



PRESENTS

MASTERS SWIMMING ONTARIO BOARD MEETING & CAMP

SATURDAY, OCTOBER 21, 2006

UNIVERSITY OF OTTAWA SWIMMING POOL

CAMP OPEN TO: Swimmers who want to swim better, easier and faster.
Coaching is designed for those who need the basics and for those who need refinement of basic skills already acquired.

CAMP TUITION: \$35.00 Masters Swim Ontario Members

CAMP INCLUDES:

- **Underwater video analysis of your stroke**
- **New focus on swimming fast and efficiently**
- **Computerized body composition analysis and nutrition plan**
- **Coach/Swimmer ratio 5 to 1 for optimal results and feedback**

CAMP STAFF

Duane Jones: Head Coach Technosport
Up to 5 other coaches and assistants to be named

CAMP SCHEDULE:

8:00-8:30 AM	REGISTRATION & BODY COMPOSITION ANALYSIS & LIGHT SNACK
8:30-10:00 AM	STROKE DRILLS, SWIM PRACTICE & VIDEO RECORDING OF <u>YOUR CHOICE</u> OF STROKES
10:00-10:15 AM	CHANGE FOR LECTURES & LIGHT SNACK
10:15-11:30	PERSONALIZED VIDEO STROKE ANALYSIS & PERSONALIZED NUTRITION ANALYSIS & FEATURE LECTURE: Developing an Enjoyable Training Plan for a Healthy Lifestyle
11:30-3PM	Lunch & MSO Board Meeting-Room 103

This swim camp will provide a plan for physical training and nutrition. It will organize and maximize your potential, meet your goals and set you on the right course to a better swim season and a healthy and more enjoyable lifestyle.

RESERVE EARLY, ATTENDANCE IS LIMITED - FOR INFO OR TO REGISTER

E-mail: campinfo@technosport.ca

Web Site: www.technosport.ca



**BIOANALOGICS BODY COMPOSITION
DATA ACQUISITION FORM**

Name: _____ Date of Birth: _____

Phone: (H) _____ (W) _____ Fax: _____

Appointment Date: _____ Time: _____

Sex: ___ Height: _____ Weight: _____ email: _____

NUTRITION PLAN

_____ Conditioning (Weight reduction)
_____ Optimization
_____ Weight Gain

WEIGHT TRAINING

Workout Protocol: _____
_____ M _____ T _____ W _____ T _____ F _____ S _____ S

AEROBIC EXERCISE

Choose exercise and add minutes:

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
Walking	___	___	___	___	___	___	___
Jogging	___	___	___	___	___	___	___
Running	___	___	___	___	___	___	___
Swimming	___	___	___	___	___	___	___
Cycling	___	___	___	___	___	___	___
Aerobics	___	___	___	___	___	___	___
Rowing	___	___	___	___	___	___	___
Stair Master	___	___	___	___	___	___	___
Racquetball	___	___	___	___	___	___	___
X-Country skiing	___	___	___	___	___	___	___

ACTIVITIES OF DAILY LIVING

_____ Light Office Work
_____ Moderate (Nurse, Factory Work)
_____ Heavy (Construction, Athlete)

Technician Only:

ID#: _____ Impedance Number: _____

INFORMATION:

Phone:(613)769-4204 Email: technosport@rogers.com website: www.technosport.ca



CLIENT INSTRUCTIONS FOR ELECTROLIPOGRAM ANALYSIS

Client Name: _____ Phone: (H) _____

(W) _____ FAX _____ email _____

Appointment Date: _____ Time: _____

1. Avoid heavy exercises for 6 hours before your test.
2. Do not eat any food during the 4 hours prior to your test. If you are thirsty, drink a moderate amount of water only.
3. Be sure to use the rest room to empty your bladder just before the test.
4. If you are using any prescription or off the shelf medications, please notify the technician before the test is administered.

Technician _____

INFORMATION

TECHNOSPORT
(613) 769-4204
coach@technosport.ca
www.technosport.ca