

## **ABOUT THE CAMP**

This outstanding camp is offered to Masters swimmers through the combined efforts of United States Masters Swimming, the Triangle Sports Commission, and the Greensboro Aquatic Center. The camp is hosted by the Triangle Sports Commission, a U.S. Masters Swimming Community Partner.

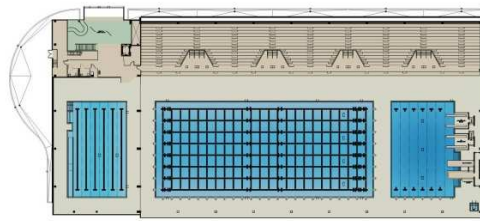
The camp is limited to a small number of dedicated Masters swimmers who are committed to advancing their skills and performance. You'll be taught and analyzed by outstanding U.S. Masters Swimming coaches and professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training.

## **WHAT YOU'LL DO**

The camp emphasis is on testing and education. Pool time is dedicated to technique improvement rather than conditioning. You'll be tested for your Heart Rate/ Lactate threshold and be filmed underwater for a full 50m of each stroke. Blood testing, stroke analysis, flexibility and ROM assessment and instruction, weight training education, sports psychology consultations, motivational and classroom presentations on topics such as biomechanics, physiology, sports psychology and training are all part of the program.

## **WHERE YOU'LL TRAIN**

The Greensboro Aquatic Center is the country's newest major aquatic center. You'll be among the first to swim in this exciting new venue.



## **WHAT YOU'LL LEARN**

You will learn the most up-to-date Masters training and competitive theories and techniques and be able to correlate them to your personal swimming program and goals. Significant time will be devoted to providing individual results and feedback of all testing. Computerized biomechanic analysis of your stroke, body physiology, videotape review, flexibility and ROM assessment results and recommendations, blood analysis, and nutrition assessment and recommendations will be included. You will receive expert instruction and a critique of starts, turns, and drills. You'll take home computer printouts, handouts, videos, and test results along with your personalized training program guidelines.

This camp will be intense, but there will be plenty of opportunity for interaction and socialization with the other Masters athletes.



## **ADDITIONAL INFORMATION...**

Any Masters swimmer is eligible to attend this camp. The fee for the camp is \$1800, and includes room (2 campers/room), board, all ground transportation including to and from the airport (airfare is not included), instructional materials, camp shirt, and other gifts. Once you are selected, the fee is due in two non-refundable installments of \$900. For further information, contact Hill Carrow at [hcarrow@trianglesportscommission.com](mailto:hcarrow@trianglesportscommission.com) or 919-678-1651.

## **APPLICATION FOR THE USMS HIGH PERFORMANCE CAMP**

Please answer the following questions and return by mail or fax to Hill Carrow at the address below:

Hill Carrow

Triangle Sports Commission

401 Harrison Oaks Boulevard, Suite 215

Cary, NC 27513

919-678-1655 fax

Campers will arrive on Saturday afternoon and depart on Thursday morning. Applications for the camp are due (i.e. postmarked or faxed) by June 1<sup>st</sup>. You will be notified of your acceptance by June 15<sup>th</sup>.

The primary criteria for selection include: a balance of men and women, previous swimming achievements, and swimming

background. Due to the limited number of participants (maximum of 20) and the strong interest in participation, your application will be rolled over for the next camp if you are not selected unless you indicate otherwise.

Answer the following questions and return by mail or fax. (Keep a copy for your records.)

1. NAME \_\_\_\_\_

2. ADDRESS \_\_\_\_\_

3. E-MAIL \_\_\_\_\_

4. PHONE \_\_\_\_\_ day \_\_\_\_\_ ev \_\_\_\_\_

5. AGE \_\_\_\_\_

6. DATE OF BIRTH \_\_\_\_\_

7. OCCUPATION \_\_\_\_\_

8. CURRENT USMS# \_\_\_\_\_

9. TEAM \_\_\_\_\_

10. REASONS FOR WANTING TO ATTEND THE CAMP \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **APPLICATION FORM CONTINUED**

11. LIST YOUR MAJOR SWIMMING ACHIEVEMENTS (USMS Top Ten placings within the past 2 years, regional placings, contributions to Masters swimming – national, regional, local.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

12. LIST RECENT TRAINING BACKGROUND (POOL, WEIGHT TRAINING & FLEXIBILITY, CROSS TRAINING) \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

13. WHAT IS YOUR BEST EVENT? \_\_\_\_\_

\_\_\_\_\_

14. HOW WILL YOU SHARE WHAT YOU LEARN AT CAMP? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15. DATE OF APPLICATION \_\_\_\_\_

16. INDICATE WHETHER OR NOT YOU WISH YOUR APPLICATION TO BE CONSIDERED FOR FUTURE CAMPS. \_\_\_\_\_



**SPECIAL NOTE:** The Greensboro Aquatic Center, home of the USMS High Performance Camp, is also the Host Venue for the 2012 USMS Spring Nationals.

### ***GENERAL INFORMATION***

**Dates:** August 27-September 1, 2011

**Location:** Greensboro Aquatic Center  
Greensboro, NC



**Housing:** Campers will be housed at the **Doubletree Hotel**, which is a 5-minute shuttle ride from the Greensboro Aquatic Center.



**Sessions:** Campers will be exposed to various training and competition techniques by a highly experienced staff. High Performance Camp is designed specifically for top level Masters swimmers. Campers will also participate in both pool and dryland training sessions. Campers will hear from a variety of speakers such as coaches, sports psychologists, and nutritionists, all who are focused on the specific demands of masters swimming.

**THE 2011**  
**U.S. MASTERS**  
**SWIMMING**  
**HIGH PERFORMANCE**  
**CAMP**

**AUG.27 – SEPT. 1, 2011**



**SPONSORED BY**

**United States Masters Swimming**

**HOSTED BY**



**The Triangle Sports Commission,**  
**a U.S. Masters Swimming Community**  
**Partner**