

Etobicoke Summer Swim Camp

Early Bird Special in Effect



The Etobicoke Swim Club is pleased to present its Summer Swim Camp offered to all competitive swimmers between the ages of 7 – 17. The Etobicoke Swim Club is one of Canada's most successful swim clubs. Directed by Head Coach Kevin Thorburn (a member of the 1996 Olympic Coaching Staff) the club has always placed great value on stroke technique. In the 2008-2009 Swim Season, Etobicoke produced a record breaking year achieving 125 Ontario Records, 75 National Age Group Records, 7 Senior Canadian Records and 1 World Record.

Beginning at 7:30 am the primary focus of the camp is to improve overall technique in all four competitive strokes. This will be done in two water practices daily as well as video analysis during the day. It is our goal to have each swimmer video taped during our morning session and then use the time in the day to watch and breakdown aspects of each stroke so that the swimmer is better prepared for improvements in the afternoon session. On top of the technical aspects the swimmers will also take part in goal setting, dryland and nutritional seminars as well as fun and games, all ending at 5:30pm.

All practices and seminars will be run out of the Etobicoke Olympium, located in Centennial Park. The Olympium is a world-class 50-meter pool that provides a great stage for the camp. World Records have been set in the pool and the Olympium was host to the 2004 Canadian Olympic Trials in addition to the Canadian Grand Prix, Canada Cup. Centennial Park provides the camp with plenty of room for games and dryland activities.

Camp Director

Robert Novak – In his four seasons with the club, Etobicoke has won the last 7 out of 8 Provincial Championships as well Age Group Nationals. Robert has coached many Provincial medalists as well as Junior National medalists/ finalists and broke numerous National Age Group and Provincial Records. He has placed a number of swimmers on tour teams and junior national teams and was on staff at the 2009 Canada Games Team for Team Ontario.

- 🏊 Session I July 5th to July 9th
- 🏊 Session II July 12th to July 16th
- 🏊 Session III July 19th to July 23rd
- 🏊 Session IV July 26th to July 30th
- 🏊 Session V August 3rd to August 6th

With only 60 spots available each week Swimmers and Parents are encouraged to register today.



Camp Daily Schedule

✚ 7:30 – 7:45am	Meet and Greet/Activation Stretching
✚ 7:45 – 8:45am	Yoga - Core - Body Line Strength Session
✚ 9:00 – 11:30am	Water Skill Session #1- Technical Focus/Training/Video
✚ 11:30 – 12:30pm	Lunch
✚ 12:30 – 1:45pm	Seminar/ Video Analysis/ Activities
✚ 1:45 – 2:00pm	Activation Stretching
✚ 2:00 – 3:30pm	Water Skill Session #2- Technical Focus/Training/Video
✚ 3:30 – 5:00pm	Dryland Training/Activities
✚ 5:00 – 5:30pm	Wrap-up and Pick-up

What do swimmers need?

- ✚ Swim suit
- ✚ Goggles and Cap
- ✚ T-Shirt and shorts
- ✚ Running shoes
- ✚ Writing utensils
- ✚ Lunch and Snacks
- ✚ Water Bottle

NOTE: The swimmers will be going outside everyday so please bring clothing that will reflect the weather.

THE TECHNICAL:

ESWIM Camps, we feel that the technical aspects of stroke mechanics must come before anything else. Swimmers are instructed in proper stroke techniques, starts and turns by our coaching staff and counselors. Coaches may use stroke technique films and classroom activities to help instruct the participating swimmers.

THE MENTAL:

ESWIM Swim Camps are dedicated to helping each swimmer develop a positive mental attitude. We help swimmers try harder to do their very best and develop their talents. They understand that what they get out of swimming is in direct proportion to what they put into it. Classroom sessions focusing on mental preparation will help each camper develop the ability to prepare for meets and training sessions.

THE SOCIAL:

Learning to get along with others is a must for every successful swimmer today. Training, competing and playing with a close group of swimmers and coaches will contribute greatly to developing the total swimmer. Friendships made at ESWIM Camps last a lifetime. Our campers all become a part of one big swim camp family. We want our campers to wear a smile while they are here and when they leave.

ESWIM Camps you will:

- ✦ Learn latest stroke / turn / dive technique instruction
- ✦ Get expert coached stroke correction
- ✦ Participate in indoor and outdoor training
- ✦ Do supplemental dryland training
- ✦ Play games and do other activities
- ✦ Enhance fitness / skills for summer season or prepare for the fall season
- ✦ Make friends with other campers in your age group
- ✦ Have lots of fun
- ✦ Get personalized attention with a very low coach / swimmer ratio

Cost

Early Bird Special Discount Pricing

\$395.00/session

Regular Camp Pricing

\$425.00/session

****Session V Pricing - Aug 3rd – Aug 6th, 2010 **** \$330.00/Session

To benefit from the Early Bird Special price; payment must be made in full at the time of registration

NO LATER THAN JUNE 20th, 2010.

Cancellation Policy:

\$100.00 NON -REFUNDABLE

A Doctor's medical note is required to withdraw with refund from this camp.

Staff

All our coaches are qualified professionals in the latest swimming techniques and skills. They will provide the leadership and enthusiasm to the camp that every athlete needs to succeed. On top of our coaching credentials the coaches are certified in first aid and water safety. Our coaches are looking forward to working with you

