

PACIFIC Dolphins

ATTENTION: PDSA AAA SWIMMERS

You are invited to attend an "Attitude Training Camp" hosted by noted sports psychologist, **Dr. Keith Bell**. Dr. Bell, the author of "The Swim to Win Playbook", has been an integral part of the Dolphin success since 1996. All PDSA AAA swimmers from the National Group, ID Group, Youth National Group, CDSC, VPSC, WDSC and their coaches are encouraged and expected to attend this very important seminar. Dr. Bell's message will help you perform better as a swimmer and will reinforce the club philosophy and guidelines that makes PDSA one of the best swim teams in the world.

When: January 31st, 2003 from 4:00 pm to 7:00 pm
February 1st, 2003 from 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

Where: Rm 100, War Memorial Gym @ UBC - classroom off outdoor 50m pool.

Fee: Swimmers/Coaches from CDSC, VPSC and WDSC - **\$130.00**

Swimmers/Coaches from the UBC Dolphin Groups at UBC and VAC - **\$65.00** (the fee is offset with the Sport Science and Medicine surcharge each swimmer was assessed this season)

Please make fee payable to: PDSA

What to bring: Writing paper, pencils & pens
The Swim to Win Playbook (books will be for sale for \$42 if you need one)
Lunch for Saturday
Your energy, enthusiasm and attention!

Please contact your coach or Brad Dingey at (604) 822-8903 or bdingey@shaw.ca to reserve your spot.

See you there!