



CANCUN INTERNATIONAL ARTISTIC SWIMMING CAMP

AUGUST 5-10 / 2020

ENGLISH VERSION

Our Camp

Cancun International Camp 2020

JUSTIFICATION

Reconnecting with artistic swimming practice has never been more exciting, enjoy the beautiful Cancun beaches while specializing in your discipline.

GOALS

Participants will reconnect safely with their discipline, they will acquire knowledge that will allow them to function quickly, constantly and effectively within their sport.

PREVENTION MEASURES

It will work under the strictest sanitation standards with the intention to guarantee the well-being of all participants.

WORKPLAN

We will develop two work plans, one in general and the other personalized plan for each participant.

STAFF

We will have two of the best artistic swimming coaches in Mexico, as well as an international athlete who will share her experience with us.

PROGRAM

We detail the day to day of our camp so that you can know all the activities that we will carry out.

PARTICIPANTS

Know the profile of Who can participate?

COSTS AND PROMOTIONS

We have made the best agreements to give you the best at the best price.

Presented by

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Why participate in an Artistic Swimming Camp?

Justification

Due to the recent confinement derived from the global pandemic, artistic swimming athletes around the world have decreased in their physical condition, their mood, their passion and their desire to practice the discipline. By conducting a specialized camp, we seek to accelerate the reconnection of athletes with their sport, generating an atmosphere of brotherhood in one of the most beautiful places in the world; Cancun, Mexico.

OBJETIVES



1

SAFETY

Guarantee the safety and health of the participants and the operating staff.

2

RECONNECTION

Participants will resume the desire to practice artistic swimming through a connection with nature, athletes of their age from various countries and guided by specialists in the field.

3

IMMEDIATE AND PROGRESSIVE IMPROVEMENT

Participants will receive sufficient advice for an immediate and constant improvement in their personal and sport development, since they will be provided with the necessary tools that will be taught based on two work plans:

General work plan:
- Sports Psychology, Physical Preparation.

Personalized work plan: Physical Preparation, Review of Routines and Figures.

PREVENTIVE MEASURES



The camp will be carried out under the strictest prevention measures dictated by the World Health Organization, as well as the Secretary of Health of Mexico and the competent local authorities. Being the safety of the participants the main focus of attention for our organization.

Capacity:

Limited space maximum 50 athletes. The training sessions and activities will be divided into suitable groups to guarantee the health of all attendees.

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Staff

OUR STAFF

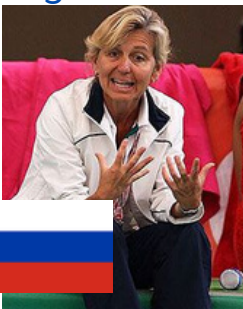


Jacqueline Simoneu



Olga Aseeva

Born in Quebec, Canada (1996), Jacqueline has become the great star of artistic swimming in recent years. She has participated in 2 FINA World Championships, achieved a silver medal in the FINA Jr. World Championships in the solo event. And at his young age he has 2 Pan American championships with a gold medal. She has been considered one of the top 5 solo and duet swimmers in the world and is ranked Tokyo 2021 to play her second Olympics.



Patricia Vila

Of Russian nationality residing in Mexico for more than 20 years, Professor Olga has a degree in Physical Culture and High Performance Sports. She has participated in 3 Olympic Games as a coach as well as in 2 FINA World Championships. She is currently recognized as one of the best trainers in Mexico and Latin America teaching FINA Clinics in various countries.



Coach Patricia Vila, represented our country as an athlete at the Atlanta 96 Olympic Games, today she is recognized as one of the most accomplished coaches in Mexico. In recent years, he has contributed a large number of athletes to the Mexican national teams, including the current captain of the national team, Nuria Diosdado.

Sports Psychologist

1 Support monitor every 5 athletes

1 Video Technician

Group security personnel

Medical staff

Photographer

Transportation manager

Food and hydration manager

Administrative staff

CO DE FORMACIÓN
ORTIVA BOSTON

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Who can participate?

PARTICIPANTS

Artistic swimming athletes (men or women) may participate.

Participation will be limited to 50 participants in total.

With the intention of safeguarding the health of the group, each participant must present and approve the preventive test that will be sent prior to enrollment, as well as sign the acceptance of the terms and conditions for their participation (in case of being a minor, they must signed by the parent or guardian).

Companions:

Coaches or accompanying parents may participate, at no cost, as long as they abide by the rules and regulations of the camp.

WORKPLAN



GENERAL PLAN

Physical conditioning

The athlete will perform physical exercises according to their age and level.

Elasticity

The athlete will perform elasticity exercises according to their age and level

Sports Psychology

Motivational talks will be held by experts in the field as well as the experience of a high-performance athlete.

Visualization, Concentration and Focus Exercises

PERSONAL PLAN

SWOT Analysis

Physical training

Evaluation and recommendations for improvement of figures

Evaluation and recommendations for improvement of routines

AUGUST - 5 - 10 - 2020

CAMP ACTIVITIES

RECEPTION AND REGISTRATION OF PARTICIPANTS

Each participant will be received with a welcome kit, box lunch, personalized training material, personalized security material, and will be assigned to a monitor and a crew. A medical examination will be carried out on each participant upon arrival.

WELCOME COCKTAIL

With the intention of giving the best welcome to the participants and their families, we will offer a welcome cocktail on foot from the beautiful Nuchupté lagoon.

BEACH WORKOUTS

Participants will enjoy the spectacular sunrises of Cancun, while they train on the beach, taking advantage of the immense benefits of working in the sand, for physical and emotional development.

POOL WORKOUTS

Participants will carry out training appropriate to their level and category, in a personalized plan led by two of the most successful coaches in Mexico.



LIVING WITH A STAR

As part of the motivational boost, the participants will be able to coexist during the camp with one of the most recognized athletes of the discipline in our continent.



DRY WORKOUTS

Artistic impression, flexibility and acrobatics exercises will be carried out.

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CAMP ACTIVITIES

MAYAN CENOTE

Participants will make a mystical presentation in one of the most extraordinary sites on planet earth, the Mayan cenote.

Natural and crystalline fresh water pool that emerges from the depths of the mangrove swamp. A Mayan ceremony will be held and you will enjoy the relaxation and magic of the place.

TRANSPORTATION

Transportation will be provided for participants in the hotel-training pool routes, as well as the Mayan hotel-cenote-hotel.

HIDRATATON LUNCH AND SKACKS

To achieve the best performance of the participants, during the training sessions there will be hydration, snacks and personalized lunch for each athlete.

MOTIVATIONAL SPEECHES

Motivational talks will be held by experts in the field as well as the experience of a high-Performance athlete.

Visualization, Concentration and Focus Exercises

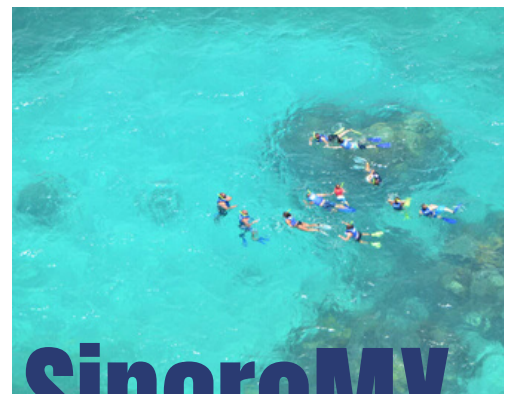


TECHNICAL EVALUATION

Videos of each participant will be taken exercises to carry out evaluations and improvements. Thus, a SWOT analysis of each participant will also be carried out, which will be delivered at the end of the camp.

CLOSING DINNER

A closing dinner will be held for the participants and their companions on foot of a spectacular sunset.



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CAMP COSTS



INSCRIPTIONS

Access and food to the Welcome Cocktail.

Welcome kit.

Access to training.

Access to motivational talks.

Lunch during the 4 days of camping.

Hydration and snacks during workouts.

Transfers hotel-training pool.

Transfer and access to the Mayan cenote.

Food during Mayan cenote.

Access and food to the Closing Dinner.

usd \$ 735

Promotions!

First 10
usd \$ 530

Places 11-21
usd \$ 635

www.sincro.mx

* ACCOMMODATION

CAMP ACCOMMODATION

It includes.

Food (Breakfast and Dinner)

Airport-hotel-airport transfers

Transfers Hotel-Pool-Hotel

Accommodation in a double room
(entering on Wednesday, August 5 and
leaving on Monday, August 10, 2020)

Camp Hotel

Ocen View Cancun Arenas

- Hotel with beach
- Located in the hotel zone of Cancun
 - Internet
 - Pool with sea view
- Rooms with air conditioning
 - Security safe
 - Private bathroom
 - Television

US\$345

* Subject to availability, before making payment please confirm availability with our organization.

IMPORTANT: To access the transportation, access and food benefits of the camp, you must make the reservation directly with our organization through the page www.sincro.mx. SincroMX is not responsible for direct reservations with the hotel or through agencies.

www.sincro.mx



ADDITIONALS



COMPANIONS

Access to the Mayan Cenote

Transportation Hotel-Cenote-Hotel

Cenote access

Access to Artistic Swimming exhibition

Lunch

The companions will also be able to enjoy the beautiful crystalline waters of the Mayan cenote.

Rest areas

US\$73

BEFORE JUNE 30TH

US\$55

PHOTOGRAPHY

Receive a personalized photographic memory with all the activities and experiences of the Camp.

US\$65

BEFORE JUNE 30TH

US\$55

www.sincro.mx

CONTACT US



LET'S SHINE
AGAIN

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