



MAUI 2018

**Masters Swim Training Camp
Kihei, Maui, Hawaii
February 25 -March 4, 2018**

GENERAL CAMP INFORMATION

LOCATION

Kihei Aquatic Center - 303 E. Lipoa Street, Kihei, Maui, HI
8-lane, 50m (25yd across) competition tank divided by bulk head
8-lane, 25yd training pool

DATES & SCHEDULE

DATES	TIME
Sunday, February 25, 2018	4:30-6:30PM
Monday, February 26 to Sunday, March 4, 2018 **except Thursday, March 1**	6:00-8:00AM
Monday, February 26 to Friday, March 2, 2018 **except Thursday, March 1**	6:30-8:30PM

A workout may be added for Thursday, March 1, at Lahaina Aquatic Center. Details to be announced in late January or early February.

CAMP REGISTRATION FEE

\$420 CAD per person

Cost is for camp registration only - travel and accommodation are extra.

Funds raised are used to help cover travel and accommodation for the coaches, pay pool rental fees, and provide souvenir swim caps for participants.

Again in 2018, surplus funds will be used to make a major donation to the MSABC Endowment Fund - it is hoped that the 2018 camp, the fifth held to date, will bring the total donated to the Fund to \$5000. The MSABC Endowment Fund helps MSABC support Masters swim programming in BC - it helps support our competitions, it helps develop our coaches, it helps build a better Masters swimming community across the province.



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TRAVEL & ACCOMMODATION

Due to the abundance of options for flights to/from Maui, as well as a wide variety of accommodation options in and around the Kihei area, all such arrangements will be the responsibility of the participant to book and purchase.

WHAT TO EXPECT

“Fun, Friendship & Fitness for Life” - Masters Swimming Association of BC

This camp is designed for any registered Masters swimmer, 18 years of age or older, who seeks a fun and challenging training experience in the pool. The pool we'll be swimming out of just happens to be located in paradise - palm trees, sandy beaches, and warm winter sunshine.

Swimmers can expect a workout schedule that balances stroke correction with challenges to their aerobic and sprinting fitness. All four competitive strokes will be covered over the duration of the camp, with plenty of opportunity to specialize or substitute in the stroke of your choice.

Expect to be challenged, and expect to have fun.

We welcome and encourage swimmers of all athletic backgrounds and abilities to attend the camp. Whether you swim for fitness, to compete, or simply for social reasons, you are welcome at this camp.

As a basic standard, swimmers able to regularly swim at least 2000m in a single session will find this camp to be a good fit. The “faster” lanes can expect to achieve between 3500-5000m at each workout, with the less-fast lanes accomplishing about 2000-3000m, depending on focus of the session. Swimming regularly with a Masters or adult triathlon club would be considered sufficient preparation for the demands of the camp. It should be made clear that the camp should not be considered as a learn-to-swim program. Anyone with questions regarding the suitability of the camp should contact Dale Robinson at infinity.swimming@gmail.com.

It is mandatory, for insurance purposes, that all participants be a member in good standing with their local state or provincial Masters swimming association.



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COACHING STAFF

Dale Robinson - Head Coach & Camp Manager - Victoria, BC

NCCP certified coach with over 20 years of coaching experience.

As a swimmer specializes in endurance IM and free events, including open water.

Most recent coaching experience:

Head Coach & Owner/Operator, Infinity Swimming - since 2010

Assistant Coach, Victoria Masters Swim Club - since 2015

Masters & Age-Group Coach, Vancouver Pacific Swim Club Masters - 2008-15

Head Coach, Canadian Dolphin Masters/Tri Program - 2009-12

Head Coach, UBC Masters Swim Club - 2004-11

Recipient of the Masters Swimming Canada Coaching Excellence Award - 2014

Recipient of the MSABC Presidential Award - 2013

Danielle Brault - Assistant Coach - Gibsons, BC

NCCP certified coach with over 40 years of coaching experience.

As a swimmer specializes in breaststroke, IM, and sprints of any stroke.

A small selection of Danielle's coaching experiences:

Assistant Coach, previous Maui camps in 2011, 2012, 2013, 2015

Head Coach, Victoria Masters Swim Club - 1994-2017

Founder & Head Coach Lahr Masters Swim Club (Germany) - 1985-86

Masters Head Coach & Founder, Equipe de natation de Cowansville - 1979-85

Head Coach, Equipe de natation de Cowansville - 1976-85

Recipient of the Masters Swimming Canada Coaching Excellence Award - 2010

Cindy Mabee - Assistant Coach - Victoria, BC

NCCP certified coach with over 30 years of coaching experience.

As a swimmer specializes in backstroke, and any sprint or middle distance event.

She has broken 14 World and countless BC and Canadian Masters records.

Former Canadian high-performance team member.

Coaching experience:

Head Coach, Victoria Masters Swim Club - since 2017

Assistant Coach, Victoria Masters Swim Club - 2002-2017

Island Swimming Association

Head Coach, COHO Swim Club - 2002-09

National Group Coach - 2009-12

Provincial Group Coach - 2012-14



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ABOUT INFINITY SWIMMING

Infinity Swimming was started in 2010 by Dale Robinson with a mandate to provide high-quality, affordable, and especially fun swim training opportunities for Masters athletes. As both a certified coach and an avid swimmer himself in search of such opportunities, Dale also envisioned Infinity Swimming to be an entity that would contribute in positive ways to the development of the sport of Masters swimming in British Columbia and beyond.

To date, as a direct result of Infinity Swimming organized events, over \$5000 has been raised - money that has gone to support Masters-related swimming initiatives in BC. Of that, \$3500 has gone directly to help build the Masters Swimming Association of BC Endowment Fund, which provides stable and predictable annual funding to the Masters swimming community in the province.

Again for the 2018 camp, all surplus raised through registration fees will be donated to the MSABC Endowment Fund.
