



# **Adult 3-day Swim Camp in Ocean Beach, Connecticut with World Record Holder Karlyn Pipes-Neilsen**

Friday, Aug. 28th from 2:30 pm to Sunday Aug. 30<sup>th</sup> at 1:00 pm

**16 hours of instruction from one of the world's best!**

Camp includes:

- Swim technique workshops for freestyle, back, breast, fly, starts and turns
- **Or**, choose to work only on freestyle in our Triathlete track
- Multiple video taping sessions with review DVD of all your video footage (sent afterwards)
- Open water swimming clinic followed by a group ocean swim and relays
- Discussions on nutrition, post exercise recovery, training and racing strategies
- Aquatic Edge silicone swim cap and a pair of View goggles
- One dinner, two continental breakfasts and healthy snacks

**Location:** Ocean Beach Park **OUTDOOR 50M POOL**, New London, CT and East Lyme High School, CT  
Go to <http://www.ocean-beach-park.com/Park-Info.html> to view pool and beach area.

**Karlyn Pipes-Neilsen lives in Kona, Hawaii and** has set over 214 Masters World records and is the 2008, 2007 & 2004 World Masters Swimmer of the Year. However, there is MUCH more to Karlyn that just being a fast swimmer...she is also an amazing teacher! For more information visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Jack Stabach** is the 2006 and 2007 State of Connecticut Coach of the year, has over 20 years of experience and currently coaches several national top 16 swimmers. Jack is an ASCA level 3 swim coach

**Cost:** \$325 per person if postmarked prior to August 14<sup>th</sup>, \$375 after August 14<sup>th</sup> (does not include accommodation). For insurance purposes, all participants must have a current 2009 USMS card. If you are not registered you may do so online at [usms.org](http://usms.org) under join/renew for about \$30.

**Register online at [www.aquaticedge.org](http://www.aquaticedge.org)** OR email FIRST to confirm your spot, then mail form and payment to: Aquatic Edge, 77-6479 Kilohana St. Kailua-Kona, HI 96740  
Questions? Contact Karlyn [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com) 808 756-0195 (Hawaii time)

**Space is limited, so register early to ensure a spot!**

✂-----

First Name \_\_\_\_\_ Last \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Please identify two goals for the clinic: **Important! Please attach a copy of your USMS card**

1) \_\_\_\_\_

2) \_\_\_\_\_

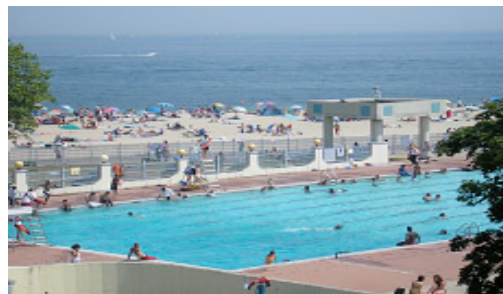
\$325 if postmarked prior to August 14<sup>th</sup>     \$375 if postmarked after August 14<sup>th</sup>    Amount enclosed: \_\_\_\_\_

Send check (payable to Aquatic Edge) and completed form to: 77-6479 Kilohana St. Kailua-Kona, HI 96740

## **Adult 3-day Swim Camp in Ocean Beach, Connecticut**

Camp starts Friday, Aug. 28th at 2:30 pm  
and concludes on Sunday Aug. 30<sup>th</sup> at 1:00 pm

(Proposed schedule, subject to change)



### **Friday, August 28th 2:30 PM start**

2:30-3:00 A meet and greet at the Ocean Beach Park  
50M pool, New London, CT

3:30-4:00 Film "before" video shot of freestyle

4:00-7:30 Aquatic Edge Faster Freestyle clinic

7:15-7:30 Film "after" video shot of freestyle

7:30-8:30 Review "after" video with a hosted PIZZA dinner

### **Saturday, August 29th 7:30 AM start**

7:30-9:30 AM

- Review Faster Freestyle techniques learned the night before
- Work on freestyle turns
- 1.5-2k swim set (depending on ability) focusing on pacing and controlling speed

9:30-10:30 Break with continental brunch provided

10:30-12:30 Aquatic Edge Open Water clinic with an ocean swim and fun relays

BREAK 12:30-4:00

4:00-5:00 PM

- Overview of fly, back and breast (dry)
- Triathlete track will focus on Freestyle training strategies

5:00-7:00 Aquatic Edge Multi-stroke clinic (fly, back and breast) with videotaping

7:30-9:30 NO host dinner at a local restaurant (TBD)

### **Sunday, August 30<sup>th</sup> 9:00 AM start**

9:00-10:00 Watch video taken the night before

10:00-11:30 Review all strokes, turns, starts

11:30-12:00 Break with continental brunch provided

12:00-1:00 Open water swimming in the pool, starts, turns cont.

Wrap up all up and we are done!

We are working on providing reduced cost local accommodation. Please call Jack @ 860-912-9232

Questions? Please contact Kevin at [kevin@swimtimes.com](mailto:kevin@swimtimes.com) or call 800-756-0185