

UCSB New Years Masters Swim Camp Jan 2-5, 2020

Open to All Masters Swimmers
(ages 23 +)

- SWIM FASTER through stroke technique presentations, technique work, video taping/review and conditioning
- IMPROVE STARTS, turns, and finishes
- BE INSPIRED by new workout approaches, including race pace training and season planning
- LEAVE with land based strength training exercises to improve your swimming power,
- HAVE FUN with teammates and other swimmers and take advantage of all that Santa Barbara has to offer in your free time

Register online at

<http://www.totalcamps.com/UCSBSWIMMINGCAMPS>

For more details and to reserve a spot
contact

Mark Stori

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805.893.2505



COACHES

- Ellie Monobe** – Assistant Coach UCSB Men's & Women's Swim Team
- Mark Stori** – Assistant Coach UCSB Men's & Women's Swim
- Cokie Lepinski** - USMS 2014 Coach of the Year and USMS National Record Holder
- Michelle Royals** – UCSB Strength and Conditioning Coach

CAMP DETAILS

- Dates: Thur – Sun January 2-5, 2020 (6:00pm Thur – noon Sun)
- Cost: \$475 (Ask about early bird and group discounts)
- Location: UC Santa Barbara, Santa Barbara, CA