



MINI CAMP 1

October 1, 2005

UNIVERSITY OF OTTAWA MONTPETIT HALL 125 UNIVERSITY PRIVATE

“The mini swim camps are scheduled Saturdays once per month from, September 2005 to August 2006, designed for swimmers & triathletes who want that little extra help for stroke technique, starts, turns, cycling drills and transitions. You request the skill that needs improvement and Technosport provides the coach.”

CAMP TUITION: \$10.00 Technosport members
 \$20.00 non members

CAMP INCLUDES:

- General principles of swimming freestyle, OR
- Your choice of the skill you need coached –**must be requested 7 days prior to camp**
- Coach/Swimmer ratio 5 / 1 for optimal results and feedback

CAMP SCHEDULE:

8:00-8:30 AM REGISTRATION
8:30-10:00 AM WATER SESSION

REGISTRATION MUST BE MADE 7 DAYS IN ADVANCE BY:

E- mail: minicamp@technosport.ca or ONLINE: www.technosport.ca

Camps are limited to 20 participants

CAMP SCHEDULE

October 1, 2005	Mini Camp 1	U of Ottawa
November 5, 2005	TECHNOSPORT FALL SWIM CAMP	U of Ottawa
November 8, 2005	Winter Cross Training Seminar	Fresh Air Experience
November 12, 2005	Mini Camp 2	U of Ottawa
December 10, 2005	Mini Camp 3	U of Ottawa
December 29-31, 2005	TECHNOSPORT XMAS SWIM CAMP	TBD
January 21, 2006	Mini Camp 4	U of Ottawa
Feb 25, 2006	Mini Camp 5	U of Ottawa
March 18, 2006	Mini Camp 6	U of Ottawa
April 5, 2006	Mini Camp 7	U of Ottawa
April 15, 2006	EASTER SWIM CAMP	TBD
May 6, 2006	Mini Camp 8	U of Ottawa
June 24, 2006	Mini Camp 9	Meech Lake
July 22, 2006	Mini Camp 10	Meech Lake
August 12, 2006	Mini Camp 11	Meech Lake

Information:

E-mail: info@technosport.ca

Web Site: www.technosport.ca

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