

Swim Las Vegas

Canadian Masters Training Camp

April 25-May 2 & May 2-9 2010

The *Swim Las Vegas* Trainings camp is organized by the Revelstoke Master Swim club for all Canadian Master Swimmers. The focus of training is getting you race-ready for the 50m long-course Canadian Nationals in Nanaimo in May 2010. But even if competition is not your main goal, the Swim Las Vegas Camp is a great way to learn more about swim training, work on your strokes and fine tune your swimming skills. Great coaches will cater to all level master swimmers and tri-athletes.

For this we have hired the 50 meter pool, a 25 yard pool plus the award winning NCAA coaching staff of the Las Vegas Rebels University Swim Team. You stay in one of Vegas nicer hotels within walking distance of the pool and a mile from the Vegas strip. Cheap daily flights from anywhere in Canada to Las Vegas, lots of optional entertainment, warm weather and great swims make for a perfect setting.



Costs: \$ 755 per week. Non swimming registrant: \$ 475. Single room surcharge \$ 370/week

Included: 6 days of training camp with 2 hours in the 50 meter pool in the morning, 1.5 hr. technical workouts in a 25 yard pool in the afternoon, 7 nights hotel room based on db occupancy, room taxes, airport transfers, daily continental breakfast and *Swim Las Vegas* T-shirt.

Excluded: Your flights to and from Las Vegas, meals other than breakfast, personal expenses.

You can opt to come one week or 2 weeks. Bring a swimming partner or a non swimming partner, share a room or book a single room. And all training sessions are optional of course. Tri-athletes will find Vegas a stimulating area to train in, with good weather and some great bike and run areas near Lake Mead.

Registration.

Early registration is strongly recommended, as space is limited. Deadline for registration is April 1, 2010. Once we receive your payment and registration, a confirmation will be sent out to you and you can proceed with booking your flights. For insurance purposes, all camp registrants must be a member of sanctioned Canadian Swim organization and provide their Master swim provincial number. If you're not registered, a \$ 40 MSABC fee applies. All registrants must read and sign and return with their registration the waiver or liability and assumption of risk. See below for more details.

For more information contact:

Revelstoke Master Swim Club: Alex Szirmai.

E-mail: info@glacierhouse.com phone: 1-877-837-9594

Registration:

Swim Las Vegas

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First Name: _____ Last Name: _____

Mailing address: _____

E-mail address: _____ Phone: _____

Birth Date: _____ Age: _____

I am member of: _____ Master swim registr. #: _____

I need to become a member of MSABC \$ 40.

swimming participant Non swimming participant:

Registration for week1: April 25-May 2, 2010 Registration for week 2: May 2-9., 2010
(\$755 swimmer - \$ 455 non swimmer partner per week)

Registration for week 1 & 2: April 25-May 9, 2010
(\$1425 swimmer - \$ 865 non swimmer partner per week)

Sharing accommodation with : _____
(Those Swimmers or non swimmers that share accommodation must fill in a separate registration)

I require a single room (1 week total \$ 1125, 2 weeks \$ 2165)

I have enclosed payment. * Cheque Money order

I guarantee my participation by Visa/ MasterCard, but will send a check/money order in the mail.

I hereby Authorize you to charge my Mastercard/ Visa for the following amount \$ _____ - ____
(Please add a 2% processing charge for credit card payments- see conditions)

Card name: _____ Card number _____ Exp date: _____

Signature: _____ Date: _____

* Please make payable to Revelstoke Master Swim Club and send along with your registration to:

Revelstoke Master Swim Club, p/a. Box 250, Revelstoke BC, V0E 2S0.
E-mail: info@glacierhouse.com or Fax: 1-250-837-9592.

Swim Las Vegas PARTICIPANT AGREEMENT

RELEASE OF LIABILITY and ASSUMPTION OF RISK

ATTENTION: By signing this document you waive certain legal rights, including the right to sue.

Read carefully before signing

TO: Revelstoke Master Swim Club, Alex Szirmai, MSABC, University of Las Vegas Coaching and support staff, lifeguards, and any other person/ organization, employees, director, guide, sales agents, affiliates, independent contractors, and representatives (all of whom to be herein referred to as RMSC) involved in the organization of the Swim Las Vegas camps 2010.

ASSUMPTION OF RISKS:

I am aware that swimming and / or associated activities involved with the said activities, exposes me to many risks, hazards and dangers (both known and unknown). **Risks include but not limited to: swimming, swimming in cold water, diving, holding breath under water, collisions with fixed and moveable objects and persons, pollutions, objects on pool decks and in changing rooms or in the water, negligence on behalf of other swimmers, staff and associates.** I accept all risks, hazards and dangers to which I may be exposed and acknowledge the possibility that I may suffer loss resulting there from. I further acknowledge that such personal injury, death, illness, property damage or property loss may result from the risks inherent in said activity and related activities, or may result from the negligence or faults of RMSC. I am freely and voluntarily assuming all of the risks and hazards and I am participating in said activity as provided by RMSC entirely at my own risk. I further agree to act responsibly and prudent in said activities which includes; using common sense, following and obeying organizer and staff instructions, doing regular check ups and inspections of equipment and pools, as to prevent any mishap or accident. I agree to not use any equipment or participate in any activity under the influence of alcohol, drugs or medication, extreme fatigue or jet-lag and cause no wilful damage. I am aware I do not have to participate in any activity I am not comfortable with or capable of.

Medical Conditions:

I hereby attest and verify that I am physically fit and have sufficiently trained for this event. I have no known medical conditions that could affect my capabilities of participating in this event. Please list all allergies, medication and or medical conditions that could affect your ability to participate in your activity. You are required to inform staff prior to trip departure and during the event of any changes in your medical conditions:

Initial

I certify that I have adequate insurance to cover any injury, medical emergency, and or rescue evacuation that may arise while involved in the said activities, or else I agree to bear the costs of such injury and or rescue evacuation myself. I acknowledge that in the event of an accident, rescue and medical treatment may not be immediately available. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

Initial

I have taken notice to the terms and conditions of participating in this event and agree to these terms, conditions and rates. I agree to pay for any and all damages, loss and 3rd party damages I cause.

RELEASE OF LIABILITY WAIVER OF CLAIMS: I hereby agree to the following:

I voluntarily release, forever discharge, agree to indemnify and hold harmless RMSC from any and all claims that I may have in the future, including but not limited to; damages, loss, death or injury, equipment failure or improper knowledge thereof, including claims for negligence, of RMSC, for myself, my heirs and other representatives and assigns which I may have as a consequence of my participation. I hereby acknowledge that I have sole responsibility for my personal possessions and equipment before, during and after any event.

In entering into this agreement I am not relying on any oral, written or visual representations or statements made by RMSC with respect to the safety of participating in this event. This agreement shall be governed by and interpreted in accordance with the laws of the Province of British Columbia. Any litigation involving the parties in this agreement shall solely be brought forth within the Province of British Columbia.

Initial

I agree and comply with all the terms and conditions of the registration form. I have read and fully understand the contents of this agreement prior to signing it. I am signing it freely and voluntarily and I agree that this agreement will be binding on me, my heirs, executors, administrators, personal representatives and assigns.

Date _____

Client Name: _____

Signature: _____

RMSC Witness: _____

Signature: _____

Terms & Conditions

Prices

All rates are in Canadian Dollars and include local room taxes. All rates are per person per week.

Accommodations

Rates are based on room availability at the Las Vegas Hyatt Place. We reserve the right to substitute for a comparable hotel, should number of bookings or other conditions require so.

Meals

Rates listed include continental breakfast. Other meals, snacks, drinks etc, are registrants own responsibility. Upon request we can arrange dinner and hot breakfasts for the group, should so be required.

Registration, Payments and Cancellation Policy

No reservation is confirmed till a complete registration and payment is received. Space is limited and registrations are accepted on a first-come basis. We strongly encourage you to register online by E-mailing us your completed registration, with a credit card guarantee or payment. Please note credit card payments will be processed through our company, Glacier House Resort, as the Rev. Master Swim club does not have Visa/ MasterCard capability. A 2% surcharge applies to the participant fees for processing your card.

You can register and pay in the following manner:

1. Fill in your registration and send by E-mail to info@glacierhouse.com or Fax to 1-250-837-9592. Payment can be done by Credit card, or guaranteed by credit card, while you mail us your payment in the form of a cheque or money order.
2. Fill in your registration and send it by mail to: Revelstoke Master Swim Club. p/a Box 250, Revelstoke, BC, VOE 2S0.

Registration closes April 1, 2010. Late registration could be subject to hotel surcharges.

The following rates apply.

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|---|----------|---|---------|
| 1. Swimmer – 1 week based on dbl occup. | \$ 755 | 2 Weeks | \$ 1425 |
| 2. Non-swimmer – 1 week. Based on db occ. | \$ 455 | 2 Weeks | \$ 865 |
| 3. Swimmer – 1 week . single room. . | \$ 1125 | 2 Weeks | \$ 2165 |
| 4. MSABC membership | \$ 40.00 | 2% surcharge on all credit card payments. | |

Cancellations

A minimum number of participants may be required per week and camp weeks may be cancelled up to 20 days prior to the first day. In this case a full refund will be provided.

In case you need to cancel your participation, written cancellations are accepted only on the date as received by our office. The following charges apply:

- * Cancellations any time after confirmation: 25 % of total charge.
- * 30-15 days prior to first day: 60% of total charge
- * 14 days or less & no shows/ unused days or early departures: 100% of charge

Registration & Liability

We do our best to ensure the safety and enjoyment of all participants, but swimming may involve known and unknown risks we require all guests to sign a registration, assumption of risk statement and liability waiver prior to tour or rental departure. Waivers are available prior to making your reservation and need to be completed prior to partaking in any of the camp activities.

Insurance

We strongly recommend you purchase proper medical insurance for the US, third party Liability insurance and cancellation insurance. You may contact Uniglobe Specialty Travel at 1-250-837-2544 between 9 am and 4 pm Pacific Time for quotes on medical and cancellation insurance.

More Details about *Swim Las Vegas*

Canadian Masters Training Camp April 26-May 2 & May 3-9 2010

Pool:

An 8 lane 50 meter pool is available exclusively to us from 9 till 11 am Monday to Saturday. In the PM we have a number of lanes to swim a technical workout in the 25 yard pool, concentrating on starts, turns, strokes and relays.

Hotel:

The Hyatt Place Las Vegas is in the heart of the action located across from the Hard Rock Hotel, adjacent to the Hofbrauhaus German Brewery and within walking distance to the Las Vegas Strip and university Aquatic Centre. The Hotel features spacious guestrooms each with the Hyatt Grand Beds and a 42" flat panel HDTV. The hotel further offers:

- Swimming pool and Complimentary Wi-Fi available throughout the hotel
- 24/7 Guest Kitchen serves made-to-order snacks and entrees, Intimate Bakery Café serves Starbucks specialty coffees, premium beers and wines. Grab 'n Go case offers muffins, salads, sandwiches and bottled beverages
- E-room with complimentary computers and a printer and Complimentary onsite parking

If you wish to add some non-swimming days, just let us know and we can make the hotel arrangements for you

Las Vegas: What do we need to say. If you haven't been to Vegas, you're in for a treat. There's lots of entertainment in the form of shows, casinos and regional attractions like the nearby Hoover Dam, Lake Mead, Death Valley etc. We'll guarantee you won't be bored.

Coaching staff

The Las Vegas University Rebel Coaching staff is one of the most successful in the Western US.

Kunio Kono starts his third season with the Rebel swimming program as the head assistant coach. Kono serves as recruiting coordinator and coaches the men's and women's sprint group. Kunio joined the Rebels from the University of Alabama, where he spent two seasons as a graduate assistant coach. Kunio coached three men and two women to All-American honors. During his tenure at Alabama, Kunio was also the head coach of the Masters Swim Team. He coached eight of the highest point scorers in different age groups and led his team to the Alabama State Masters Meet title in spring 2003. Kunio helped coach 15 men and 16 women to All-American honors and coached seven student-athletes that went on to participate in the 1996 and 2000 Olympics. As a volunteer assistant coach with the USC Trojans Swim Club Kunio coached several swimmers who went on to compete in the 1992 and 1996 Olympics.

Ben Looz: Prior to his present position as Assistant coach Ben spent the past two seasons at the University of Utah, where he helped coach the women's squad to the MWC championship meet title in 2006, and a regular-season crown in 2007. Before his college coaching career began, Ben served in several different coaching roles for the Sierra Marlins Swim Team from 2000-2004, including the last three years as Masters coach.

Daily schedule

The only scheduled events are the swims, which are from 9 till 11 am and 4.30 till 6 pm Monday to Saturday. On request we will happily organize group dinners, excursions, shows or other happenings you would like to see.

Flights:

Many of the Canadian and US airlines provide cheap flights to Las Vegas. As soon as you receive our confirmation book your flights, allowing for sufficient time before and after the camp.