



SBSC Open Water Weekend Camp

May 12, 2016 – May 15, 2016

Registration Deadline May 10, 2016

Camp Overview:

Santa Barbara Masters is partnering with Bryan Mineo, The Swim Mechanic, for a uniquely comprehensive 3 day camp that will instill the skills and tactics necessary for open water swimming success. We tailor the camp to be a small group, ensuring maximal coach to athlete ratio and allowing your specific needs to be addressed. With daily offerings of pool and open water sessions, as well as dryland work and lectures, you'll be immersed completely in all things swimming. At your disposal you'll have a team of coaches that are some of the country's most decorated swimming and open water specialists.

Your coaching staff

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

Bryan Mineo – Open water expert and contributor for USAT, Triathlete Magazine & Active.com

John Abrami – 30+ years coaching elite level swimmers and triathletes – masters triathlon competitor

Mark Stori – 20+ years coaching adult swimmers/triathletes – multiple time USMS national champion

Running Coach – Nash Jimenez, Santa Barbara Running Coach - USA Cross Country national champions

Cycling Coach – Jason Smith, Professional triathlete and endurance coach

Chris Bull – Reveal Fitness Strength Training Coach

Our weekend camp is open to all 2016 USMS registered swimmers. Please note, the open water swims are not sanctioned by USMS and are not covered by USMS insurance. We request that you are capable of swimming at least a 1,500 meter work out. The fee for the camp is \$395 for 3 days if you register by May 1 and \$425 from May 2- May 12th. Registration will be capped at 50 athletes, ensuring highly individualized feedback. A 50% deposit will reserve your space with final payment due by start of camp.

Forms/Documents:

- Camp Schedule
- Camp Logistics
- Camp registration

Santa Barbara Masters Weekend Open Water Camp Schedule

SBSC Weekend Camp				
	Thurs	Friday	Sat	Sun
Time				
8:00-9:00am			Group Run - 8:30-10:00am	
9:00am-10:00am		Open Water Swim 8:30am-10:00am		Water Swim/Bike/Run Time Trial - 9am-11am
10:00-11:00am		Dryland - 10:30-11:30am	Open Water Swim 10:30-noon	
11:00-12:00pm				
12:00pm-1:00pm				
1:00pm-2:00pm				
2:00pm-3:00pm				
3:00pm-4:00pm		Cycle - 3-5:00pm	Pool Circuit - 3-4:30pm	
4:00pm-5:00pm				
5:00pm-6:00pm	Pre Race Prep Talk - 5-5:45pm			
6:00pm-7:00pm	Open Water Swim (500M, 1K or 1 Mile) - 6:30	Pool - Evening Swim with SBSC Masters 6:00-7:10pm		

Santa Barbara Masters Summer Camp Logistics



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

Recommended Lodging (within walking distance of beach/pool):

Beach House Inn (includes in-room kitchens) - (805) 966-1126

Marina Beach Hotel (includes breakfast and option for kitchenettes) – (805) 963-9311

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

Please advise if you are open to sharing a room.

Preparation recommendations

Sweats and/or fleece pullovers for the mornings

Running shoes and dry land work out gear

Wetsuit (rentals available)

Fins

Paddles (pull buoys and kick boards supplied)

Extra Towels

Sunscreen

Hiking shoes (great hiking trails around town)

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