



SBSC Semana Nautica Open Water Training Camp

June 29, 2016 – July 3, 2016

Registration Deadline June 15, 2016

Santa Barbara Masters wants to help you improve your open water swimming with our Semana Nautica Open Water Training Camp. The objective of this training camp is to give you daily experience with open water races. In addition to having the option to swim in five open water races over the course of five days, we will be offering four 1 hour technique focused swim work outs, open water racing strategy and Q&A sessions before each race, two run, two cycle and two strength work outs. Our professional coaching staff will be providing stroke analysis and personal feedback during all swim sessions.

Your coaching staff

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

Bryan Mineo – Open water expert and monthly contributor to 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 training 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 \$495 for 5 days or \$395 for 3 days (which is inclusive 5/3 open water swim entry fees and a SBSC t-shirt and swim cap). Registration will be capped at 80 athletes, ensuring highly individualized feedback. A 50% deposit will reserve your space with final payment due by June 15th. Massages, paddle boarding and surf lessons will also be available for an additional fee to be arranged with a third party.

Forms/Documents:

- Camp Schedule
- Camp Logistics
- Camp registration

Santa Barbara Masters Summer Open Water Camp Schedule

6/29-7/3					
	Wed	Thurs	Friday	Sat	Sun
Time	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul
8:00-9:00am	Pool and Open Water - Training Session - 7:30-10:00	Pool and Open Water - Training Session - 7:30-10:00	Pool and Open Water - Training Session - 7:30-10:00	Pre Race Prep Talk	Pre Race Prep Talk
9:00am-10:00am		Run - Technique - 10:30-11:30		Open Water - 1 Mile - 9:00	Open Water - 3 Mile - 9:00
10:00-11:00am	Dryland - Reveal		Dryland - Reveal		
11:00-12:00pm	Fitness - 10:30-11:30		Fitness - 10:30-11:30		
12:00pm-1:00pm				Pool - Technique Session 12:00-1:00	Run - East Beach Interval - 12:00-1:00
1:00pm-2:00pm					
2:00pm-3:00pm	Cycle - 2:00-4:00				
3:00pm-4:00pm				Cycle - 2:00 - 4:00	
4:00pm-5:00pm					
5:00pm-6:00pm	Pre Race Prep Talk	Pre Race Prep Talk	Pre Race Prep Talk		
6:00pm-7:00pm	Night Moves Swim (500M, 1K or 2K) - 6:25	Reef & Run Swim (500M, 1K or 1 Mile) - 6:30	Big Wave Swim (600M or 1.2K) - 6:00		

Santa Barbara Masters Summer 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

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.

For assistance with arranging travel you can contact:

Susan Burke

High Profile Travel

www.highprofiletravel.net

susan@highprofiletravel.net

563-940-259

Santa Barbara Masters Summer Camp Registration

Name: _____

Home Address: _____

Email: _____

Age Group: _____

Phone: _____

USMS # : _____

Masters Team Affiliation: _____

Emergency Contact: _____

Emergency Contact Number: _____

Training Fees:

T-Shirt Size _____

5 Day Camp /5 Open Water Races :	\$495
3 Day Camp/3 Open Water Races:	\$395
Total (50% deposit to reserve a spot*)	\$_____

Please make checks out to Santa Barbara Swim Club 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@sbswim.net in the "Pay for goods or services" section. Please contact Mark Stori at markstori01@gmail.com for any questions.

***Full payment due by June 29, 2016.**

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. Carpinteria - Great public beaches and quaint downtown – classic small CA beach town
7. Lotusland - lotusland.org – Amazing botanic gardens on a private estate in Montecito