



HIGH PERFORMANCE SWIM TRAINING

2011 Swim Camp

The 4th Annual High Performance Swim Camp will be held at Beaconsdale pool in Newport News on August 15-19th. Mark Van Deren will serve as lead coach for the camp. Previous guest coaches have been NCAA All-Americans, Olympic Trials swimmers and a National Age Group Coach of the Year award winner. David Walters visited our camp in 2010. David is the American Record holder in the 100 Free and earned a Gold Medal from the 2008 Olympics in the 4 x 200 Free relay. At High Performance Swim Camp swimmers will have the opportunity to learn from the best coaches & swimmers.

Daily Schedule:

- 8:00-8:10am Check-In/Goal Meeting
- 8:10-8:30am Dryland Training
- 8:30-9:10am Technique & Skill Development
- 9:10-9:30am Break, Refreshments, Education
- 9:30-10:40am Endurance & Speed Training
- 10:45am Closing/Parent Pick-up

The High Performance Swim Camp is open to swimmers who are 9-14 years old and have a competitive swimming background. Cost for the camp is \$110 (on/before July 31st) or \$120 (on/after August 1st). Families who register multiple swimmers will receive a discounted rate for each additional swimmer. Space is limited to 36 swimmers.

For registration information, please contact Mark Van Deren at 757-675-4364 or highperformanceswimming@gmail.com.

Mark Van Deren
High Performance Swim Training
757-675-4364