



Santa Barbara Semana Nautica Open Water Training Camp

June 28, 2017 – July 2, 2017

Registration Deadline June 15, 2017

Santa Barbara Masters wants to help you take your open water swimming to the next level with our Semana Nautica Open Water Training Camp. The objective of this training camp is to give you daily experience with open water races and methods to optimize your recovery post-race and workouts. In addition to having the option to swim in four open water races, we will be offering two pool swim workouts, videotaping and stroke analysis, open water racing strategy and Q&A session, nutrition and wellness sessions and yoga. Camp dues also include meet entry in our masters swim meet on 6/30 and 7/1. Our professional coaching staff will be providing stroke analysis and personal feedback during all swim sessions.

Your coaching staff

John Abrami – 30+ years coaching elite level swimmers and triathletes – masters triathlon competitor
Mark Stori – 20+ years coaching adult swimmers/triathletes – former D1 swimmer and multiple time USMS national champion

Our training camp is open to all 2017 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 \$695 for 5 days or \$450 for 3 days (which is inclusive 4/3 open water swim entry fees, swim meet entry, videotaping and 7 meals). Registration will be capped at 40 athletes, ensuring highly individualized feedback. A 50% deposit will reserve your space with final payment due by June 15th.

Forms/Documents:

- Camp Schedule
- Camp Logistics
- Camp registration

Santa Barbara Masters Summer Open Water Camp Schedule

Santa Barbara Masters Summer Camp Logistics

Time	Wed June 28th	Thurs June 29th	Fri June 30th	Sat July 1 st	Sun July 2 nd
5:45am-7:00am	Pool Workout with Santa Barbara Masters	Sunrise Hike – Inspiration Point	Pool Workout with Santa Barbara Masters		
7:30am-9:00am	Camp Breakfast and Open Water Race Strategy Round Table	Camp Breakfast and Sports Nutrition Discussion	Camp Breakfast and Foam Rolling/Stretching Discussion		
9:00am - 11:30am	Videotape/Stroke Analysis Sign-Up	Videotape/Stroke Analysis Sign-Up	Videotape/Stroke Analysis Sign-Up	Semana Nautica 1 Mile Swim	Semana Nautica 3 Mile Swim
11:30am-12:30pm	Beach Yoga	Beach Yoga	Beach Yoga		Camp Brunch
1:00pm-4:00pm	Videotape/Stroke Analysis Sign-Up	Videotape/Stroke Analysis Sign-Up	Videotape/Stroke Analysis Sign-Up	Santa Barbara Semana Nautica Masters Swim Meet – 3pm	
6:00pm – 7:30 pm	Night Moves Open Water Race (500M, 1K or 2K)	Reef and Run Race (500M, 1K or 1mile)	Santa Barbara Semana Nautica Masters Swim Meet – 1500M		
8:00pm	Camp Dinner	Camp Dinner	Camp Dinner		



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

Airports: Santa Barbara Municipal Airport or LAX (about 1 ½ drive)

Estimated Costs for Open Water Swim Camp – 5 Days

Camp (Inclusive of all open water race entries and 7 meals)	\$695
Hotel Cost (Range) *	\$700-1400
Rental Car	<u>\$200</u>
Estimated Cost (exclusive of Airfare, remaining meals and incidentals)	\$1500-2,300

Estimated Costs for Open Water Swim Camp – 3 Days

Camp (Inclusive of all open water race entries)	\$450
Hotel Cost (Range) *	\$450-850
Rental Car	<u>\$200</u>
Estimated Cost (exclusive of Airfare, remaining meals and incidentals)	\$1,100-1,500

- Numerous VRBO options range from \$400-700/night and sleep 6-8 . 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.

Please register online at <https://www.sbmultipplash.net/store/semana-nautica-open-water-camp>

Please contact Mark Stori at coach@sbmultipplash.net for any questions.

Check us out on Facebook at Santa Barbara Swim Club Swim and Triathlon Camps

*Full payment due by June 29, 2017.

Preparation recommendations

Sweats and/or fleece pullovers for the mornings

Wetsuit (rentals available)

Fins

Paddles (pull buoys and kick boards supplied)

Extra Towels

Sunscreen

Hiking shoes

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