



Space is Limited!  
Registration Opens May 1.  
[www.usaswimmingfoundation.org/camp](http://www.usaswimmingfoundation.org/camp)

## Adult Performance Camp (ages 19+) October 6-8, 2017

*Special guests will include USA Swimming Foundation Ambassadors:*



**Nathan Adrian**  
Olympic  
Medalist



**Elizabeth Beisel**  
Olympic  
Medalist



**Missy Franklin**  
Olympic  
Medalist



**Rowdy Gaines**  
Olympic  
Medalist

### PERFORMANCE CAMP

REGISTRATION OPENS:  
**MAY 1<sup>ST</sup>, 2017**

**COST:** \$2,500

A portion of all registration fees will be a tax-deductible donation to the USA Swimming Foundation.

*Located in Colorado Springs, Colorado at the United States Olympic Training Center.*

*Additional special guests, activities, and details coming soon... Stay-tuned.*



**FOR MORE INFORMATION: [USASWIMMINGFOUNDATION.ORG/CAMP](http://USASWIMMINGFOUNDATION.ORG/CAMP)**



*"A true once in a lifetime experience. To sample the amazing facilities at the Olympic Training Center, to mingle and get to know some of the folks working so hard on success for USA Swimming and meeting Olympic heroes - it was all amazing! Credit to USA Swimming Foundation for such an amazing experience!"*

*"I'm certain I will progress to the next level as a result of my attendance at this years camp. Whether you're new to swimming (like me) or an experienced swimmer with many years and/or records of your own, you will learn something about swimming and yourself by attending."*

*"I learned from the best using the best facilities, technology, and stroke instruction that exists!"*

*"It was a pleasure and an honor to work with some superb teaching staff. I am a better swimmer for it."*

*"The camp was fantastic. The access to and feedback from these experts is unparalleled and so inspiring."*

*"The location is beautiful, the staff created an environment where we quickly felt like a team, and I left with tips and tools to improve my stroke and start."*

Campers will spend a weekend on the campus of the U.S. Olympic Training Center where they will sleep, eat, and train like a member of the National Team. Campers range in ability from national champions to those new to Masters swimming. Athletes will have the opportunity to:

### **FACILITIES**

Train at the world-class Aquatic Center at the Olympic Training Center, which includes a 50m x 25m pool equipped with every conceivable training aid.

### **COACHES**

Eat, train, and hangout with Performance Camp special guests and coaches.

### **ANALYSIS**

Receive individualized underwater filming and stroke analysis, including a DVD copy to keep.

### **CHAMPIONS**

Find out what it's really like behind the blocks at the Olympic Games from past and present Olympic swimming champions.

### **SWAG**

Bring home a bag packed with SWAG you won't find anywhere else.

### **TECHNIQUE**

Learn about nutrition and stroke technique led by experts on the USA Swimming staff.

### **NUTRITION**

Dine in the Olympic Training Center Athlete Dining Hall - a world leader in performance based nutrition.

### **BEHIND THE SCENES**

Take a VIP tour of the Olympic Training Center and get a behind-the-scenes look at one of the most elite training environments in the world.

...and so much more!

