

**SWIM CAMP**

**FOR**

**COMPETITIVE SWIMMERS**

**BARBADOS**

**WEDNESDAY JULY 30<sup>TH</sup> TO SUNDAY AUGUST 2, 2008**

**AQUATIC CENTRE, WILDEY, ST MICHAEL**

The Barbados Amateur Swimming Association extends a cordial invitation to swimmers from the Caribbean region to participate in a swim camp for competitive swimmers to be held in Barbados at the Aquatic Centre, Wildey, St Michael from July 30<sup>th</sup> to August 2<sup>nd</sup> 2008

The camp will be focusing on the reinforcement of stroke technique, psychological conditioning, stretching and relaxation.

The Swim camp will be conducted by Mrs. Leah Martindale Stancil, Assistant Coach at the University of South Carolina and Head Swim Coach McGee Moody also of the same University.

Leah graduated from the University of Florida in 2002 with a BSc. in Psychology and later obtained her MSc. in Sport and Exercise Psychology. Currently coaching at the University of South Carolina, a Division I university, Leah Martindale is a former Olympian making the finals in the 50 M freestyle event in the 1996 Atlanta Olympics and she also participated in the 2000 Sydney Olympics. Athlete and now Coach, Leah brings a wealth of experience to the sport and is committed to working with Caribbean swimmers towards keeping our standards on the cutting edge.

This camp also represents another opportunity for the Caribbean to forge linkages with Universities in the USA creating an opportunity for our senior swimmers to learn more about attaining an athletic scholarship to universities. It also a good sign that Caribbean professionals return to the region to share their knowledge and expertise with our developing professionals.

**DEADLINE DATE FOR REGISTRATION: JUNE 30<sup>TH</sup>, 2008**  
(Please see the attached registration form)

# CAMP CARIBBEAN 2008

## BARBADOS

### CAMP OUTLINE

#### Wednesday July 30<sup>th</sup>

8:00 AM	Welcome
8:10 - 10:10 AM	Freestyle technique
10:10 - 2:00 PM	Break
2:00 - 2:30 PM	SEMINAR: Goal Setting
2:30 - 3:00 PM	Dryland
3:00 - 4:00 PM	Technique recap, Starts & Turns

#### Thursday July 31<sup>st</sup>

8:00 - 10:00 AM	Backstroke technique
10:10 - 2:00 PM	Break
2:00 - 2:30 PM	SEMINAR: Imagery
2:30 - 3:00 PM	Dryland
3:00 - 4:00 PM	Technique recap, Starts & Turns

#### Friday August 1<sup>st</sup>, 2008

8:00 - 10:00 AM	Breaststroke technique
10:10 - 2:00 PM	Break
2:00 - 2:30 PM	SEMINAR: Race Preparation
2:30 - 3:00 PM	Dryland
3:00 - 4:00 PM	Technique recap, Starts & Turns

#### Saturday August 2<sup>nd</sup>, 2008

8:00 - 10:00 AM	Butterfly technique
10:10 - 2:00 PM	Break
2:00 - 2:30 PM	SEMINAR: Athletic Scholarship 101
2:30 - 3:00 PM	Dryland
3:00 - 4:00 PM	Technique recap, Starts & Turns

**Sunday, August 2<sup>nd</sup> 4:00 PM: Closing ceremony.**

# CAMP CARIBBEAN 2008

BARBADOS

## REGISTRATION FORM

Registration deadline: JUNE 30, 2008

NAME:.....

COUNTRY:.....

AGE.....

MALE:.....FEMALE:.....

DEPOSIT:.....

EMERGENCY TEL #.....

EMAIL

ADDRESS.....

**CAMP FEE: BDS \$400.00**

**US \$ 200.00**

**DEPOSIT by June 30<sup>th</sup> 2008: BDS\$ 200.00**

**US \$ 100.00**

**Overseas participants requiring assistance with accommodation and transportation please let us know. If so required arrangements can be made by the BASA for housing with local swimmers. Persons preferring hotel accommodation the BASA will seek to obtain competitive rates.**

## **WHAT TO BRING:**

### **1. SWIMMING GEAR**

- Kick board
- Pull buoy
- Fins

### **2. DRYLAND ATTIRE**

- Athletic shoes
- T-shirts
- Shorts

### **3. WATER BOTTLE**

### **4. SUNSCREEN**

### **5. JOURNAL & PEN**

**WE LOOK FORWARD TO WELCOMING YOU  
TO CAMP CARIBBEAN, BARBADOS 2008**

