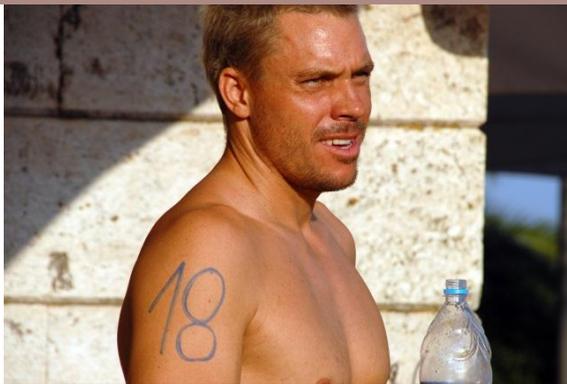


Altiora - SPORT



Enjoy Freedom of Open Water Swimming!





7-DAY CAMP

- MORNING AND EVENING SWIMS AT BEAUTIFUL BEACHES
- DRY LAND TRAININGS
- THEORETICAL LESSONS
- SWIMMING PHYSICS
- SWIMMING TECHNIQUES
- OPEN WATER SWIMMING TACTICS
- STROKE ANALYSIS AND SUGGESTIONS
- REAL RACE EXPERIENCE
- DEVELOPMENT OF INDIVIDUAL TRAINING PROGRAM

The First Open Water Swimming Camp in Croatia

Dear friends, fellow swimmers we are glad to inform you that this summer Altiora organises the first open water swimming camp in Croatia.

No matter whether you are professional athlete swimmer or threathlete, age group competitor or recreational swimmer, you are welcome to join us in this project. We all share the same enthusiasm and love for swimming and we invite you to become a part of our story.

Our concept is to listen and adapt to your needs. We organise 7-day camps, but they are modular and if you like to stay for longer you can do so. Over those 7 or 14 days we plan to have morning swims and dry land trainings as well as theoretical lessons including basic swimming physics, techniques, open water swimming tactics and similar. We also plan to practice those theoretical matters during afternoon swims. One day will be reserved for pool swim where we are going to analyse your strokes and offer suggestions. You will be working in accordance with the open water swimming program developed by Slaven Šitić and his team (check out more details at <http://iosiparalica.wix.com/altiora-sport>). One day is booked for an excursion to one of remote islands to swim at some of the most beautiful beaches in the world in clear, clean sea. The last Saturday (14th day) is reserved for the swimming marathon, where you can test yourselves in real race. This year we plan to do it at Croatian National Championship (5000 m) in city of Zadar. The beauty of Zadar marathon is the fact that the racing line is stretched along Zadar seafront (Riva) and the swimmers are racing nearby Sea Organ and Greeting to the Sun, before eyes of many tourists visiting those two popular touristic attractions.

Leaving the camp does not mean the end. All we learn about you, we can use to develop your individual training program, which we can share with you weekly through our web portal where we can set up your profile and where you can stay in touch with us and other fellow swimmers. There you can also share your achievements and results with the others. We are going to create weekly or monthly challenges for group of swimmers, which you will be offered to join.

CAMP LOCATION

Our camp is situated at Pine Beach Pakoštane. It is a unique ALL INCLUSIVE tourist resort situated in a fragrant pinewood, with a private sandy beach by the crystal blue Adriatic Sea.



COACHES

Josip Aralica, MD, CEO of Altiora

- 2010 Croatian long distance champion in age group 40+ (6th place in absolute ranking)
- 2011 Croatian long distance champion in age group 40+ (6th place in absolute ranking)
- 2012 Croatian long distance vice-champion in age group 40+ (7th place in absolute ranking)

Mr Slaven Šitić

- Former Head Coach of Croatian National Long Distance Swimming Team and father and swimming coach of Karla Šitić, a professional marathon swimmer from Croatia. 12th at 10K OG London

Mr. Dražen Adžić

- 2012 Croatian long distance champion in age group 40+ (3th place in absolute ranking)
- Water-polo coach



ALTIORA'S TEAM

Altiora's founder Josip Aralica, MD, is passionate swimmer and he started to work on this project with utmost passion. He infected the whole team with his enthusiasm, so although small, our team works with dedication and desire to infect all our guests, fellow swimmers, with at least a bit of that same passion.

We understand that one or two weeks are not enough to make significant progress, but our goal is to make you aware of all aspects of open water swimming including technique, tactics and others. We want you to enjoy your time spent with us, to work with us through the whole year and to come back to the camp the next year. We are at your disposal for any inquiry. If you have any question about us or related to the camp, you can write to the e-mail indicated below: info@altiora-cro.net

SAMPLE DAILY SCHEDULE

- Breakfast
- Morning swim and/or dry land training (Swimming training is organised on nearby beaches)
- Lunch
- Swimming in Theory (Swimming Physics, Open Water Tactics or similar lessons)
- Afternoon Swim (Swimming pool training or swimming tactics in practice e.g. swimming on waves, practicing turns in open water swim etc.)
- Free time

See more detailed weekly schedule on our web page <http://josiparalica.wix.com/altiora-sport>

WHAT WORTHS SEEING

We plan to leave evenings free, so your will have ample free time to enjoy in free activities and visit nearby cities (Zadar, Šibenik, Split). They are all within 1h driving.



CAMP ACTIVITIES

The camp will be organised from **14. to 29.6.2013 and 31.8. to 14.9.2013**. You are free to invite your friends or family members to join you while you are attending the camp. They will pay our special price for ALL INCLUSIVE services listed below.

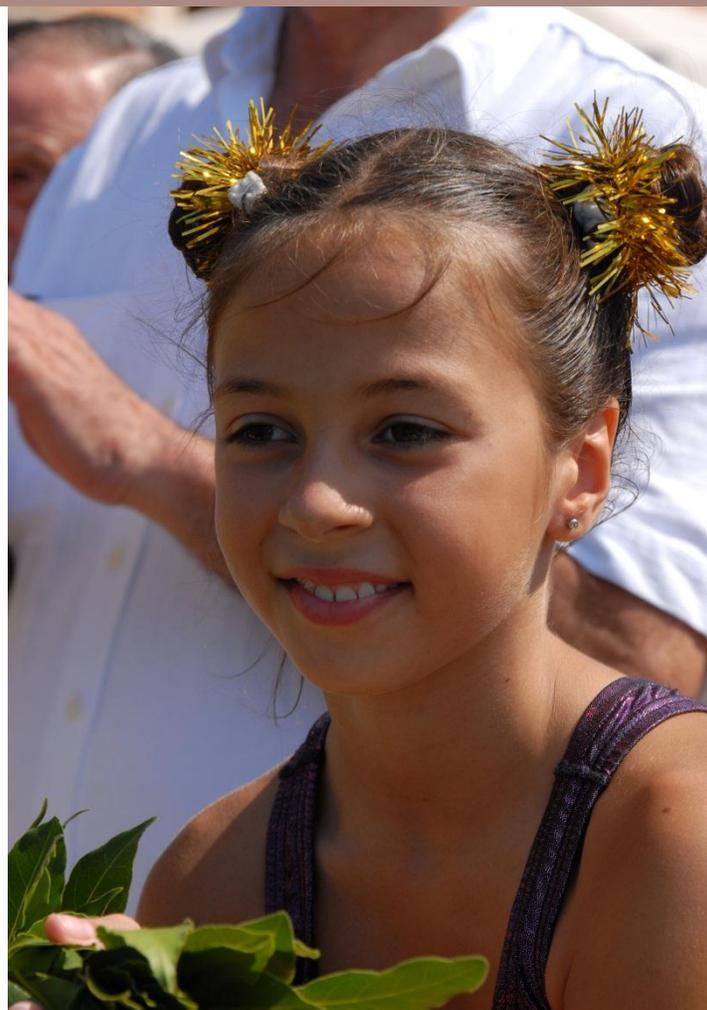
IMPORTANT: Upon receipt of your registration we will contact you shortly, with further details and pricing.

THE PRICE INCLUDES:

- **all camp activities**
- **accommodation**
- **full board** (buffet breakfast, lunch, dinner + non-alcoholic drinks, draught beer and wine during meals in the restaurant)
- **sport** (sailing, kayaking, windsurfing, tennis, table tennis, basketball, mini football, beach volleyball, aerobic, water polo, badminton, archery, bocce, mini gym, climbing wall/adventure park)
- **children animation & evening entertainment**
- **beach chairs, parking, WiFi**

HURRY! RESERVE YOUR PLACE FOR THIS SUMMER BY REGISTERING YOURSELF ONLINE OR COMPLETING BOOKING FORM ATTACHED. DO NOT MISS IT! JOIN US!

VISIT OUR WEB SITE <http://josiparalica.wix.com/altiora-sport>



ALTIORA-SPORT

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