



Pacific Dragons Swim Team



## 2010 Summer Swim Camp

Your swimmer will have an opportunity to train with PDST coaches during the 2-week camp period. Each day, the workout will start with 30 minutes of planned teaching on body balance, minimize water resistance, stroke, and kicks techniques in water. Through the teaching, swimmer will gain the knowledge of efficiency in all strokes and understand how to minimize the water resistance. Then, based on swimmer's technical level, the camp will be likely divided into 2 groups with an one hour practice drill focusing on using newly learned techniques.

- Eligibility: Swimmers must be between ages 9 and 14. This camp is not intended for beginning level swimmers. Qualification of at least 1 PNS Age Group Champ time is required to join the camp.
- Current US Swimming membership is required to attend this camp.
- **Camp time: Week 1: August 23<sup>rd</sup>-26<sup>th</sup> (Monday – Thursday); Week 2: August 30<sup>th</sup>-Sept. 2<sup>nd</sup>, 2010 (Monday – Thursday). Time/everyday: 5.30PM-7.00PM**
- **Location: Mary Wayte Pool, Mercer Island**
- Fees: \$150/weekly, payment is based on weekly rate (no prorated payment). 20% early bird discount applies if registered before July 25<sup>th</sup>, 2010 (by postmark date).
- Further questions, please send inquiry at [PDSwimTeam@gmail.com](mailto:PDSwimTeam@gmail.com) or call @ 425-449-2173.

### PDST Summer Swim Camp Registration Form

Swimmer Name \_\_\_\_\_ Age \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Swim Club \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone\* \_\_\_\_\_ E-mail\* \_\_\_\_\_

\*In case of unexpected schedule change, or canceling time due to weather, pool closure etc, the email and the phone contact information will be used for contact.

Swimmer's US Swimming membership #: \_\_\_\_\_, Expiration date: \_\_\_\_\_

**Swimmer's Age Group PNS Champ qualification time:**

**Event \_\_\_\_\_, Event time: \_\_\_\_\_ Meet Name/Date: \_\_\_\_\_**

Swimmer will attend: ( ) Week 1 (August 23<sup>rd</sup>-26<sup>th</sup>),  
( ) Week 2 (August 30<sup>th</sup>-Sept.2nd)

Payment to: Pacific Dragons Swim Team or PDST; **Total enclosed \$\_\_\_\_\_.**  
**The payment is not refundable.**

**Mail your registration form and the payment together to: Pacific Dragons Swim Team (PDST); PO Box 2983, Issaquah, WA 98027**

# Information about PDST Coaches

- **PeiYong Li, PDST Head Coach:**
  - China's National Champ in 400m IM (1976) & 200m IM silver medalist (1974) @ China National Swimming Championship.
  - Member of China Junior National Team (1971-1973).
  - Member of Sichuan Men's Swim Team (1974-1980).
  - A graduate from Beijing Physical Education University.
  - Coach of the Sichuan Women's Swim Team.
  - China National Team coach for 20<sup>th</sup> European Swimming Championship (1998).
  - China National Team coach for 12<sup>th</sup> Asian & Pacific Swimming & Diving Championship (1998).
  - China's Level 1 Swimming Coach.
  - Won National Outstanding Swimming Coach Award.
  - Member of China National Association Amateur Coach Advisory Committee (1996-2004).
- **XiaoWei Xu, PDST Coach:**
  - Gold medalist in 200m IM, 400m IM, 800m Free, and the anchor of the two 400m relays (1974) at Sichuan Swimming Championship.
  - Graduated from Chengdu Physical Education University.
  - Coach of Chengdu Women's Swim Team & Age Group Head Coach at Chengdu Swimming Sporting School (1978-2008).
  - China's Level 1 Swimming Coach.
  - Winner of the National Outstanding Amateur Swimming Coach Award.