

You are reserving a spot for **30th (And Final) Intensive Training Camp**

Friday, March 3, 2017 - Sunday, March 5, 2017.

**WALNUT CREEK MASTERS
INVITES YOU TO
THE 30TH ANNUAL INTENSIVE TRAINING CAMP
March 3-5, 2017**

Sanctioned by Pacific Masters Swimming for United States Masters Swimming
Sanction Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_

This training camp is 2-1/2 days dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity, and stroke technique instruction, all in an atmosphere conducive to serious swim training.

There will be two in-water training sessions per day.  The morning practice will be a general conditioning session, with afternoon sessions split into Distance Mid-Distance, and Sprint specialties.  Mid-Distance and Sprint practices will be very accommodating to both freestyle and all non-free strokes.  Here the coaching staff will strive to meet your specific needs in training for your best events.

Each morning session will conclude with a hearty breakfast.

Optional Stroke Schools will be conducted Friday evening, Saturday and Sunday.

\*\*\*\*\*TriLabs will supply all our underwater videotaping, the absolute best look at your stroke mechanics. The ITC staff will provide comprehensive analysis during the camp, and you will be given the opportunity to download your video when you get home.

Other camp highlights include lectures, and, at a nominal cost, massages and a Saturday camp dinner.

**The 2017 Coaching Staff will consist of:**

* Kerry O’Brien, Mike Heaney, Debbie Santos, Steve Stahl and Lisa Ward, coaching staff of the World Champion and USMS Team of the Year Walnut Creek Masters
* Cokie Lepinski, Head coach of Swymnut Masters & 2014 USMS Coach of the Year
* Brian Stack, Head Coach of the Manatee Masters and the 1997 Pacific Masters Coach of the Year
* Sunny Blende, Sports Nutritionist and contributor to the USMS Swimmer Magazine

The ITC is not the place to begin your training, but to continue it at perhaps a higher level.  By registering, you are confirming the fact that you are in good physical health, have been competitively training for at least 8 weeks, and are capable of training twice per day (approximately 6,000 to 8,000 yards).

The ITC is open to all 2017 USMS registered swimmers.  Applications will be taken on a “First Come” basis.  Space will be limited to 50 participants.  The fee for the camp is $300.00.  Saturday night optional camp dinner ($30) and optional massage ($38 / 30 minutes) are additional. Online entry is paid by credit card to ClubAssistant.com Events.

**WALNUT CREEK MASTERS
2017 INTENSIVE TRAINING CAMP SCHEDULE**

**Friday, March 3, 2017**

* 10:30 & Noon  Optional Walnut Creek Masters Workouts
* 5:30pm   ITC Registration & Welcome
* 6:00 to 8:00pm   Freestyle and Backstroke Schools; Classroom and In-Water Time

**Saturday, March 4, 2017**

* 8:45 - 10:30am   Morning Practice Session
* 10:30 - 11:45am   Breakfast
* 1:00 - 5:00pm   Massages Available
* 1:00 - 2:30pm   Breaststroke Schools
* 3:00 - 4:15pm   Sprint Workout Session
* 4:15 - 5:30pm   Distance and Mid-Distance Workout
* 6:30 - 8:30pm   Optional Camp Dinner

**Sunday, March 5, 2017**

* 7:30 - 8:30am   Butterfly School
* 8:30 - 10:15am   Morning Practice Session
* 10:30 - 1:00pm   Breakfast & Videotape Review
* 1:00 - 3:00pm   Nutrition Lecture
* 3:15 - 4:15pm   Full Body Check-Ups for all four strokes
* 4:15 - 5:30pm   Choice of Practices
* 5:30 pm Done – GREAT JOB!!!

**Cancellation Policy**

Inform us by email of a potential cancellation administrator@pacificmasters.org

Make refund requests in writing prior to Feb 21, 2017. Refunds will have credit card processing fees deducted from total original transaction amount.

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| **Current Attendees** | 1 |
| **Maximum Entrants** | 50 |

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| [**Register Now**](https://www.clubassistant.com/club/form/usms_verify.cfm?form_type=Event%20Registration&c=1301&cid=67921) |