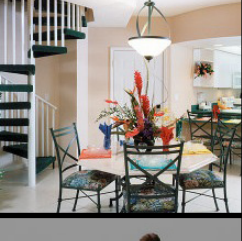




Florida Training Camp

# 2011 Florida Training Camp



## Compressed Training Camp - Westgate Lakes Resort and Spa, Orlando Florida

Week 1: April 3rd - 7th (Excluding April 6th)

Returning for the 11th year, the GWN Training Camp continues to evolve and provide the best pre-season experience. With a **fantastic new resort**, the Camp will be led by returning coaches and joined by some of the most successful coaches on the international stage in recent years. The opportunity to paddle with these coaches, regardless to skill level is tremendous.

The Compressed Training Camp program is geared towards local paddlers and teams looking to benefit from the annual Florida Training Camp but during after work hours! Registration includes evening paddling sessions and group talk sessions. The schedule for the Compressed Training Camp Program will be:

Sunday April 3rd (All Day)

Monday April 4th & Tuesday April 5th (6PM-9PM)

Thursday April 7th (6PM-9PM)

Similar to the Progressive Training Camp, the Compressed Program will provide an opportunity for lots of on-water paddling and coaching along with the valuable group talk sessions. The group talk sessions will incorporate all paddlers including those from the Progressive Training Camp taking place during the day. This will allow for participants to mingle and interact with paddlers from across North America.

GWN is pleased to have Women Playing For T.I.M.E as the charitable recipient for the 2011 Florida Training Camp. Their mission is to partner with MD Anderson Cancer Center Orlando to defeat cancer as it affects women and their families and friends.

### A little more about the GWN Training Camp:

- Ten years of experience owning and operating the most popular camp experiences
- Ease of registration options via credit card or cheque and group discounts
- Office team to support camper needs
- Ease of mind based on 17 years of delivering services and programs backed by an established, fully-insured organization

Cost: \$225 + FST

### Looking for more time on the water and a total immersion in the camp?

GWN is also producing its' Progressive Training Camp throughout the weeks of April 4th - 9th (Week 1) and April 11th - 16th (Week 2).

Programming Highlights include:

- Led by I.D.B.F World Champion Andrew Fox along with other World Champion coaches
- New scheduling allows for more interaction with your coach and other participants
- Increased video analysis and relevant daily discussions
- Pre-camp training program so you arrive ready to go
- High Performance Race Program, Coaching Options and Pre-Camp Steering Clinic
- Closing catered celebration and party

Cost: \$425 + FST

For more information go to: [www.gwndragonboat.com](http://www.gwndragonboat.com) or contact us at 416.962.8899 or [info@gwndragonboat.com](mailto:info@gwndragonboat.com).