



**Greensboro Aquatic Center Media Contact**

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## **Greensboro Aquatic Center to Host 2011 U.S. Masters Swimming High Performance Camp**

Greensboro, NC—May 26, 2011- The Greensboro Aquatic Center will host the 2011 U.S. Masters Swimming High Performance Camp. The six-day camp (August 27-September 1) is offered to Masters swimmers through the combined efforts of United States Masters Swimming (USMS), the Triangle Sports Commission (TSC), and the Greensboro Aquatic Center (GAC).

“The USMS High Performance Camp is the highest-quality camp experience for adult competitive swimmers provided by our sport’s national governing body,” said Hill Carrow, who is volunteer CEO of the TSC and is serving as camp director. “The top Masters coaches and analysts in the country lead the camp, and the experience has typically received rave reviews from past camp participants. We are particularly excited this year to host the camp at the new, state-of-the-art Greensboro Aquatic Center!”

Coaches selected by the USMS Coaches Committee for the 2011 camp are Stu Kahn, Head Coach of Davis Aquatic Masters in Davis, CA; Craig Keller, Head Coach of Asphalt Green Masters in New York City; Frank Marcinkowski, Head Coach of Curl Burke Masters in Washington, DC; Kerry O’Brien, Head Coach of Walnut Creek Masters in Walnut Creek, CA; and Genadijus Sokalovas, who is both a Masters Coach and also head of Global Sport Technology, an aquatics athlete testing and analytics company based in Colorado Springs, CO.

The camp is open to all Masters swimmers who are interested in advancing their skills and performance. Campers will be taught and analyzed by the HPC coaches and professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training.

Participants will learn the most up-to-date Masters training and competitive theories and techniques and significant time will be devoted to individual results and testing feedback. Interested parties may apply for the 2011 U.S. Masters Swimming High Performance Camp by completing and submitting the application available on the US Masters Swimming website ([www.usms.org](http://www.usms.org)). Deadline for applications is June 1.

Scheduled to open in August, the GAC will feature leading edge concepts in aquatic design. The 78,323-square-foot indoor facility will include three bodies of water - competition pool, warm-up pool, and diving well – and a seating capacity of 2,500.

In addition to the 2011 U.S. Masters Swimming High Performance Camp, the GAC was previously named the site of the 2012 USMS Spring National Championships.

#### About U.S. Masters Swimming

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes adult health, fitness, wellness and competition through aquatics. It does so by partnering with more than 1,000 adult swim programs across the country that offer swim fitness programs, promoting information via the bi-monthly member magazine, SWIMMER; monthly e-newsletter, STREAMLINES, and [usms.org](http://usms.org); and by sanctioning and promoting pool, open water and virtual competitions. More than 50,000 adults are registered members of U.S. Masters Swimming.

#### About the Triangle Sports Commission

Incorporated in 2001, the Triangle Sports Commission is a North Carolina charitable non-profit organization and an all-volunteer sports commission in the Triangle region (Raleigh, Durham, Chapel Hill, and Cary area). The TSC led the Triangle's recruitment effort for the relocation of USA Baseball from Arizona that resulted in USA Baseball's new headquarters at Durham Bulls Athletic Park and their National Training Complex at Thomas Brooks Park in Cary. In 2008, the TSC hosted the Lenovo Olympic Celebration featuring 31 Olympic athletes, where Jim Scherr, CEO of the U.S. Olympic Committee, announced the TSC as the USOC's newest Community Olympic Partner. In 2009, U.S. Masters Swimming selected the Triangle Sports Commission to host its annual High Performance Camp and named the TSC an Official Community Partner. For more information on the Triangle Sports Commission, visit [www.trianglesportscommission.com](http://www.trianglesportscommission.com).

#### About the Greensboro Aquatic Center

Scheduled to open in the summer of 2011, the Greensboro Aquatic Center (GAC) will be a state-of-the-art facility featuring leading edge concepts in aquatic design. The GAC is located on the campus of the Greensboro Coliseum Complex, the premier sports and entertainment facility in the Southeast. This GAC will bring together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports - all in one venue. The GAC fully meets NCAA and FINA standards and will offer Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master's swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions. For more information, please visit [www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com).

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