



Vancouver Pacific Swim Club

3214 West 10th Ave. Vancouver B.C V6K 2L2
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Spring Training Camp March 15 – 22, 2004

Invited Swimmers: Selected 11 & Over AA and AAA SP, JP,
Gold and Silver Dolphins

Why: Travel training opportunities are the key components to a season for any competitive swimmer. At the Senior national level swimmers and coaches will try and get away from the grind of school, work, distractions and the monotony of daily training for up to 10 weeks a year by going to a different locals to focus on the task at hand. At our provincial level we don't have the financial, family or school resources to go to that extent. We do have the resources to learn and implement this opportunity once a year or every other year. Last year sixteen swimmers made the trip down to San Diego in what was the highlight of the year both in training and opportunity.

This season we will be traveling to Mission Viejo, California for seven days. The trip will be focused on training both water and dryland, we will also be including diversions such as trips to the beach, and possibly some other relaxing afternoon daytrips. Depending on our numbers we will be taking up to five staff (coaches and chaperones) and it is our hope that we will have at least 25 of the invited swimmers to take part in this year's training camp.

Mission Viejo 2004

Providing boys and girls the best opportunity to pursue excellence in the sport of competitive swimming.



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Consent Form

Preliminary bookings for accommodation, ground transportation and pool rental have been made for our training camp this spring. We will need to confirm numbers by early January to confirm these and start booking airfare.

We will be leaving Monday, March 15th and returning Monday March 22nd.

Depending on our numbers we will be taking 2 or 3 coaches down with us as well as two chaperones. The current cost estimate for the trip is to keep the total at or below \$1000, this will vary a bit depending on airfare costs and number of swimmers.

Dates: March 15th to 22nd, 2004

Location: Mission Viejo, California

Located on the coast in between Los Angeles and San Diego

My swimmer _____ will participate in the
VPSC San Diego Training Camp from March 15 – 22, 2004

Parent's signature: _____

DUE DATE: Wednesday, January 14th, 2004.

By signing this form, I agree to all costs incurred from the competition

If you are not planning on attending please let your coach know by the deadline as well, so we do not have to guess as to final numbers.

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