

CAMEL SWIM CLUB PRESENTS THE

**2007 SENIOR PRE-SEASON CAMP**  
**WITH COACH DAN MASCOLO**

**Dates:** 15 Sessions, Monday, August 6 – Friday August 24

**Times:** Dryland 7:00-7:30AM, Pool Session 7:30-9:30AM

**Where:** Lott Natatorium, Connecticut College

**Fee:** \$178

The CAMEL Pre-season Camp is designed to prepare high school and collegiate swimmers for their upcoming seasons. The first week will focus on starts, turns and stroke technique in addition to some endurance work. The latter two weeks will be primarily devoted to endurance training while reinforcing the technique introduced in the earlier week.

CAMEL is pleased to announce that **Coach Dan Mascolo** is returning to coach CAMEL's 2007 Camp. Coach Mascolo has coached numerous USA National Top 16 swimmers and YMCA National Qualifiers. He has been the Head Coach for Holyoke YMCA and the Hockamuck YMCA, both in Massachusetts, and currently coaches for the Cheshire YMCA Sea Dog Swim Team. Coach Mascolo has been on staff at Bernal Gator's National Team Camp in Irvine California and has coached Connecticut Swimming's Distance Camps. A 1996 graduate of Conard High School in West Hartford, Dan went on to earn a BA degree in Communication Sciences at the University of Rhode Island. While at URI, he was named to the Atlantic-10 Commissioner Honor Roll and was a swim team record holder. Dan has been a member of the NE Swimming Board of Directors as Coaches Representative, was appointed a NE zone coach and was also appointed to USA Swimming's Waterworks Committee. Coach Mascolo is currently an ASCA Level 3 Certified Coach and a member of CSI's Age Group Committee.

Registration forms are available by logging on to [www.camelswim.org](http://www.camelswim.org)

For further information contact:

Ann Hughes, Camp Director at (860) 306-7910 [coachann@camelswim.org](mailto:coachann@camelswim.org)

or

Dan Mascolo, Camp Coach at (508) 735-6609 [dsmascolo@sbcglobal.net](mailto:dsmascolo@sbcglobal.net)