

# 1<sup>st</sup> European Championship Masters Camp Yalta, Ukraine 18-24/10-2010



**Participate in the Ukraine Open Masters Championships (50m) in the European Championship pool from the 15<sup>th</sup> to the 17<sup>th</sup> of October AND take the opportunity to train in the in pool of the European Masters Championships 2011 with one of the world most experienced Masters coaches Glen Christiansen after the swim meet. Glen will together with Olympic Champion Sergeii Fesenko give you technique advices and ideas about how to get in shape for the European Masters and other competitions. For those participating in the meet there will be video and stroke analysis at the camp. We can coach in English, German, Russian and Scandinavian.**

**Time: 18th to 24th of October 2010**

**Place: European Championship 50m.pool, Yalta, Ukraine**



**Coaches: *Glen Christiansen:***

Olympic coach in Atlanta 1996.

Ranked number 1 in the world in 1981 in 100m breaststroke (sc).

13 times World Masters Champion. Over 50 world masters records broken. Former head coach Olympic performance centre in Hamburg, Germany.

Glen has coached swimmers like world record holder and world champion in 1500 freestyle Jörg Hoffmann, world champion in backstroke Antje Buschschulte and European champion in 50m freestyle Linda Olofsson.

***Sergeii Fesenko:*** Olympic Champion 1980, World and European Master Champion. Organiser of the European Masters Championships in Yalta 2011.

**Cost:** 85 Euro/day (price includes: Hotel, half board, all trainings, seminars and a Euro Masters Camp T-shirt)

**Information and entry:** [gc1769@gmail.com](mailto:gc1769@gmail.com)

**Program:**

Swim training 2 times a day in the 50m pool.

Seminars about training, nutrition, weight training and competition.

Stroke analysis over and under water.

Social program.