

2015 Intensive Training Camp 3/6 to 3/8/2015

Event Date: March 6, 2015 (05:00 PM) - March 8, 2015 (05:30 PM)

Registration Deadline: February 27, 2015

WALNUT CREEK MASTERS
INVITES YOU TO THE
28TH Annual
INTENSIVE TRAINING CAMP
March 6th through March 8th, 2015

Sanctioned by Pacific Masters Swimming for United States Masters Swimming Sanction Number (TBA)

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.

*****Underwater taping with each camper taking home their own DVD. The ITC staff will provide stroke analysis during the camp.

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

The 2015 Coaching Staff will consist of:

- **Sue Welker, 2006 USMS Coach of the Year – Naperville Waves Swim Club/Illinois Masters**
- **Cokie Lipinski, 2014 USMS Coach of the Year – Swymnut Masters/Marin County California,**
- **Kerry O'Brien, Mike Heaney, Debbie Santos, Steve Stahl and Lisa Ward,** coaching staff of the award winning Walnut Creek Masters
- **Roque Santos,** 1992 US Olympian in the 200 Meter Breaststroke
- **Brian Stack,** Head Coach of the Manatee Masters and the 1997 Pacific Masters Coach of the Year

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 opened to all 2015 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 \$335.00. Saturday nite optional camp dinner (\$25) and optional massage (\$38 / 30 minutes) are additional.

Forms/Documents:

- [2015 Camp Logistics.docx](#)
- [2015 Camp Swimmer Information Form to Complete and Return.docx](#)
- [2015 ITC Schedule.docx](#)