

PRE – SEASON SWIM & FITNESS CAMP

Mike Meldrum, Head Coach of the Killarney Swim Club will be hosting a city wide pre-season swim and fitness camp this summer. Mike swam on the Canadian National Swim Team for 7 years and competed in the 1988 Olympics, he was also the Alberta Provincial IM Coach for 3 years. **The focus of the camp will be to increase fitness both in the water and on land in preparation for the 2010/11 swim season.** The water workouts will focus on stroke technique, starts/turns and aerobic fitness.

Week#1 – Monday, August 09 thru to Friday, August 13

1:00 – 5:00pm at Talisman Centre

Week#2 – Monday, August 16 thru to Friday, August 20

1:00 – 5:00pm at Talisman Centre

Week#3 – Monday, August 23 thru to Friday, August 27

1:00 – 5:00pm at Talisman Centre

PROGRAM

30 min. dryland warm-up

1.5-2hr. water workout

30 min. stretching/flexibility routine

1.5hr. core and dryland fitness

WHO is this camp for - Provincially registered swimmers* aged 9 and over who are currently practicing with a swim club 2 or more times per week with a duration of 1hr. or more per workout. *This is so that the Swim Alberta insurance coverage extends to the athletes.

COST - \$700.00 for all 3 weeks (recommended) or \$300.00 per week (visa/mastercard accepted).

REGISTRATION - deadline is Friday, July 16, 2010.

To register please email me at swimwithmike@killarneyswimming.com or phone the Killarney office at 403-244-9995.

Please register early as we have only 24* spots available and we do expect to be full before the deadline. I will contact everyone by email to confirm registrations. *I will run the camp if there are 12 or more swimmers registered in a week.

I look forward to an awesome pre-season camp!

Mike Meldrum
Head Coach - Killarney Swimming