

**2004 MSO ANNUAL GENERAL MEETING**  
**AND**  
**MSO SWIM CAMP**

Date: Saturday, October 23, 2004

Location: University Of Ottawa  
Montpetit Hall, 125 University Private

This year the Masters Swim Ontario Annual General Meeting will be held in Ottawa, Ontario.

We are offering you the opportunity to attend, free of charge, a swim camp sponsored by MSO and presented by Technosport Swim & Triathlon Club. This camp is open to all registered Ontario masters swimmers.

Camp includes:

- computerized body composition analysis and nutrition plan general
- training log book
- principles of swimming freestyle or you may request another skill/stroke (must be requested 10 days prior to camp)
- power point presentation –Nutrition and Effective Heart Rate Training Zones
- coach/swimmer ratio 5-1 for optimal results and feedback

Format:

8:00 – 8:30 a.m.	Registration/Body Composition
8:30 – 10:00 a.m.	Water Session
10:00 – 10:30 a.m.	<b>Break</b> (change for lecture – <b>Snack</b> )
10:30 – 11:45 a.m.	Lecture – Duane Jones, coach Technosport Swim & Triathlon Club
12:00 – 1:00 p.m.	<b>Lunch</b>
1:00 – 2:30 p.m.	Meeting
2:30 – 2:45	<b>Snack/Break</b>
2:45 – 4:00	Meeting

Pat Davis, Meeting Coordinator  
1094 Castle Hill Cres., Ottawa, Ontario K2C 2A8  
Email: [pjbdav@cyberus.ca](mailto:pjbdav@cyberus.ca) Phone: (613) 737-1947 (h)

*tear off and mail or indicate by email your intent to register with following information completed:*

Register for this day of free workshops and lecture, lunch, and meeting by sending:

- Name: \_\_\_\_\_
- Address: \_\_\_\_\_
- Phone number: \_\_\_\_\_
- email address: \_\_\_\_\_
- MSO number: \_\_\_\_\_

Please indicate your attendance:

1. camp and general meeting
2. general meeting only

Note: For those registering for the camp we will send you an update prior to the camp. Camp registration closes October 13, 2004 so register early!