



WALNUT CREEK MASTERS
INVITES YOU TO THE
26TH ANNUAL
INTENSIVE TRAINING CAMP
MARCH 1, 2 and 3, 2013

Sanctioned by Pacific Masters Swimming for United States Masters Swimming

This training camp is 2-1/2 days dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity, and stroke technique instruction, all in an atmosphere conducive to serious swim training.

There will be two in-water training sessions per day. The morning practice will be a general conditioning session, with afternoon sessions split into Distance Mid-Distance, and Sprint specialties. Mid-Distance and Sprint practices will be very accommodating to both freestyle and all non-free strokes. Here the coaching staff will strive to meet your specific needs in training for your best events. Each morning session will conclude with a hearty breakfast.

Optional Stroke Schools will be conducted Friday evening, Saturday and Sunday.

*****Video **DownUnder** will supply all our underwater taping with each camper taking home their own DVD. The ITC staff will provide stroke analysis during the camp.

Other camp highlights include lectures, massages and a Saturday camp dinner – offered at a nominal cost.

The 2013 Coaching Staff will consist of:

- **Kerry O'Brien, Mike Heaney, Debbie Santos, Steve Stahl and Lisa Ward**, coaching staff of the World Champion and USMS Team of the Year Walnut Creek Masters
- **Stu Kahn, Head Coach of Davis Aquatic Masters and 2012 USMS Coach of the Year**
- **Roque Santos**, 1992 US Olympian in the 200 Meter Breaststroke
- **Brian Stack**, Head Coach of the Manatee Masters and the 1997 Pacific Masters Coach of the Year

The ITC is not the place to begin your training, but to continue it at perhaps a higher level. By registering, you are confirming the fact that you are in good physical health, have been competitively

training for at least 8 weeks, and are capable of training twice per day (approximately 6,000 to 8,000 yards).

The ITC is opened to all 2013 USMS registered swimmers. Applications will be taken on a "First Come" basis. Space will be limited to 50 participants.

WALNUT CREEK MASTERS 2013 INTENSIVE TRAINING CAMP SCHEDULE

Friday, March 1

10:30 & Noon	Walnut Creek Masters Workouts	Optional
5:00 pm	Basic ITC Registration & Welcome	
6:00 to 8:00 pm	Freestyle and Backstroke Schools	Classroom and In-Water Time

Saturday, March 2

8:45 - 10:30am	Morning Practice Session	
10:30 - 11:45am	Breakfast at Sports Basement	
1:00 - 5:00pm	Massages Available	
1:00 - 2:30pm	Breaststroke Schools	
3:00 - 4:15pm	Sprint Workout Session	
4:15 - 5:30pm	Distance and Mid-Distance Workout	
6:30 - 8:30pm	Optional Camp Dinner	Pyramid Alehouse, Brewery & Restaurant 1410 Locust Street Walnut Creek, CA

Sunday, March 3

7:30 - 8:30am	Butterfly School	
8:30 - 10:15am	Morning Practice Session – Long Course	
10:30 - 1:00pm	Breakfast & Videotape Review	
1:00 - 3:00pm	Dryland and Lecture	
3:15 - 4:15pm	Full Body Check-ups for All Four Strokes	
4:15 - 5:30pm	Choice of Practices	
5:30 pm	Done – Good Job!!!	

