



DEC 2016 BASA CHRISTMAS CAMP

Intense swim training and learning to be a faster swimmer!



**SATURDAY,
DECEMBER 17th –
SATURDAY,
DECEMBER 31st**

***Ages 10 and over,
must be in
Standard meets***

***\$480 for the
full camp***

***\$60 per individual
day***

BASA

campos@swimmingbermuda.com

(441)292-1713

The camp begins on Saturday, December 17th and concludes on Saturday December 31st. There will be **no camp Sunday, Dec. 25th, Monday Dec.26th.** —

The National Coaches, Ben Smith and Richard Goodwin, will be providing both the content and delivery of the camp. All sessions will be held at BASA pool unless otherwise noted. These will consist of swim and land training sessions as well as some classroom activity. The swimmers participating in the camp need to have participated in standard level meets and be at least 10 years old. The content of this camp will be challenging so swimmers need to possess the ability to focus in and out of the pool and be willing to be challenged physically and mentally.

Swimmers need to bring extra towels, warm clothes and land training equipment. There **will be a lunch break and a snack break** so please have lunch and snack with you as well as drinks for the day.

We accept cash, cheques, online or credit card payments and all payments must be made by **Monday, December 12th.**

Cheque or cash payments may be put in the drop box on the BASA office door or can be delivered to the BASA office between 11 – 2 each weekday. Please make cheques payable to BASA.

Please return this page with registration

Swimmers name (s): _____

Option chosen: **\$480 for the full camp**
 \$280 for the half day camp
 \$60 per individual day

(If selecting individual days, please list exact days you wish to attend)

Dec _____

Payment options

Credit/debit card payments can be emailed to Ben camps@swimmingbermuda.com.

Credit Card # _____ EXP: _____

Remember that online payments must have a screen shot or receipt submitted with registration. In the reference please write family name and Christmas camp so we can identify your payment

Please make online payments to:
Bermuda Amateur swimming Association
Bank of Butterfield
Account #20006060025347100

Total Paid = S _____ Date _____

