



Since 1983

SUMMER CAMPS 2010

SWIM – TENNIS - ALPINISM

Acquaintance with nature, culture and expert skills of sports in the beautiful alpine State of Salzburg in the heart of Austria's National Park --- is there a better way to spend a summer vacation?

The **CAMP** was founded in **1983** as a technical training camp and clinic for age group competitive athletes from all over the world. The ALPINESWIM is known and recognized as Europe's most advanced swim camp and is directed and supervised by the staff of AQUA JETS, a former Brussels/Belgium based international swimming academy. The ALPINETENNIS camp is instructed by Austrian international and certified teachers/coaches.

CAMPS are offered at the following dates:

July 1 (Thu) – July 9 (Fri)
July 25 (Sun) – August 2 (Mon)
August 8 (Sun) – August 16 (Mon)

Campers, girls and boys 9 and older, may choose between swim- and tennis camps. Swimmers of club and/or school swim teams of all levels and tennis players of all categories are welcome to join in this great venture and experience.

SWIMMING and TENNIS CLINICS will be held during the MORNING HOURS in the resort's high-tech facilities, which are designed and constructed to accommodate up-to-date training and competition in both swimming and tennis.

The AFTERNOONS, swimmers and tennis players join to learn about alpinism through a variety of recreational programs: exciting outdoor games, ball games and hikes, exploring the open valleys and beautiful mountains and forests. The alpine activities are supervised by expert guides and instructors, and are designed to complement the swimming training and tennis camp, combined with recreational enjoyment and fun, thus improving all round athletic performance.

The HIGHLIGHT of the recreation program is the one-day hike to a remote, picturesque mountain hut at 2.400m altitude next to a beautiful glacier lake and majestic surroundings.

EVENING PROGRAMS will include: discussion of age group competition and training methods, theory, ethics, self-motivation, mental readiness and mental toughness, sportsmanship, etiquette, athletic lifestyle and nutritional guidance. Furthermore, the program includes outdoor barbecue, as well as excursion and sightseeing to a nearby famous resort town to relax the mind and body and to fulfill a real school vacation. The resort also offers squash and mini golf, indoor rock climbing and other recreational activities.

There will be breakfast buffets and nutritious 3-course menus for lunch and dinner, specially prepared for athletes in training.

IMPORTANT DATA

ACCOMMODATIONS are at the four-star hotel SPORHOTEL KOGLER, A-5730 Mittersill/Austria, www.hotel-kogler.at with their superb facilities: comfortable rooms, game rooms, authentic social areas, pony farm, etc.

TRANSPORTATION is to be organized by the campers' families. Mittersill can be reached (from the north) by car via Munich, Kufstein, (Felbertauern), St. Johann, Kitzbühel, or by train to Zell am See or Kitzbühel and from there to Mittersill by either bus or train, (from the south) via Felbertauern Tunnel or Brenner Pass – Innsbruck.

CAMPS start on the above mentioned days at 16.00 h. Check-in at hotel reception between 13.00 and 15.00 h.

The complete COST of the camp is for:

SWIM camp € 540 - TENNIS camp € 655 (group session of 3).

The amount is payable in Euros. A down payment of € 200 (net amount) per camper is due with the sign-up/reservation. Kindly arrange for international bank TRANSFER to: P. Trummer – IBAN: AT88 3503 9000 0002 8506 – BIC: RVSAAT2S039 (Swift) with Raiffeisenbank, A-5730 Mittersill. The down payment will be retained if cancellation by REGISTERED LETTER is not made before Saturday, May 1. The remainder of the fee is payable upon arrival in Mittersill at check-in. The deadline of May 1 is applicable for all 3 camps.

RESERVATIONS should be made as soon as possible by submitting the application form which can be downloaded from our website: www.alpineswim.com, along with the DOWN PAYMENT (please attach copy of transfer or enclose check.) Upon receipt of the application, each applicant will receive a formal acceptance letter with a checklist of items needed during the activity. Parents and family dependents/friends can stay at the resort at a special rate and also make reservations through us – please specify your personal needs, i.e. number of persons, what type of room (double/single/or multiple), exact dates, etc.

For information and application write:

PETER TRUMMER

Zengö Köz 14,

8096 Sukoró, Hungary

Telephone 00-36-22/598-020, or email: alpineswim@t-online.hu

www.alpineswim.com

APPLICANTS – PLEASE USE REGULAR POSTAL ADDRESS – **NO APO please**

