

ARTISTIC



SWIMMING

CANCUN

CAMP

JACQUELINE
SIMONEAU

2022

AUGUST 15TH-20TH 2022





OUR CAMP

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.

JUSTIFICATION

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

PROGRAM

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

STAFF

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

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.

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.

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

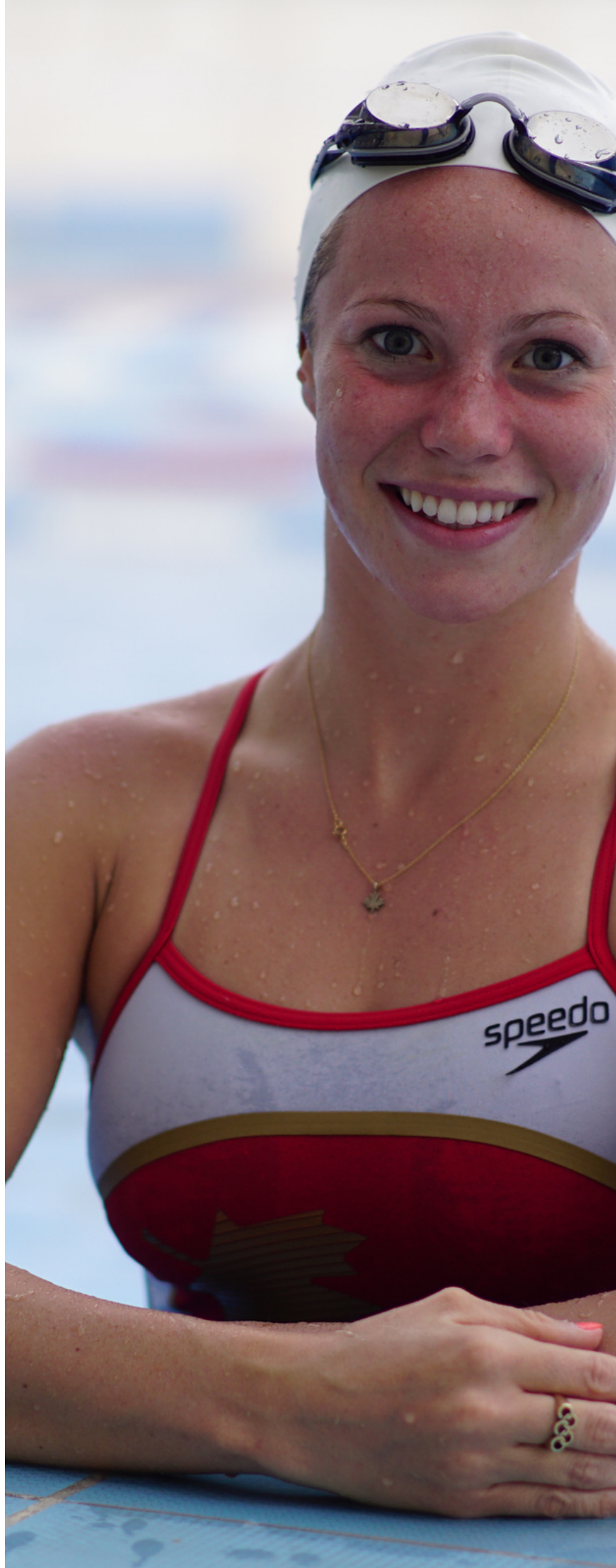
Participants will receive sufficient advice for an immediate and constant improvement in their personal and sport development, since they will be provided with the necessary tools that will be taught based on two work plans:

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 for 12 athletes each category. The training sessions and activities will be divided into suitable groups to guarantee the health of all attendees.

STAFF TÉCNICO

JACQUELINE SIMONEAU - CAN

Born in Quebec, Canada, Jacqueline Simoneau has become the great star of artistic swimming in recent years. He has participated in 3 FINA world championships, achieving a silver medal in the Jr. FINA world championships in the solo event. At his young age, he has had 2 Pan-American Championships and two Olympic Games.

She has been considered one of the top 5 solo and duet swimmers in the world. Her warmth, simplicity and technique make her one of the best options worldwide to be an example, not only as a high-performance athlete, but as a talented and prepared young woman.

ARI MEDINA - LIEN COBAS - PATY VILA

Three of the best coaches in Mexico will once again be in charge of technical planning, evaluation of participants and development of the Camp.

With his professionalism, knowledge of the teaching and development of athletes in artistic swimming at all levels. The trainers of our Camp will develop an extremely effective program for the continuous improvement of each and every one of the participants.

ISABEL DELGADO

Representative of Mexico in the Olympic games in Beijing 2008 and London 2012, in the discipline of artistic swimming, Isabel Delgado joins our technical staff to contribute her enormous experience in the discipline.

Also to share her best training and motivation tips, which have been useful for her not only to be an Olympic athlete, but also to excel worldwide in sports such as the Spartan Race and Cross Fit.



ACTIVITIES

WELCOME COCKTAIL

With the intention of giving the best of welcomes to the participants and their families, we will offer a welcome cocktail, which helps us break the ice and integrate our participants.



RECEPTION AND REGISTRATION OF PARTICIPANTS

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





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ACTIVITIES

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.



GOOD
TIMES

72411

72411

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.

ACTIVITIES



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DRY WORKOUTS

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



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.

ACTIVITIES

CLOSING EVENT

The participants will take an unforgettable boat ride to appreciate the unique beauty of the Mexican Caribbean.

They will visit one of the islands of the Mexican Caribbean, where they will taste the delicious typical dishes of the region.

Music, dancing and lots of fun!



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TRANSPORTACIÓN

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



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ACTIVITIES



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

ACTIVITIES



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DELIVERY OF DIPLOMAS

From Jacqueline Simoneau, all participating athletes will receive their participation diploma.

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.



INSCRIPTIONS

- Accommodation at Hotel Krystal Urban Cancun
- Quadruple Room (2 double beds)
- Access and food to the Welcome Cocktail
- Welcome kit
- Access to training sessions
- Access to motivational talks
- Food during the 4 days of camping
- Hydration and snacks during workouts
- Closing Walk
- Local Transportation
 - Airport - Hotel - Airport
 - Hotel - Activities - Hotel

First 5
MX \$ 14,690
USD \$ 774

Places 6 - 15
MX \$ 18,690
USD \$ 984

Places 16 - 30
MX \$ 22,690
USD \$ 1,195



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*Aplica en compra en línea. Compra mínima \$1,200.00

COMPANIONS

It includes

Accommodation at Hotel Krystal Urban Cancun

Quadruple Room (2 double beds)

Breakfast buffet

Closing Walk

Transfers Airport-Accommodation-Airport

MX\$12,690
US\$668

* 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.



*Aplica en compra en línea. Compra mínima \$1,200.00

ADDITIONALS

CANCELLATION INSURANCE

With this insurance you can request 100% of your registration payment, in case, for any reason, you could not participate.

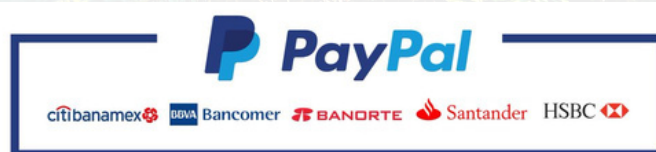
For the insurance to be valid, you must purchase it together with your registration and you must apply it, if applicable, before August 1, 2022, by means of an email sent to inscripciones@sincro.mx

MX\$2,100
US\$110

PHOTOGRAPHY

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

MX\$1,500
US\$79



*Aplica en compra en línea. Compra mínima \$1,200.00

CONTACT

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IS NOW
YOUR
TURN