

MASTERS AND TRIATHLON SWIMMING CLINICS 2012:

"Thanks again for making my stay at the B.E.S.T. Centre memorable and giving me the boost that I was hoping for into the competitive season."

Micaela, master swimmer

EXPERT COACHES ON SITE PERMANENTLY FROM FEBRUARY 2012 ONWARDS

Almost every week during the year, our experienced team of residential coaches are available for masters swimmers and triathletes. Be it a week of intensive stroke technique work, hard training to prepare for a competition or simply to drop in to a few sessions or 1 to 1 coaching while in the area, we're here at the B.E.S.T. Centre to help you. Each year hundreds of masters swimmers and triathletes benefit from our expert coaching and information. You will not find a better team of coaches permanently available to give you the help you need.

"Just wanted to tell you how much I appreciate that I was able to swim in your pool! It was great and Pat, you are a great coach!!!! So THANK YOU SO MUCH for making me feel like one is never too old to improve!!"

Ute, master swimmer

MASTERS SWIMMERS: Over the past 10 years Blue Water has hosted popular and successful master swim clinics in Mallorca. We cater for all level of master swimmers, from beginners to world record holders (we have had masters set world records at the Mallorca Open Meet after our clinics). Whether you want to improve your technique, starts and turns, or simply get in great shape for the season, we can provide exactly what you need.

TRIATHLETES: Improve your stroke technique; learn how to pace your swimming; gain vital time while saving energy on the swim leg of your triathlon; learn about spotting, drafting and open water techniques. Plus, take advantage of the excellent cycling terrain and the beautiful wooded running trails close to the excellent beaches nearby (Cabo Blanco hotel guests only).

VIDEO ANALYSIS: For an additional charge, our experienced coaches will film you underwater and provide immediate feedback and analysis of your swimming, stroke by stroke. This is a fantastic way to see the improvements you can make. *Price: 100 euros per 1 hour session.*

Each clinic offers 9 x 2 hour sessions coached by our top coaches. Prices include 7 nights' half board accommodation and expert coaching.

Drop in sessions and 1 to 1 coaching also available.

Or, find your own accommodation and Pay and Play for any or all sessions according to your own schedule.

Open water swims: Also for an additional charge, swim with us in the crystal clear sea off the beautiful surrounding beaches. We can teach you spotting and drafting techniques as well as the little tricks open water swimmers have up their sleeves. *Prices on request.*

Sailfish Wetsuits always available for hire and to buy.

SPECIAL CLINICS:

Open Water week: June 3-10, 2012 Come join us for a week of open water swimming where we take you out into the crystal clear water around Colonia Sant Jordi. Email us for further information.

MOM MASTERS CLINIC: April 9 – 13, 2012 In its tenth year, our popular MOM clinic is a 4 day/5 nights clinic that prepares you for the optional Mallorca Open Masters meet as the weekend in the fast Son Hugo pool in Palma. We run through drills and practice starts and turns with a view to some fast swimming in Palma that weekend. Email us for further information.

Pre-Worlds Clinic: April 29-May 6, 2012 Preparation for the World Masters Championships in Italy. Get ready for your taper with some specific work in our excellent 50m pool. Practice starts, turns and pacing so you can swim your best times when it counts. Email us for further information.

RESIDENT COACHES: Our coaches are all former top level swimmers and qualified swimming or triathlon coaches.

PATRICK BLAKE



Pat was widely regarded as one of the hardest working swimmers of his era, training alongside the likes of the legendary June Croft. Pat swam at the 1986 Commonwealth Games, the 1985 and 86 European Cups and many other international competitions. As well as backstroke, Pat excelled at breaststroke and IMs. He holds the ASA teaching and coach's certificates and was head coach at City of Swansea swim team for a number of years. Pat is an excellent all round coach and ideal if you want to improve your fitness, stamina and technique. He is especially good with triathletes and masters.

JAMES PARRACK



James competed at the 1988 Seoul Olympics in the 100m breaststroke and then the World Championships in Perth in 1991. The highlight of James's career came when he won silver in the 100m breaststroke at the Auckland Commonwealth Games in 1990. James also competed at the Victoria Commonwealth Games in 1994. James is a former British and Commonwealth record holder in the 50m breaststroke and is also a double World Masters record holder in the 50m and 100m breaststroke. James is an excellent technique coach and masters coach, while he has limitless knowledge on nutrition and the mental approach to competition.

MATTHEW O'CONNOR



ASA Club Coach and ASA Coach and trained under USA Olympic head coach Jack Bauerle as a swimmer and a coach.

CATI ARASA POSTLES



Cati swam for 10 years as part of the Elite Balearic Squad and is a multi-medallist at Spanish National Championships. She is a fully qualified level 3 Spanish swimming coach and is the former head coach of Voltor swim team, one of Spain's top clubs. Cati is also level 3 triathlon coach and is currently doing a sports physiology degree. Cati is part of the Spanish federation's team that does competition and underwater analysis.

PRICES IN EUROS	HOTEL BLAU 4* INCLUDING COACHING		HOTEL LEMAR 3* INCLUDING COACHING		HOTEL CABO BLANCO 4* INCLUDING COACHING		ONLY COACHING (NO HOTEL)	PER 2 HOUR SESSION COST
	TWIN ROOM	SINGLE ROOM	TWIN ROOM	SINGLE ROOM	TWIN ROOM	SINGLE ROOM		
Dates								
February 12-19	529	639	NA	NA	489	549	300	40
February 19-26	529	639	NA	NA	489	549	300	40
February 26-March 4	529	639	NA	NA	489	549	300	40
March 4-11	579	679	NA	NA	489	549	300	40
March 11-18	579	679	NA	NA	489	549	300	40
March 18-25	579	679	NA	NA	489	549	300	40
MOM CLINIC APRIL 9-13	440	520	NA	NA	380	430	250	40
April 22-29	609	719	NA	NA	529	579	300	40
PRE WORLDS CLINIC April 29-May 6	609	719	NA	NA	529	579	300	40
May 6-13	609	719	479	509	529	579	300	40
May 13-20	609	719	479	509	529	579	300	40
May 27 -June 3	609	719	529	569	529	579	300	40
OPEN WATER CLINIC June 3-10	799	959	619	659	659	729	400	NA
June 10-17	709	869	529	569	569	639	300	40
June 17-24	709	869	529	569	569	639	300	40
Sept 2-9	809	969	549	579	569	639	300	40
Sept 9-16	809	969	549	579	569	639	300	40
Sept 16-23	759	285	549	579	569	639	300	40
Sept 23-30	759	285	549	579	569	639	300	40
Sept 30-Oct 7	609	779	479	509	529	579	300	40
Oct 7-14	609	779	479	509	529	579	300	40

- 7 nights half board accommodation (breakfast and dinner included) (except MOM Clinic, 5 nights)
- Expert coaching for 9x2 hours sessions (MOM clinic 7x2hours sessions)
- Free entry to pool outside of clinic times (subject to space)
- Free entry to gym (subject to space)
- All taxes
- BEST Centre assistance