**SBSC New Year's Resolution Training Camp**

**December 27 , 2016 – January 1, 2017**

*Registration Deadline December 15, 2016*

Santa Barbara Masters will help you kick off the new year with our second annual New Year's training camp. The objective of our destination training camp is to jump start your 2017 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, circuit training and dry land workouts. Additionally, we will be providing guest speakers on topics ranging from goal setting, yoga/stretching and posture/wellness. Our professional coaching staff will be providing stroke analysis and personal feedback during all practices.

Two swim sessions will be offered 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 optional afternoon sessions will include dryland, circuit training and drills/technique work.

**Your coaching staff**

**John Abrami** – Santa Barbara Swim Club - 30+ years coaching masters swimmers and elite level swimmers
**Mark Stori** – Santa Barbara Swim Club - 25+ years coaching and instructing masters swimmers - multiple time USMS national champion

Our training camp is open to all 2017 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 $450 for 6 days or $340 for 4 days (which is inclusive of two camp dinners, a SBSC t-shirt and swim cap). *10% discount offered for groups of 3 or more.*

Registration will be capped at 50 athletes, ensuring highly individualized feedback.

Forms/Documents:

- Camp Schedule
- Camp Logistics
- Camp registration

# 2017 New Year's Resolution Training Camp

| Time | Tuesday December 27 | Wednesday December 28 | Thursday December 29 | Friday December 30 | Saturday December 31 | Sunday January 1st |
|---|---|---|---|---|---|---|
| 7:00am-8:30am | | Surfing* (Optional) | Stretching/Yoga Discussion | Surfing* (Optional) | Posture Exercises | |
| 9:00am - 11:00am | AM Swim Work Out – Distance | AM Swim Work Out - Stroke/IM | AM Swim Work Out - Distance | AM Swim Work Out - Stroke/IM | AM Swim Work Out - Distance | NYD Special Work Out |
| 11:00 am -3:30 pm | Free Time | Free Time | Free Time | Free Time | Free Time | |
| 3:30pm - 4:30 pm | Dryland | Wine Tasting in Santa Ynez Valley * (in lieu of PM workout) | Dryland | Paddle Boarding at East Beach - Carrillo Pavilion * (in lieu of PM workout) | Hot Springs Hike (PM Optional #l) | |
| 4:30pm - 6:00pm | Swim - Drills/Technique | Swim HIIT Circuit | Swim - Drills/Technique | Swim HIIT Circuit | Trail Biking *(PM Optional #2) | |
| Evening | **Camp Dinner** at Casa Blanca - Downtown SB | **Camp Dinner** – Montecito | Monthly Drinks at Figueroa Mountain Brewing Company with Santa Barbara Masters | Beach Bonfire with S'more's | NYE - TBD | |

** Optional items will be at an additional cost and will be dependent upon interest from campers*

## 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 Options *(Blocks are held until 11/26/2016)*

1. **Motel 6 Santa Barbara - Carpinteria North** - (**Group Code SBSC Swim Camp**) **$70/night** for Double (+taxes)**. 1-800-544-4866.** 4200 Via Real, Carpinteria CA 93013. Carpenteria is a quintessential CA beach town about 10 miles south of Santa Barbara. It is a 15 minute drive to the pool .

2. **Days Inn Santa Barbara – West Beach** – (Please contact M Stori for a room 805-708-0698) **$130/night** for a King with/fridge (+taxes). 116 Castillo Street, Santa Barbara. Walking distance to the beach and the pool.

3. **The Wayfarer – East Beach Santa Barbara – (Group Code – SwimCamp)** E Montecito Street Santa Barbara CA. **1-866-599-6674** - Great all around location - walking distance to pool, beach, downtown Santa Barbara and Santa Barbara Am Trak Station. Offers hostel and hotel options. Includes complimentary breakfast and communal kitchen to prepare all other meals.
    - **$55/bed nightly** for communal room (5 twin beds in the room)
    - **$183/night** for King and Murphy Bed (sleeps up to 3)

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 minutes from the pool.

**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): _____
Best Stroke: _____

Training Fees: **$450/$340**
T-Shirt Size _____

Please "X" if you are interested
Surfing _____
Paddle Boarding _____
Trail Bike Rental _____
Wine Country Tour _____

**Optional Activity Pricing (we will coordinate booking if there is sufficient interest and payment will be made at camp time)**
Surfing - $85 (+ tip) per lesson – surfclasss.com
Paddle Boarding - $25/hour - sbsail.com
Trail Biking - $75/day - sbbikestogo.com
Afternoon Wine Country Tour (and tasting) - $150-$180/pp – santabarbarabackroads.com

**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 805-708-0698 or markstori01@gmail.com for any questions.**

**Preparation recommendations**

Sweats and/or fleece pullovers for the mornings
Running shoes and dry land work out gear
Wetsuit (rentals available)
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. Whale watching – year round trip from the Santa Barbara Stearns Wharf
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