Mar Pool
401 Shoreline Dr
Santa Barbara, CA 93109

Airports: Santa Barbara Municipal Airport or LAX (about 1 ½ drive)

Hotel arrangements (all walking distance to the pool and beach)

Mason Beach Inn \$149/night – double

Hotel Milo - \$185/night - double

Fess Parker - \$205/night - double

Numerous VRBO options. Santa Barbara and Montecito homes will all be within a 10 minute drive to the pool. Carpenteria, Summerland and Goleta will be within 15-20 minutes from the pool.

Preparation recommendations

Sweats and/or fleece pullovers for the mornings

Running shoes and dryland work out gear

Wetsuit (rentals available)

Paddles (pull buoys and kick boards supplied)

Extra Towels

Sunscreen

Hiking shoes (great hiking trails around town)

Santa Barbara Masters NY Camp Registration

Name: _____
Home Address: _____
Email: _____
Age Group: _____
Phone: _____
USMS #: _____
Masters Team Affiliation: _____
Emergency Contact: _____
Emergency Contact Number: _____

Standard Interval for 100's (yards): _____
Work Out Preference: Mid Distance or Sprint
Best Stroke: _____

Training Fees:	\$325	\$325
T-Shirt Size _____		
Sunday Night Camp Dinner:	\$ 25	\$ _____
Surf Lessons (includes board and wetsuit)	\$ 60	\$ _____
Total (50% deposit to reserve a spot*)		\$ _____

Please make checks out to SBSC and send along with this form to:
Santa Barbara Swim Club
Attn: Mark Stori
PO Box 4125
Santa Barbara, CA 93140

You can pay by Pay Pal by selecting Swimoffice@sbwim.net in the "Pay for goods or services" section.
Please contact Mark Stori at 312 -350-4954 or markstori01@gmail.com for any questions.

*Full payment due by December 15, 2015. No refunds for deposits after 11/1/2015.
** We will provide sign up times for massages during the camp

New Year's Training Swim Camp Schedule							
Dec 27, 2015 - Jan 2, 2016							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Time	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
8:00-9:00am		Pool	Pool	Pool	Pool		Pool
9:00am-10:00am	Ocean Swim					Dryland	
10:00-11:00am						Ocean Swim	
11:00-12:00pm							
12:00pm-1:00pm							
1:00pm-2:00pm							
2:00pm-3:00pm	Pool						Pool
3:00pm-4:00pm		Dryland		Dryland			
4:00pm-5:00pm		Pool	Pool	Pool	Off - NYE	Off - NYD	
5:00pm-6:00pm							

Note: Ocean swims are optional and not an official camp activity.

Additional activity recommendations:

1. Numerous hiking trails in the Santa Barbara area - check out santabarbaratrailguide.com for weekly hike schedules
2. Kayak and Canoe rentals – Santa Barbara Sailing Center – sbsail.com
3. Wine country tours – Santa Ynez Valley -
 - a. Wine Lovers Tour – winetourssantaynez.com
 - b. I Bike Santa Barbara Wine Tours – ibikesb.com
4. Wine tasting in the evenings – Funk Zone Wineries
5. Shopping along State Street Promenade downtown Santa Barbara
6. Carpenteria - Great public beaches and quaint downtown – classic small CA beach town
7. Lotusland - lotusland.org – Amazing botanic gardens on a private estate in Montecito