

Fellow Swimmers,

The following is an invitation to a Swim Camp in the Caribbean during the week of Wednesday, Jan 2 to Jan 9, 2008. This idea developed from a revisit to Lagunamar Resort on Margarita Island off the coast of Venezuela. Among its many amenities, this all inclusive resort has 9 swimming pools, including a mostly empty 10 lane 50m pool. For a more detailed description of Lagunamar visit: <http://www.ilemargarita-venezuela.com/lagunamar.ing/lagunamar.htm>

Since this will be our first attempt at holding an off shore swim camp the following description is mostly intent. Not all of the following have been settled, but here's the plan:

- participants: 20-50 swimmers (many with non swimming significant others)
- Coaches: 4 coaches, each specializing in a different stroke.
- Sessions: A one hour morning clinic plus a one to two hour workout in the afternoon.
- If available: Video taping to be replayed indoors during the mid day sun (volunteers?)
- Weight training: Instructions and work-out to be determined (volunteers?)
- Other activities: As provided by Lagunamar Resort (they are considerable)

The coaches will be volunteer members on the tour. Facility arrangements have not been confirmed but pool and gym access should not present any problems.

The resort is best enjoyed as an all inclusive, although there are time share units to be traded into. The resort provides numerous other free attractions such as windsurfing, paddleboats, masks and fins, bicycles, nightly entertainment, etc. Pay for service includes day trips and motor boat activities such as water skiing, etc.

The tour operator is Nolitours out of Montreal. Trip arrangements can be made through any travel agent, however we recommend Zeze Kattan at Skyventure Travel Agency (416) 225-2500. Skyventure is a discount agency and Zeze is familiar with the program we are putting together. Arranging everything under one program will make it easier to plan and to execute the logistics of an entire group. We are getting a group rate so registering with a different travel agent may be more expensive.

The cost for a one week session is approximately \$1260 per person, give or take \$20. Nolitours has not yet settled their bookings for next year. We expect to have firm prices by mid August. Anyone wishing to make different arrangements such as time share swapping should make those separately and keep us informed.

If you are interested in attending and/or wish to contribute your services please send me an e-mail at swim@miltor.com or call us at 416-229-6701.

Early feedback is important so that we can reserve pool space, gym room and hopefully a meeting room for video playback sessions.

Claus Koch