

Attn: Master Swimming Coaches from across Canada;

Traditionally, for the past 5 years, there has been a group of Master Swimmers who have gathered on Margarita Island, Venezuela at the beginning of the New Year. In the first years, coaching was unofficially organized with volunteers sharing responsibilities. The Laguna Mar Resort has been the location of the swim camp, founded by Claus Koch of the Trillium Y Masters Swim Club in Ontario. The resort is a sumptuous, beautifully appointed all-inclusive resort with spacious rooms, spectacular white sand beach, water sports (and OWS) Laguna and best of all a 50 meter, 10 lane Olympic style swimming pool.

In Sept 2009, Oannes Athletics in effect, took over the organization and administration of the swim camp and offered two weeks in January 2010. Both weeks drew a total of 63 athletes, 25 in the 1st week and 38 in the 2nd. Both 7-day swim vacations featured athletes who train as competitive swimmers and triathletes from all across Canada. Doug Vanderby of www.swimordie.ca returned to the camp to coach the 1st week with Nancy Black of www.masterducks.ca coaching the 2nd week. Both weeks featured Kelvin Landolt www.oannesswims.com as the secondary coach (that's me). Both weeks were a great success with very positive feedback with regard to the resort, facilities and the program presented.

Oannes Athletics is suggesting the following dates for upcoming camps:

- Nov 30- Dec 7 – Swim Camp
- Jan 4-11, 2011 – Swim Camp
- Jan 11-18, 2011 - Swim Camp / also possible Open Water Focus
- Jan 18-25, 2011 – Possible Triathlete focus week.

It is our goal to further enhance the program by:

- Searching for qualified coaches from across Canada
- Upgrading remuneration for coaches
- Enhancing pre-camp swim program discussions/organization
- Enhancing post-camp evaluations from coaches
- Finding ways to offer more value to athletes

Program this year we are:

- Capping the number of participants at 40 athletes, per week.
- Offering a pre-Christmas date and a 3rd week in January.
- Looking into the possibility of offering a Triathlete focused week (cycling, running with only 5 swim workouts (2 pool & 3 open water).
- We are looking of two (2) coaches per week.
- Offering 13 workouts in total – 2 per day for 6 days and 1 on the 7th day. Rough schedule – 8 AM (2 hr) and 3:30 PM (1 hr 30 min) daily.
- Sample program - see below.

Coaching Qualifications:

- Currently coach (head or other position) of a registered Masters Swimming program in Canada. The team should have a membership of 20 or more.
- Swim coaching experience of a minimum of five (5) years, preferred with Master Athletes but not essential.
- Evidence of having run, managed, directed or coached for a swim camp or some equivalent event.
- Be open to work as the secondary coach, under a head coach possibly unknown to you prior to the event.
- Be open to taking direction for the director of the program and from the resort staff/management as needed.
- Ability to refer or sign up a minimum of 4 athletes to the program (for any of the dates offer for this project)

Coaching Remuneration:

- Package – Air fare, all transfers, 7-day all-inclusive stay in standard single supplement room
- Coaching Fee - \$520
- Coaching Bonus – for every athlete after four (4) referred - \$25 commission is earned.

Application: Deadline Sept 7, 2010.

Please forward a bio or coaching resume, along with an indication of the week you'd be interested in coaching, by email to:

Kelvin Landolt – Oannes Athletes – info@oannesathletics.com

General Work Plan: Sample

<p><u>Workout 1</u></p> <p>8 AM</p>	<p><u>Workout 8</u></p> <p>3:30 PM</p>
<ul style="list-style-type: none"> • Distance - 5400/4000m • Stroke - Freestyle • Focus – Stroke Form • Lecture – Freestyle: Breathing and Body Balance Position • Dryland – Stroke Shaping for Freestyle 	<ul style="list-style-type: none"> • Distance: 3500/2900m • Stroke - IM • Focus - Group Relay – Margarita Games • Group Relays - Divide group into 4 teams of 5 athletes
<p><u>Workout 2</u></p> <p>3:30 PM</p>	<p><u>Workout 9</u></p> <p>8:00 AM</p>
<ul style="list-style-type: none"> • Distance: 4000/3500m • Stroke – Freestyle & Butterfly • Focus - Aerobic • Lecture – Butterfly & Breast Stroke: Body Core Undulation • Dryland – Stroke Shaping for Butterfly 	<ul style="list-style-type: none"> • Distance - 4100/3700m • Stroke - Freestyle • Focus - Pyramid • Lecture – How to deal with Post Camp Blues • Dryland – Relay /take over Starts

<p><u>Workout 3</u></p> <p>8:00 AM</p>	<p><u>Workout 10</u></p> <p>3:30 PM</p>
<ul style="list-style-type: none"> • Distance: 3400/3000m • Stroke – Freestyle • Focus - Pace Endurance • Lecture – Freestyle: Recovery • Dryland – Pre-Swim Stretching 	<ul style="list-style-type: none"> • Distance - 3100m • Stroke - Choice of Stroke • Focus - Quality / Turns / Starts • Lecture – Executing Goals • Dryland -
<p><u>Workout 4</u></p> <p>3:30 PM</p>	<p><u>Workout 11</u></p> <p>8:00 AM</p>
<ul style="list-style-type: none"> • Distance: 3600/3400m • Stroke – Freestyle & Back Stroke • Focus – Negative Split • Lecture – Back Stroke: Speed through Breathing & Tempo • Dryland – Stroke Shaping for Backstroke 	<ul style="list-style-type: none"> • Distance - 3400m • Stroke - Freestyle • Focus - Short Rest • Lecture – Swimming Cognitively • Dryland – Exploring triceps for Explosive Speed in Water

<p><u>Workout 5</u></p> <p>8:00 AM</p>	<p><u>Workout 12</u></p> <p>3:30 PM</p>
<ul style="list-style-type: none"> • Distance: 4800m • Stroke – Freestyle • Focus: Distance Freestyle • Lecture – Freestyle: Hypoxic Training for the 21 Century • Dryland – Post-Swim Stretching 	<ul style="list-style-type: none"> • Distance – 5100/4100m • Stroke - Freestyle • Focus - Anaerobic • Lecture – NA • <u>Dryland – NA</u>
<p><u>Workout 6</u></p> <p>3:30 PM</p>	<p><u>Workout 13</u></p> <p>7:30 AM</p>
<ul style="list-style-type: none"> • Distance - 2400m • Stroke – Freestyle & Breast Stroke • Focus – Sprint • Lecture – Breast Stroke –Technique that works with your Body Type • Dryland – Stroke Shaping for Breast Stroke 	<ul style="list-style-type: none"> • Distance – 3000/2000m • Stroke – Choice of Stroke • Focus - Easy Swimming • Lecture – NA • <u>Dryland – NA</u>

Workout 7

8:00 AM

- Distance - 2500m
- Stroke – Freestyle
- Focus - Critical Velocity Set
- Lecture – Dealing with Fatigue for Master Athletes
- Dryland – Streamlining & Balancing Drills