

# Off Piste Aquatics Masters Swim Retreat

June 18-23, 2017 Vail, Colorado

- Want to get faster as you get older? Age doesn't have to limit your performance!
- Open to all current USMS registered athletes!
- Only 18 spots!
- USMS Level 3 Coach & FINA World Record Holder Katie Glenn
- Daily high altitude, race specific workouts and instruction at 8400'
- Improve race strategy, training philosophy & stroke technique
- 1-on-1 videotaping & analysis above and below the water



- Held in the spectacularly beautiful mountains of Vail, Colorado
- HAVE FUN & MEET NEW FRIENDS!



## RETREAT SCHEDULE

### SUNDAY, JUNE 18

4:00-5:30PM Check-in Vail Racquet Club  
4:30-5:30PM Orientation / Introductions Vail Racquet Club Elk Room  
5:30-6:30PM Group Swim Session/Video Individual Session  
7:00-9:00PM Group Dinner Blu's at Vail Racquet Club/Altitude Adjustment

### MONDAY, JUNE 19

7:00-8:30AM Group Swim Session  
8:00-9:30AM Individual Video Session  
9:00-10:00 Breakfast provided  
10:30AM-12:30PM Functional Fitness/Prehab Presentation & Workshop – Dr. Matthew Smith - catered lunch provided  
1:00-4:30PM Team building social activity  
5:00-6:15PM 1-on-1 Coach/Athlete Video Analysis  
5:30-6:30PM Group Swim Session (Optional)/Video Individual Session  
7:00PM Group Dinner & Social Blu's at Vail Racquet Club

### TUESDAY, JUNE 20

7:00-8:30AM Group Swim Session  
8:00-9:30AM Individual Video Session  
9:00-10:00 Breakfast provided  
8:00-10:30AM 1-on-1 Coach/Athlete Video Analysis  
10:30-1:30PM Training Focus & Workshop with David Guthrie - discussion of training for key events, goals - catered lunch  
2:00-5:00PM Optional Hike/yoga  
Dinner On Your Own  
7:30-9:00PM Optional Social in Vail Village

### WEDNESDAY, JUNE 21

7:00-8:30AM Group Swim Session  
8:00-10:00AM 1-on-1 Coach/Athlete Video Analysis  
9:00-10:00 Breakfast provided  
10:15AM-12:45PM Freestyle Stroke/Mastering Swimming Workshop with Annette Salmeen - catered lunch  
1:00-5:30PM Exploring the Vail Valley  
Dinner On Your Own

### THURSDAY, JUNE 22

7:00-8:30AM Group Swim Session  
9:00-10:00AM Breakfast provided & Wrap Up  
11:00AM Departures  
OR  
9:00AM-5:00PM White Water Rafting Trip\* (6 day/5 night attendees)

### FRIDAY, JUNE 23 (6 day/5 night attendees)

7:00-8:30AM Group Swim Session  
9:00-10:00AM Wrap Up  
11:00AM Departures

\*Rafting Trip paid thru 3rd-party vendor

## RETREAT COST \$1100 + LODGING

Off Piste Aquatics Masters Swim Retreat includes:

- presentations and workshops by gold medalist, FINA Masters Hall of Fame member and multi-time FINA Masters World Record Holder, and renowned sports chiropractor and sports therapy clinician
- 4 breakfasts, 3 lunches, and 2 dinners
- exclusive swag bag full of goodies
- special Vail Racquet Club Mountain Resort lodging rates
- optional whitewater rafting excursion (for 6 day/5 night attendees)

## Featuring David Guthrie

Training Focus & Workshop - getting faster as you age, goal setting, training focus



FINA Masters Hall of Fame Inductee; FINA Masters World Record Holder; USMS All-American Honors; USMS All-Star