



SOUTH LAKE HOSPITAL

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National and international athletes will travel to Clermont this holiday season for training

Clermont, Fla. – There will be no shortage of activity at the National Training Center (NTC) this holiday season, with numerous track and field and swimming groups traveling to Clermont, Fla., for some warm-weather training.

For the eighth consecutive year Peak Performance Swim Camp will return to the National Training Center for a week long camp being held December 27 – 31, 2009. Peak Performance Swim Camp is part of the Nike/US Sport Camp program and is run by former Olympic swim coach Nick Baker. The camp offers three levels of camp, an elite training camp, and advanced training camp, and a 10 & under mini-camp. This camp is scheduled to have nearly 50 participants that travel from throughout the country to attend. Peak Performance also hosts spring and summer camps at the NTC.

Returning for the seventh year to the NTC is the John Powell Throws Camp, which will be held December 27 – 30, 2009. Powell is a four-time Olympian, two-time Olympic medalist and seven-time national champion in the discus in the sport of athletics (track and field). Powell hosts a throws camp for individuals focusing on developing skills in all throwing events and also attracts participants from around the country.

In addition to the camps, the NTC will welcome several collegiate track and field and swim teams for warm-weather training at the end of December through mid-January including York University Track and Field (Toronto), Laurentin University Track and Field (Sudbury, Ontario), Queens University Track and Field (Kingston, Ontario), University of Toronto Track and Field, University of South Carolina Track and Field, Tiffin University Track and Field Team (Tiffin, Ohio), University of the South Swim Team and Utica College Swim Team (Utica, N.Y.).

Not only do these teams and camps train at the NTC but they also dine at local restaurants and utilize lodging in Lake County, bringing a significant economic impact into the county.

The National Training Center, part of South Lake Hospital, is a state-of-the-art sports complex that includes multipurpose fields, 400 meter outdoor track and field complex, 37,000 square foot fitness center, 70 meter x 25 yard heated outdoor pool, cross country course, human performance lab, group fitness classes, private Pilates studio, events department, sports performance and coaching, softball/baseball complex and massage. The NTC offers community fitness memberships and a wide variety of youth programming and is also open to visiting athletes and teams. For more information on the NTC, please visit www.usantc.com or call 352.241.7144.

For more information on Peak Performance camps, please visit www.swimcamp.com. For more information on the John Powell Throws Camp, please visit www.johnpowellassociates.com.