

MONTVERDE ACADEMY

# Swim Camp

FOR ELITE AND  
COMPETITIVE  
ATHLETES

**JUNE 12-17 | COMMUTER**

- \$450 Commuter

**JUNE 11-18 | BOARDING**

- \$1,100

## DEVELOP

- Key technique points of the 4 strokes + underwater
- Mental preparation
- Training habits
- Strength and conditioning
- Starts, finishes, and turns

## GAIN

**Confidence** - After learning key aspects, participants will become more confident in their path to improvement.

**Independence** - We teach athletes to self correct while practicing during their regular training. This process leads to continuous perfectionism of their abilities.

**Love for the sport and work ethic** - We believe in passionate, honest hard work. Our love for the sport and our profession transmits to our swimmers.

## BOARDING PROGRAM

- Accommodations at Montverde Academy dorms and three meals a day when on campus
- Two daily practices in the water
- One daily strength and conditioning session
- Classroom speeches
- Camp uniform
- Airport-MVA-airport transportation

**GUILHERME FERREIRA** began coaching in his home country of Brazil in 2003. Throughout his coaching career, he has worked with swimmers of all ages and levels from more than 50 countries.

## RATES FOR 2021

- \$1,100 per week overnight all-inclusive
- \$450 per week commuter camp (8:30 a.m. to 5:00 p.m.). Commuter camp does not include breakfast, dinner, evening activities and accommodations

## ADDITIONAL OPTIONS

**English one-on-one lessons:** \$250 per week (one lesson per day)

**Swimming one-on-one video lesson:** \$200 (all four strokes)

## ENTERTAINMENT AND FIELD TRIPS

Monday - Shopping and games

Tuesday - Sky Zone trampoline park

Wednesday - Volcano Bay (Universal Studios water park)

Thursday - Mini golf

Friday - Awards night

Saturday - Outlet mall

Sunday - Universal Studios Island of Adventures



Register now at  
**montverde.org**

For more information contact [guilherme.ferreira@montverde.org](mailto:guilherme.ferreira@montverde.org)