

# Santa Barbara Multisplash

## New Year's Resolution Training Camp

**December 28 , 2017 – January 2, 2018**

*Registration Deadline December 15, 2017*

Santa Barbara Multisplash will help you kick off the new year with our third annual New Year's training camp. The objective of our destination training camp is to jump start your 2018 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 and informative mix of pool swimming, circuit training and dry land workouts. Additionally, we will be providing guest speakers on topics ranging from growth mindset, yoga/stretching and nutrition/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 2018 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 \$495 for 6 days or \$395 for 4 days (which is inclusive of three camp meals, t-shirt and swim cap). *10% discount offered for groups of 3 or more.*

Registration will be capped at 25 athletes, ensuring highly individualized feedback.

### Forms/Documents:

- Camp Schedule
- Camp Logistics
- Camp registration

# Santa Barbara Multisplash

	Thursday December 28	Friday December 29	Saturday December 30	Sunday December 31	Monday January 1	Tuesday January 2
7:00am- 8:30am	Foam Rolling/ Recovery Discussion	Nutrition Discussion	Stretching/Yoga Discussion			
9:00am - 11:00am	AM Swim Work Out – Endurance	AM Swim Work Out - Stroke/IM	AM Swim Work Out - Endurance	AM Swim Work Out - Stroke/IM	AM Dryland Workout	AM Swim Work Out - Endurance
11:00 am -3:30 pm	Free Time	Free Time	Free Time	Free Time	NYD Dinner	Free Time
3:30pm - 4:30 pm	Dryland		Dryland			
4:30pm - 6:00pm	Swim - Drills/Technique	Power/Swim HIIT Circuit	Swim - Drills/Technique	Power/Swim HIIT Circuit		Swim - Drills/Technique
Evening	<b>Camp Dinner</b> Downtown SB	<b>Camp Dinner</b> Montecito				

# Santa Barbara Multisplash

## 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

### Walking Distance to Pool (approx rates)

- Best Western Beachside \$240/night
- Inn by the Harbor \$230/night
- Wayfarer Hotel \$220/night
- Hyatt Centric \$210/night
- Mason Beach Inn \$190/night
- Avania Inn \$155/night

### 10-15 Minute Drive to Pool (approx. rates)

- Best Western Pepper Tree Inn – Downtown Santa Barbara \$170/night
- Ramada Inn – Goleta \$145/night
- Extended Stay America – Goleta \$130/night
- Motel 8 – Carpinteria North \$75/night

Numerous VRBO options. Santa Barbara and Montecito homes will all be within a 10 minute drive to the pool. Carpinteria, Summerland and Goleta will be within 15 minutes from the pool.

# Santa Barbara Multisplash

## 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: \$495/395

T-Shirt Size \_\_\_\_\_

Please register online [www.sbmultisplash.net/registration](http://www.sbmultisplash.net/registration) and/or make checks out to Santa Barbara Multisplash and send along with this form to:

Santa Barbara Multisplash

Attn: Mark Stori

181 Sheffield Dr

Santa Barbara, CA 93108

Please contact Mark Stori at 805-708-0698 or [markstori01@gmail.com](mailto:markstori01@gmail.com) for any questions.

### Preparation recommendations

Sweats and/or fleece pullovers for the mornings

Running shoes and dry land work out gear

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](http://santabarbaratrailguide.com) for weekly hike schedules
2. Kayak and Canoe rentals – Santa Barbara Sailing Center – [sbsail.com](http://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. Carpinteria - Great public beaches and quaint downtown – classic small CA beach town