



INFINITY SWIMMING 2012 Masters Swim Camp

Island of Maui, Hawaii
March 11-18, 2012

GENERAL CAMP INFORMATION

Location & Facility

- Island of Maui, Hawaii
- Kihei Aquatic Centre
(<http://www.co.maui.hi.us/Facilities.aspx?Page=detail&RID=20>)

Dates & Schedule

- March 11-18, 2012
- A more detailed schedule will be disseminated to all camp participants after registration is complete.
- Sunday, March 11th would be an optional, casual/introduction swim, which means it could also be used as a travel day, if necessary. Regular, more formal workouts will begin on Monday, March 12.
- Most days will feature 2 workouts (AM & PM), with some offering only a single morning workout to allow for other group/individual activities.
- At least one open water option may also be made available (more details to come)

Cost - \$250 per person

- Cost is for camp registration only (travel and accommodation is additional - see below).

Travel & Accommodation

- Due to the abundance of options for flights to/from Maui, and for accommodations in and around the Kihei area, all such arrangements will be the responsibility of the participant to book and purchase.
-

EXPECTATIONS, REQUIREMENTS & PURPOSE

- This swim training camp will be in short course (25m or 25y) format and geared toward Masters swimmers who seek a challenging, but rewarding training experience in the pool.
 - Swimmers will be presented with sets designed to focus on all 4 competitive strokes, although plenty of opportunity will also be provided to focus solely on your favourite stroke(s) at any and all distances.
 - Throughout the camp participants will be presented with challenges to their aerobic and anaerobic fitness, endurance, and speed, all with a strong technical focus.
 - Participants are invited to consider all sessions as mandatory, however, it is understood this will also be a holiday for most, and skipping sessions to take part in other excursions around Maui is perfectly acceptable.
 - **MANDATORY REQUIREMENT!** For insurance purposes, all participants must be at least 18 years of age or older and have a current membership with their respective provincial Masters swim association.
 - Swimmers of all abilities and intentions - competitive vs. recreational, advanced vs. novice - will be welcomed and encouraged equally.
 - Please note, this is **NOT** a “learn-to-swim” program as it is expected that all participants have a minimum level of fitness, ability and general knowledge of swimming. Anyone who swims regularly with an organized Masters swim program will find this camp to be an excellent fit.
 - For the competitive Masters athlete, this camp represents a fantastic opportunity to gain an edge over the competition and give their training plan a boost in advance of the 2012 provincial and national championships. The 2012 Canadian Masters Swimming Championships (short course) will be held in Kelowna, BC in May.
 - For both the competitive and non-competitive Masters athlete, this camp also represents a chance to have an extraordinary outdoor swimming experience in one of the most exotic and beautiful places on earth.
 - “FUN, FITNESS, FRIENDSHIP & PARTICIPATION” - Masters Swimming Canada
-



INFINITY SWIMMING 2012 Masters Swim Camp

Island of Maui, Hawaii
March 11-18, 2012

COACHES

Head Coach - Dale Robinson (Vancouver, BC)

Dale is an NCCP certified coach with over 10 years of Masters and age-group coaching experience in BC and Ontario, including most recently the following:

- Head Coach & Owner, Infinity Swimming - Since December 2010
- Head Coach, Canadian Dolphin Masters/Tri Program - Since September 2009
- Lead Coach, Vancouver Pacific Swim Club, Gold Dolphins (14-17 year olds) - Since June 2008
- Former Head Coach, UBC Masters Swim Club - September 2004-July 2011

Dale began swimming as an age-grouper at the age of 14 and has never been away from the pool for long ever since (over 23 years and counting!). Although he personally loves coaching swimmers in all 4 competitive strokes, he is most proficient and experienced as a swimmer in the longer endurance freestyle and IM events.

Assistant Head Coach - Danielle Brault (Victoria, BC)

Danielle is also an NCCP certified coach, who has over 30 years of Masters and age-group coaching experience in BC, Quebec and Germany, including most recently the following:

- Head Coach, Victoria Masters Swim Club - Since 1994

Danielle is an exceptionally experienced coach, but also takes time out to be an accomplished Masters swimmer herself. She too is proficient in all 4 competitive strokes and thoroughly enjoys teaching the technical aspects of all 4. Danielle does so with a definite specialization in the sprint distances.

Additional Assistant Coaches - TBD (will be added as numbers of registrants permit)

REGISTRATION

Registration will be limited to a maximum of 45 participants on a first-come, first-serve basis, while a minimum of 30 will be needed to guarantee that the camp goes ahead. If interested in registering for this camp, please fill out the registration form on the next page and send with payment to the following address:

Infinity Swimming/Dale Robinson
7-12 10th Avenue West
Vancouver, BC
V5Y 1R6

Alternatively, you can email a scan of the completed form to infinity.swimming@gmail.com. However, registration will not be considered complete until payment has been received. Payment options are outlined on the registration form on the next page.

DEADLINE FOR REGISTRATION - December 1, 2011

ABOUT INFINITY SWIMMING

Infinity Swimming is a Vancouver-based small business entity owned and operated by Dale Robinson. It was created in December 2010 for the purpose of offering quality coached swim training events both locally and afar, such as the one outlined here.

Proceeds raised through registration fees will be used to cover administrative costs, travel, accommodation and a modest salary for the coaches. Surplus funds will be used to make donations in the names of the coaches to charities or organizations of their choice.



**REGISTRATION FORM
Deadline - December 1, 2011**

PERSONAL INFORMATION (Please print clearly)

First name: _____ Middle initial(s): _____

Last name: _____

Street address: _____

City: _____ Postal Code: _____

Phone Number: _____ Email: _____

Date of Birth*: _____ / _____ / _____
(day) (month) (year)

* Please note that you must be at least 18 years of age or older to participate in this camp.

PROVINCIAL MASTERS SWIMMING ASSOCIATION REGISTRATION*

Masters registration #: _____ Expiry: _____

Province: _____

* For insurance purposes, all participants must be registered with their respective provincial Masters association.

* Proof of valid registration may be required.

MEDICAL INFORMATION & WAIVER

Medical information and waiver forms will be sent out to all registered participants prior to the camp, which will need to be handed in before being allowed to swim with the camp.

PAYMENT OPTIONS - \$250 per person

A. By Cheque - payable to "INFINITY SWIMMING", can be sent to the following address:

Infinity Swimming/Dale Robinson
7-12 10th Avenue West
Vancouver, BC
V5Y 1R6

B. PayPal - please bill me!

_____ Check here if you would like to be sent an invoice by email to be paid through PayPal (online account with PayPal not necessary).
