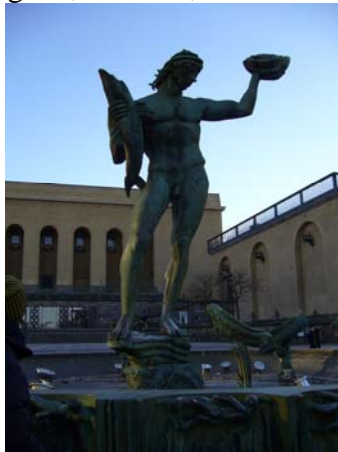


Invitation to:
1st. World Masters Swim Camp
Göteborg 9-10/5-2009

Take the opportunity to train in the in pool of the World Masters swimming Championships 2010 with one of the world most experienced Masters coaches Glen Christiansen. Glen will give you technique advices and ideas about how to get in shape for the World Masters, or any other competition. The camp is open to all masters swimmer who a basic fitness has and is able to swim freestyle. We can coach in English, German, Finnish and the scandinavian languages.



Time: 9th to 10th of May 2009
Place: Valhallabadets 50m. pool

Coaches: ***Glen Christiansen:***

Olympic coach in Atlanta 1996. Ranked as 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, among others, coached 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.

Niko Martikainen: Licensed and fulltime coach in swimming and weight training.

Program:

Saturday 9/5 10.00 - 11.30 Swimtraining

12.00 Lunch

13.00–15.00 Theory: How to train for a competition. Weight training for Masters swimmers.

15.00 – 17.00 Swim training

18.00 – Friendship dinner

Sunday 10/5 10.00 – 12.00 Swim training + Conclusion.

15.00-17.00 TIME TRIALS!!! Take the chance to swim some races of your choice long course (50m pool) and check your form now!

Cost: 120 Euros

Each participant gets a World Masters Camp T-shirt

Information: fitnesschef@charlottehaven.com

Cheap accomodation can be organized