



Even better than last year!!

North Shore Swimming Summer 2013 Swim Camps & Stroke Clinics

VENUE: Millennium Institute Sport, Mairangi Bay

SWIM CAMP: Swimmers aged 8 and above

STROKE CLINIC: Level 2 or above (ASA swimming levels)

OPTIONS: All Day Camps; Half Day Camps and Stroke Clinics - all clinics led by National Champions and International coaches and swimmers.

ALL DAY SWIM CAMP: COST \$275

MONDAY 21ST JANUARY TO FRIDAY 25TH

9.15AM TO 3.15PM WITH 2 SWIM SESSIONS

HALF – DAY CAMP: COST \$140

9.15AM TO 12.00PM WITH ONE 2HR SWIM SESSION

These camps are suitable for all competitive swimmers and for swimmers from triathlon, surf lifesaving and water polo backgrounds. Swimmers will be grouped in similar abilities and the programme will be tailored to suit their needs and ages. All camps include 3.5 hours swimming per day, plus dry land including rock wall climbing during the week. Visits from top International swimmers and low coach to swimmer ratios are part of the camp structure.

INDIVIDUAL STROKE CLINICS – COST \$50/CLINIC (LIMITED TO 24 PLACES)

- ❖ Monday 14th January 10.00am -12.00pm– FREESTYLE , led by Danyon Loader, Olympic Legend
- ❖ Monday 14th January 1.30pm – 3.30pm – BUTTERFLY, led by Danyon Loader, Olympic Legend
- ❖ Tuesday 15th January 9.30am-11.30am – BACKSTROKE, led by Cameron Stanley, NSS Coach and NZ 200m backstroke record holder
- ❖ Tuesday 15th January 12.30pm – 2.30pm – BREASTSTROKE, led by Thomas Ansorg, NZ Olympic Coach, Head Coach NSS
- ❖ Individual Medley Clinic All day Thursday 17th January – Cost \$90 - led by Gary Francis, NZ Paralympic Coach, Assistant Head Coach NSS (10.00-4.00, 2 x swim sessions including one Long Course).

Swimmers must be level 2 (Auckland swimming levels) or above. These clinics are technique intensive. Please refer to booking sheet – confirm your space early to avoid disappointment.