

2012 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. The 2010-2011 Swim Season ESWIM placed 1 swimmer on the World Championship Team, 3 on the Jr. World Championship Team and 8 swimmers on the North American Cup Challenge Team. ESWIM finished the year off winning Age Group Nationals, Team/ Female and Male banners.

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 seven seasons with the club, Etobicoke has won the last 8 out of 10 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 2nd - July 6th, 2012**
- ✓ **Session II** **July 9th - July 13th, 2012**
- ✓ **Session III** **July 16th - July 20th, 2012**
- ✓ **Session IV** **July 23rd - July 27th, 2012**
- ✓ **Session V** **July 30th - August 3rd, 2012**
- ✓ **Session VI** **August 7th - August 10th, 2012 - 4 DAY CAMP**

With only 50 spots available each week Swimmers and Parents are encouraged to register today!

Camp Daily Schedule – (May change throughout the week)

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

*We have the latest version of Dartfish - Video Analysis Software, and underwater mirrors!!

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:

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

\$400.00/session

Regular Camp Pricing

\$430.00/Session

*****Session VI Pricing - Aug 7th - Aug 10th, 2012***

\$355.00/Session

To benefit from the Early Bird Special price; payment must be made in full at the time of registration
NO LATER THAN JUNE 14th, 2012

****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 trained 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



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Message from Yoga Instructor Koparkar

When you watch a great swimmer, one of the first things you notice is their ease and grace. The movements are smooth, balanced, and fluid. This ease and fluidity stems from coordination between the muscles and the breath. Yoga can help to develop this coordination. During a typical yoga session we focus on key yoga postures as well as breathing exercises. To be a successful swimmer, one needs a unique balance of strength and flexibility. The postures will stretch, tone and realign musculoskeletal structures, reinforcing better posture, total body function and health. The breathing exercises will cultivate focus, concentration and self-knowledge which are the key merits for the success in this sport. Later on these skills can even be carried into daily life.

Athletes all over the world are embracing this ancient art of balanced life to get further in their sport. Join us and experience it firsthand!!

