

ENGLISH

#1 World
Champion

**Jacqueline
Simoneau**

ARTISTIC  SWIMMING

**CANCUN
CAMP**

From August 19 to 24, 2024

BEGINNERS

INTERMEDIATES

HIGH LEVEL



E-MAIL: INFO@SINCRO.MX

WWW.SINCRO.MX

FB: FIIVE NATACIÓN ARTÍSTICA

CAMP OBJECTIVES

1.- SAFETY AND WELL-BEING: WE CREATE A SAFE ENVIRONMENT FOR ATHLETES TO FULLY FOCUS ON THEIR DEVELOPMENT AND ENJOY THE EXPERIENCE TO THE MAXIMUM.

2.- INTEGRAL DEVELOPMENT: PARTICIPANTS WILL EXPERIENCE AN INTEGRAL DEVELOPMENT, COMBINING BEACH AND POOL TRAINING TO IMPROVE BOTH THEIR TECHNIQUE AND PHYSICAL PREPARATION.

3.- TECHNICAL EVALUATION: INDIVIDUAL TECHNICAL EVALUATIONS AS WELL AS A SWOT ANALYSIS WILL BE CARRIED OUT, PROVIDING EACH PARTICIPANT WITH A PERSONALIZED PROGRAM FOR CONTINUOUS IMPROVEMENT.

4.-UNFORGETTABLE EXPERIENCE: THE PARTICIPANTS WILL SHARE SUCH SPECIAL MOMENTS AS SUNRISE, SUNSETS AS WELL AS VISITING A MAGESTIC MAYAN CENOTE, WHERE THEY WILL PERFORM THEIR FINAL PRESENTATION.

5.-MULTICULTURAL EXCHANGE: THE COEXISTENCE WITH OTHER ARTISTIC SWIMMING ATHLETES FROM DIFFERENT COUNTRIES WILL PROVIDE AN ENRICHING EXPERIENCE, PROMOTING CULTURAL EXCHANGE AND PROVIDING THE OPPORTUNITY TO CREATE FRIENDSHIP BETWEEN PARTICIPANTS.

6.- FIRST CLASS MENTORING: THE PARTICIPANTS WILL HAVE THE OPPORTUNITY TO BE ADVISED BY FIRST LEVEL COACHES, AS WELL AS THEY WILL ALSO BE ABLE TO LIVE WITH AND RECEIVE ADVICE DIRECTLY FROM THE CANADIAN ARTISTIC SWIMMING SELECTION STAR, JACQUELINE SIMONEAU.



CAMP ACTIVITIES

WELCOME KIT

EACH PARTICIPANT WILL BE RECEIVED WITH A WELCOME KIT, LUNCH, PERSONALIZED TRAINING MATERIAL, A MONITOR AND A WORK TEAM WILL BE ASSIGNED.

WELCOME COCKTAIL

WE WILL OFFER A WELCOME COCKTAIL, AN ACTIVITY THAT WILL HELP US TO BREAK THE ICE AND INTEGRATE OUR PARTICIPANTS.

TRAINING SESSIONS

THE PARTICIPANTS WILL CARRY OUT TRAINING SESSIONS ADAPTED TO THEIR LEVEL AND CATEGORY, WITHIN A PERSONALIZED PLAN DIRECTED BY TWO OF THE MOST DISTINGUISHED COACHES OF THE NATIONAL SELECTION LEVEL.

TRAINING ON THE BEACH

PARTICIPANTS WILL ENJOY THE SPECTACULAR CANCUN SUNRISES WHILE TRAINING ON THE BEACH, TAKING ADVANTAGE OF THE IMMENSE BENEFITS OF WORKING ON THE SAND FOR THEIR PHYSICAL AND EMOTIONAL DEVELOPMENT.

DRY LAND TRAINING

ARTISTIC EXPRESSION, FLEXIBILITY AND ACROBATICS EXERCISES WILL BE PERFORMED.

EXPERIENCE WITH A STAR

AS PART OF THE MOTIVATIONAL BOOST, PARTICIPANTS WILL HAVE THE OPPORTUNITY TO SPEND TIME WITH WORLD GOLD MEDAL WINNER JACQUELINE SIMONEAU DURING THE CAMP.



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CAMP ACTIVITIES

LOCAL TRANSPORTATION

TRANSPORTATION WILL BE PROVIDED FOR PARTICIPANTS ON THE HOTEL-POOL, HOTEL-AIRPORT AND HOTEL TO CENOTE ROUTES.

FOOD AND HYDRATION

IN ORDER TO ACHIEVE THE BEST PERFORMANCE OF THE PARTICIPANTS; HYDRATION, SNACKS AND A PERSONALIZED LUNCH FOR EACH ATHLETE WILL BE PROVIDED DURING THE TRAINING SESSIONS.

MOTIVATIONAL TALKS

MOTIVATIONAL TALKS WILL BE GIVEN BY EXPERTS IN THE FIELD, AS WELL AS THE EXPERIENCE OF JACQUELINE SIMONEAU WHO WILL SHARE HER TIPS AND SECRETS TO ACHIEVE AN EXCELLENT PRESENTATION.

DELIVERY OF DIPLOMAS

PARTICIPATING ATHLETES WILL RECEIVE A DIPLOMA OF PARTICIPATION.

TECHNICAL EVALUATION

VIDEOS WILL BE RECORDED OF EACH PARTICIPANT PERFORMING EXERCISES TO CONDUCT EVALUATIONS AND IMPROVEMENTS.

IN ADDITION, A SWOT ANALYSIS OF EACH PARTICIPANT WILL BE MADE, WHICH WILL BE DELIVERED AT THE END OF THE CAMP.

CLOSURE EVENT

PARTICIPANTS WILL ENJOY AN UNFORGETTABLE TRIP TO ONE OF THE MOST BEAUTIFUL MAYAN CENOTES IN THE REGION, WHERE THEY WILL MAKE A WONDERFUL PRESENTATION TOGETHER WITH JACQUELINE SIMONEAU.



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CAMP REGISTRATION

REGISTRATION WILL OPEN ON MARCH 10 AND WILL
CLOSE WHEN 25 SPACES ARE FILLED.

ACCOMMODATION + CAMP

- LODGING IN KRYSTAL URBAN CANCUN HOTEL
- QUADRUPLE ROOM (2 DOUBLE BEDS)
- ACCESS AND FOOD AT WELCOME COCKTAIL RECEPTION
- WELCOME KIT
- ACCESS TO TRAINING SESSIONS
- ACCESS TO MOTIVATIONAL TALKS
- MEALS DURING THE 5 DAYS OF CAMP
- HYDRATION AND SNACKS DURING TRAINING SESSIONS
- CLOSING CEREMONY WALK
- LOCAL TRANSPORTATION
- PARTICIPATION DIPLOMA
- TECHNICAL EVALUATION
- MEDICAL SERVICE FIRST ATTENTION

REGISTRATION FEES MXN

BEFORE APRIL 1ST / \$18,999

BEFORE MAY 1ST / \$23,999

BEFORE JUNE 1 / \$27,999

AFTER JUNE 30 / \$31,999

REGISTRATION FEES USD

BEFORE APRIL 1 / \$1,269

BEFORE MAY 1 / \$1,600

BEFORE JUNE 1 / \$1,869

AFTER JUNE 30 / \$2,130

SUPPORT TO COACHES: EVERY 5 REGISTRATIONS OF THE SAME CLUB WILL BE PROVIDED TO THE CLUB'S COACH WITH ACCOMMODATION, ACCESS AND FOOD.

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CAMP REGISTRATION

REGISTRATION WILL OPEN ON MARCH 10 AND WILL
CLOSE WHEN 25 SPACES ARE FILLED.

JUST CAMP

- ACCESS AND MEALS AT WELCOME COCKTAIL RECEPTION
- WELCOME KIT
- ACCESS TO TRAINING SESSIONS
- ACCESS TO MOTIVATIONAL TALKS
- HYDRATION AND SNACKS DURING WORKOUTS
- CLOSING CEREMONY WALK
- PARTICIPATION DIPLOMA
- TECHNICAL EVALUATION
- FIRST AID MEDICAL SERVICE

REGISTRATION FEES MXN

BEFORE APRIL 1 / \$14,999

BEFORE MAY 1 / \$19,999

BEFORE JUNE 1 / \$23,999

AFTER JUNE 30 / \$27,999

REGISTRATION FEES USD

BEFORE APRIL 1ST / \$1,050

BEFORE MAY 1 / \$1,350

BEFORE JUNE 1 / \$1,650

AFTER JUNE 30 / \$1,950

SUPPORT TO COACHES: EVERY 5
REGISTRATIONS OF THE SAME
CLUB WILL BE GIVEN ACCESS
AND FOOD TO THE CLUB'S
TRAINER.

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CAMP COMPANIONS

COACHES OR MOMS

- LODGING AT HOTEL KRYSTAL URBAN CANCUN
- QUADRUPLE ROOM (2 DOUBLE BEDS)
- MEALS DURING THE 5 DAYS OF THE CAMP
- ACCESS TO TRAINING SESSIONS (BLEACHERS)
- CLOSING CEREMONY
- LOCAL TRANSPORTATION

MXN FEES

BEFORE APRIL 1 / \$8,999
BEFORE MAY 1 / \$9,999
BEFORE JUNE 1 / \$10,999
AFTER JUNE 30 / \$11,999

USD FEES

BEFORE APRIL 1 / \$600
BEFORE MAY 1 / \$670
BEFORE JUNE 1 / \$750
AFTER JUNE 30 / \$800

*ATHLETES ACCOMPANIED BY
MOTHERS MUST SHARE A ROOM
WITH ANOTHER MOTHER-
DAUGHTER PAIR.



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CAMP EXTRAS



CANCELLATION INSURANCE

WITH THIS INSURANCE YOU WILL BE ABLE TO CANCEL YOUR PARTICIPATION IN ANY SITUATION AND REQUEST A FULL REFUND VIA EMAIL TO INSCRIPCIONES@SINCRO.MX.

IMPORTANT THE EMAIL MUST BE SENT NO LATER THAN JULY 31, 2024. FOR THE INSURANCE TO BE VALID IT **MUST BE CONTRACTED TOGETHER WITH THE REGISTRATION OF THE PARTICIPANT.**

COST

MX\$1,500 / USD \$100

PHOTO PACKAGE

RECEIVE ALL THE PICTURES OF YOUR CAMP

INCLUDES

BEACH SESSION
TRAINING SESSIONS ON THE BEACH
SOUVENIR PHOTO WITH GUEST ATHLETE

COST MXN

BEFORE APRIL 1 / FREE
BEFORE MAY 1 / \$1,000
BEFORE JUNE 1 / \$2,000
AFTER JUNE 30 / \$3,000

COST USD

BEFORE APRIL 1 / FREE
BEFORE MAY 1 / \$70
BEFORE JUNE 1 / \$ 135
AFTER JUNE 30 / \$200



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CAMP STAFF



COACHES

WE WILL HAVE THE PARTICIPATION OF COACHES WITH NATIONAL TEAM EXPERIENCE WHO WILL DIRECT THE CAMP AND CARRY OUT THE TRAINING PROGRAMS.

MONITORS

WE WILL HAVE 1 MONITOR FOR EVERY 5 ATHLETES TO SUPPORT THE DEVELOPMENT OF THE CAMP.

OPERATIVE STAFF

WE WILL HAVE MEDICAL, ADMINISTRATIVE AND LOGISTIC STAFF FOR THE CORRECT OPERATION OF THE CAMP.



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BY
 **five**
Natación Artística



**ART IN
MOTION:
INSPIRING
PASSION
FORGING
EXCELLENCE.**