

## **USMS High Performance Camp**

### **By Hill Carrow**

The U.S. Masters Swimming High Performance Camp, which originated in the '90's at the Olympic Training Center in Colorado Springs, was reinstated last year right here in North Carolina at the new Greensboro Aquatic Center. The camp is led by U.S. Masters Swimming's finest coaches, as selected by the USMS Coaches Committee.

This year's camp will be held August 25-30, 2012 in Greensboro, and will feature coaches Stu Kahn, Head Coach of Davis Aquatic Masters as HPC Head Coach; Frank Marcinkowski, Head Coach for USMS at the 2012 World Championships; Chad Durieux, Head Coach of Rose Bowl Masters and last year's USMS Coach of the year; and Cokie Lepinski, Head Coach of Symnut Masters.

The camp is focused on helping Masters swimmers take their swimming to the next level. In addition to the USMS coaches, the camp includes sports science, sports nutrition, and sports psychology geared towards individual camp participants. In-pool training, classroom education, individual videos of campers' strokes above and below the water surface, and in-person perspectives from Masters Olympians are all part of the program.

We would like to encourage our registered Masters swimmers in North Carolina to take advantage of this unique "hometown" opportunity. As such we are lowering the already discounted price of the camp (currently \$1900) to \$1800 as a special offer to NC Masters swimmers only. The deadline to register for the camp, and take advantage of this offer, is June 15. For more information copy and paste the URL for this link into your web browser:

<http://www.trianglesportscommission.com/usms-high-performance-camp>