

# MASTERS SWIMMING

HIGH PERFORMANCE CAMP  
10th Anniversary, Greensboro 2021

## 10th Anniversary Camp

August 21 - August 26, 2021  
Greensboro, North Carolina

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HIGH PERFORMANCE CAMP  
10th Anniversary, Greensboro 2021

**No other swim camp like it in the world!**  
**A Masters Camp by Masters for Masters**

- The best Masters coaches together with top-rated instructors
- Physiological instruction and testing, flexibility/range of motion analysis, and daily video feedback
- The most up-to-date training and competitive swimming techniques and best practices
- Stroke mechanics, sports psychology, starts, turns, race training, dryland exercises, weights instruction, nutrition, and fun!

**"Far and away the best experience in my Masters swimming career. The HPC helped my swimming tremendously. Now my workouts are better and I enjoy swimming even more." Glenn Gruber, HPC Veteran**



### Participants:

From across the U.S. as well as Europe, Caribbean Islands, and South America

### Location:

Greensboro Aquatic Center, world-class aquatics facility with four indoor pools



**This will be the final Masters Swimming High Performance Camp. We will be filming camp sessions for posterity, so don't miss this opportunity to be an important part of HPC and Masters Swimming history. Apply Now!**



For more info and to apply, visit <https://www.trianglesportscommission.com/-hpc/>