# MASTERS SWIM CAMP ISLAMORADA FEBRUARY 7-10, 2020

Website: <https://theraceclub.com/events/masters-swim-camp-islamorada-february-7-10-2020/>

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| Devin Murphy graduated from Wheeling Jesuit University in Wheeling, WV in 2006 with a degree in Theology and Religious Studies. While in school, Devin had a successful swimming career as a two-time captain and four-time All-Conference Honoree. Devin also served as the swim team’s representative for the Student Athletic Advisory Committee for two seasons. After graduating, Devin coached the swim team at Saint Leo University and then went on to be the Head Coach at Malone University. During his time there both were ranked as high as top 10 nationally for D2 schools. With several years’ experience in both club and NCAA coaching, Devin has coached everyone from learn-to-swim, fitness swimming workouts and to NCAA All-Americans and  Olympic Trials Qualifiers. |

**MASTERS SWIM CAMP ISLAMORADA COACH: GARY HALL SR & DEVIN MURPHY**

MASTERS Swim Camp Islamorada February 7-10, 2020; swimmers will focus on all strokes, starts and turns, while improving freestyle, backstroke, breaststroke, and butterfly technique. Learn four different types of dryland training, the science of swimming and the five disciplines of fast swimming. Develop seasonal planning, mental training, and race strategy techniques that are sure to give you an edge over your competition. At [**The Race Club**](https://theraceclub.com/), we recommend that all campers attend every camp session whether you are a beginner, master, or a competitive swimmer to improve your swimming technique.

For additional questions, please contact **info@theraceclub.com** or call us at 833-234-2340

**CAMP SCHEDULE**

Friday, Feb.7th 8:00 am – 11:00 am
Friday, Feb. 7th 2:00 pm – 4:00 pm
Saturday, Feb. 8th 8:00 am – 11:00 am
Saturday, Feb.8th 11:00 am – 12:00 pm (Video Analysis Option)
Saturday, Feb. 8th 2:00 pm – 4:00 pm
Sunday, Feb. 9th 8:00 am – 11:00 am
Sunday, Feb. 9th 11:00am – 12:00pm (Velocity Meter/Pressure Meter Option)
Sunday, Feb. 9th 2:00 pm – 4:00 pm
Monday, Feb. 10th 30th 8:00 am – 11:00 am
Monday, Feb. 10th 30th 2:00 pm – 4:00 pm

\*Times subject to change slightly

**TRAINING EQUIPMENT**

We at The Race Club would like you to get the most out of your training sessions. To do that, we require you to have all your equipment ready before each session starts. Doing so will allow all campers to enjoy the wonderful experience of your training. We recommend the following for use in all the sessions:

DMC training fins ($55-$85 depending on size)
Alignment kick-board ($22)
Ankle strap ($8)
Nose clip ($5)
TRC mono snorkel ($38)
FINIS Tempo Trainer ($60)
Instinct sculling paddles ($15)
TRC mesh bag ($20)
TRC bag tag ($4)

**EQUIPMENT BAG**

You will get a $39.00 discount if you purchase the [**equipment bag**](https://theraceclub.com/Equipment%20Brochure.pdf) (all items above in a mesh bag) when you order before the camp’s start date. Typically, an equipment bag costs about $242, but depends on the fins you choose. \*Add up items listed above for equipment bag cost. (Please notice the prices are the same as what other retailers sell. We go through the trouble of having it conveniently available for you because it helps with your swimming technique and learning all we will teach you.)

Once registered for a Swim Camp, please let us know if you will need any or all of the [**equipment**](https://www.facebook.com/pg/theraceclub/shop/).