



WINNING SPIRIT RACING CAMP

Kingston, Jamaica

Wednesday May 18

2:45 – 4:15pm	10 & U	Gear-Head Circuit
4:15 – 4:45pm	Everyone	Olympians Underwater Video
4:15 – 6:30pm	11 & O	Beat the Clock – Kick Phelps 50's

Thursday May 19

5:30 – 6:15am	11 & O	Race Ryan Lochte – Kick Steelers
2:45 – 4:45pm	10 & U	Turns/Timed – Race the Olympian
4:45 – 6:30pm	11 & O	Relating Training to Goals

6:45 – 7:30pm	<i>Swimmers/Parents</i> – “Be The Best You Can Be” Age Groupers to Olympians and what it takes in skill, fitness and motivation. *	
7:30 – 8:00pm	<i>Parents</i> – What Coaches and Parents Want – University Scholarships	

Friday May 20

5:30 – 6:15am	11 & O	Aussie Analysis – Swim Faster Than You Can
2:45 – 4:45pm	10 & U	Last Swimmer Swimmin’ Drills – Whistle Pulls
4:45 – 6:30pm	11 & O	Race the Jamaican Record – Workshop: Race Analysis

REGISTRATION:

Please register on Monday May 16 or Tuesday May 17 in the ASAJ Office. Total cost of the camp is US \$50. Place is limited, and will be allocated on a first come, first serve basis

Name of Swimmer: _____

Name of Parent: _____

Email Contact: _____

Phone Contact: _____