

“Swimming for Triathlon” Camp NOTES

- **Camp Fees:**
 - **\$375** (Early registration)
 - **\$460** (Early registration w/one Individual Swim Skill Session)
 - **\$425** (Late registration & Day-Of registration)
 - **\$510** (Late registration w/one Individual Swim Skill Session)
 - USAT Certified event. Bring you USAT Card or prepare to become a member!
 - Camp is limited to 20 participants (a wait-list is available for cancelations)
 - Refunds only given if the camp is canceled by the NTC.
- **Transportation:**
 - Closest Airports: (MCO) Orlando International Airport; (SFB) Orlando-Sanford International Airport; (TPA) Tampa International Airport
 - Shuttle service to Clermont: www.lakelimo.net or www.clermontshuttle.com
 - By Car: Participants should arrive at the NTC on Friday morning between 10:00 and 11:00am.
- **Rooming:** Go to the NTC website (www.usantc.com) and click on the “Visiting Athletes” tab for local hotels, contact information, and special NTC discount rates!
 - Closest Hotels: Fairfield Inn by Marriott & Hampton Inn
 - Contact Kristy Cullen (kristy.cullen@orlandohealth.com) for information on local homestay availability (homes are close-by and available for a small fee)
- **Food/Meals:**
 - All meals will be On Your Own
 - Gatorade & Water will be on deck at all swim practices (bring your own reusable bottle)
- **Places within walking distance:**
 - Of NTC: Planet Smoothie (located in NTC), Gear for MultiSport (located in NTC), Fairfield Inn, Hampton Inn
 - Of Fairfield Inn: Crispers, Sweetbay Grocery, Green Garden Chinese Restaurant, CVS Pharmacy, Taco Bell, Long John Silvers, Perkins
 - Of Hampton Inn: Panera Bread, Carrabba’s Italian Grill, CVS Pharmacy, Subway, Steak and Shake, Chili’s, Starbucks
- **Camper Qualifications:** Triathletes and open water swimmers of all levels and abilities are welcome at this camp. If you have any questions regarding your capability to participate, please email Sara.
- **Items to Bring:** The following list is equipment that we will be using during the camp. If you have any of these items, please bring them with you. If you do not have one or more of these items, and would like to be properly outfitted, please contact *Gear For MultiSport* (352.394.7434) to place your order. Items can be picked up at Camp Check-In.
 - Pull Buoy
 - Fins (recommended: rubber, full length)
 - Paddles (recommended: StrokeMaker/Finis)
 - Snorkel (optional, recommended: Finis)
 - Kickboard (optional – plenty for use at the NTC)
 - Stick & Band (provided to all participants)
- **Extras & Add-Ons:** The National Training Center is a world-class athletic facility. In addition to the swim camp, we encourage all visiting triathletes to partake in the other Human Performance Lab Services and Packages.
 - All individual/private swim sessions will be scheduled with on Saturday afternoon.
 - Athletes participating in this camp will receive 15% off all HP Lab services!
 - Please see the next page for more information and contact Carol Kneller (Carol.Kneller@orlandohealth.com) with any questions you have regarding these services.