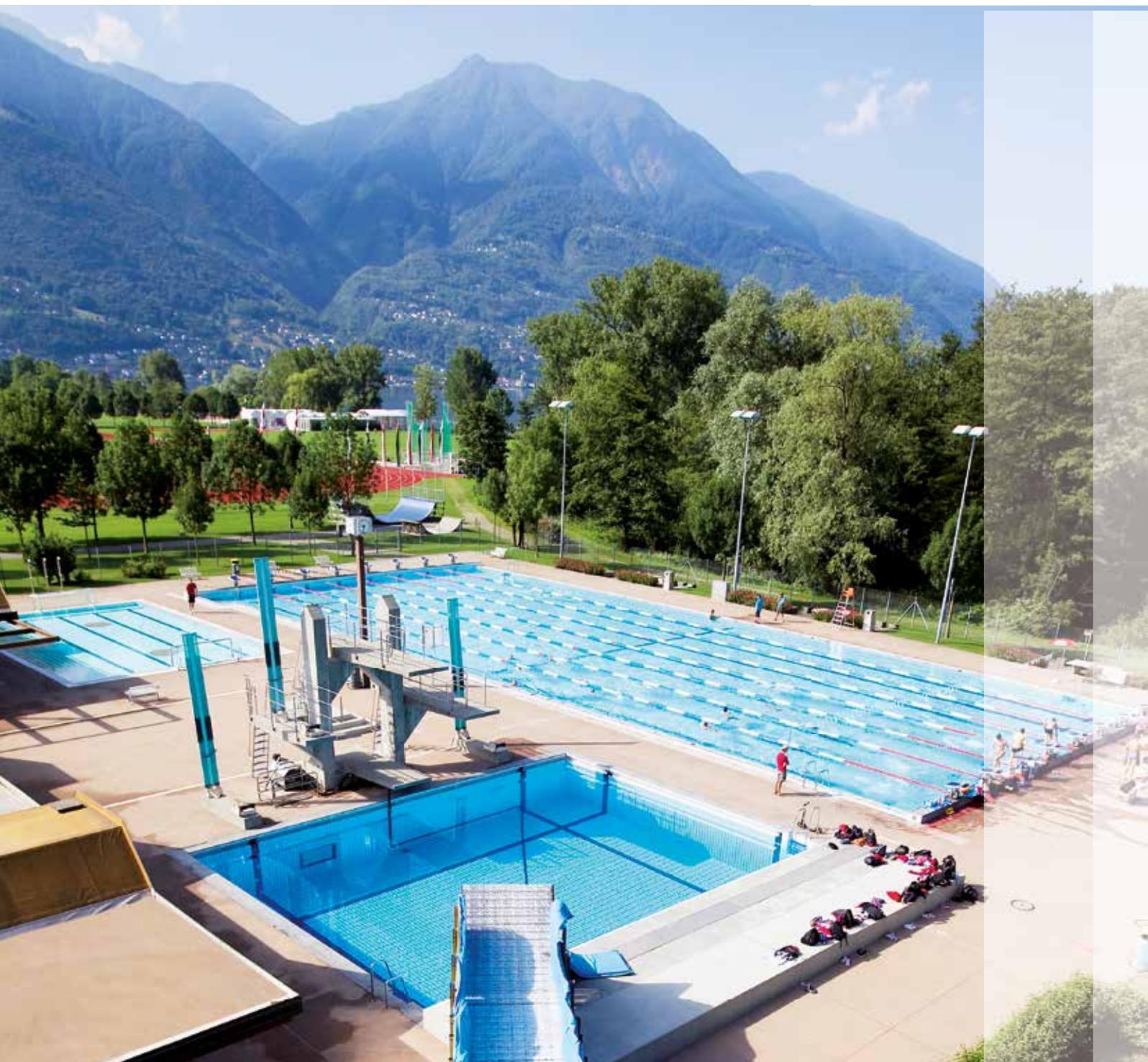


# Swimming club camps 2016



# CS Tenero



## Serving young people

The National Youth Sports Centre in Tenero (CST) is a branch of the Swiss Federal Office of Sport (FOSPO) promoting sport for young people. CST offers excellent facilities for many sporting disciplines and for sports camps and training courses involving a wide range of users, from school pupils to top-level athletes. CST also hosts sports events of many kinds.

## An enchanting region

CST is located in the local authority area of Tenero, on the shores of Lake Maggiore, in the Canton of Ticino. The region offers plenty of opportunities for pursuing cultural, artistic and sporting interests. The city of Locarno combines Alpine scenery with a Mediterranean climate. The Verzasca Valley is an area of unspoilt countryside, one of the most delightful parts of Ticino.

[www.tenero-tourism.ch](http://www.tenero-tourism.ch)  
[www.ascona-locarno.com](http://www.ascona-locarno.com)  
[www.ticino.ch](http://www.ticino.ch)

## Book well in advance

To book your course, you need to complete our online application form. Your booking request should reach us no later than **15 September 2015** stating the programme of sporting activities you wish to follow. Please let us also have alternative dates. The facilities and equipment will be reserved in accordance with your instructions, subject to availability.

*To book your course: [www.cstenero.ch/booking](http://www.cstenero.ch/booking)*

### Deadlines

When	What
<b>15 September 2015</b>	Deadline for booking courses for 2016
<b>October-November 2015</b>	You will receive confirmation of your booking (board and lodging) with information to help you prepare for the course.
<b>Three months before the camp</b>	You will receive confirmation of your booking (sports facilities and special equipment), and other information. From this point you may, if you wish, contact Sisport to engage qualified monitors.
<b>Three weeks before the camp</b>	Send in the "final information", "catering plan" and "sports equipment" forms, duly completed.
<b>Before your arrival</b>	Complete all sections of the "list of participants" form online.

# Five-star swimming



The National Youth Sports Centre in Tenero is ideally equipped for hosting training camps for swimmers. The quality of its facilities has prompted Swiss Swimming to make Tenero its own national training centre. CST regularly stages competitions in swimming and other aquatic disciplines.

## Not just swimming

The pools are equipped with everything you need for training and competition in swimming, water-polo, synchronized swimming and diving.

To meet swimmers' special requirements, meal times are planned to fit in with training schedules.

## Winter facilities

- An indoor Olympic swimming pool (50m x 21 m, 180cm in depth)
- An indoor pool for non-swimmers (10m x 16m, 70 to 130 cm in depth)
- Water temperature: 27° C
- Air temperature: 25°C

## The latest equipment

The Olympic pool is equipped with 16 new-generation starting blocks, approved for international competition. Eight starting blocks are equipped with devices for measuring reaction times.

## Summer facilities

- An Olympic swimming pool (50m x 21 m, 180 cm in depth)
- A pool for non-swimmers (10m x 16m, 70 to 130 cm in depth)
- A diving pool (with 1, 3 and 5-metre diving boards and a ramp for acrobatic ski-jumping, 400 cm in depth).
- Constant water temperature: 26°-27° C
- A lake for open-water swimming

## Costs

In summer, use of the swimming pool is included in the basic package. In winter, clubs are asked to make a contribution of CHF 20 per hour per lane.

# Additional training



## Everything and more

CST has 160 separate sports facilities it can make available, including:

- 8 full-size football pitches (3 with an all-weather surface) and other smaller ones
- 3 triple gymnasia, a gymnasium for artistic gymnastics, a multi-functional gymnasium (for squash, judo and other disciplines), 3 multi-functional areas (for dance practice and table-tennis)
- an open-air athletics stadium (400 m track, facilities for all jumping and throwing disciplines) and an indoor athletics stadium (80 m track, facilities for all jumping disciplines and for shot-put, hammer-throwing and discus)
- a Finnish running/walking track (1 km)
- 3 weight-training rooms
- a nautical centre for canoeing, sailing (laser and catamaran), skiff-surfing, stand-up paddling (SUP) and windsurfing
- 8 beach volleyball pitches, 12 tennis courts
- A BMX track with bicycles and safety equipment
- 2 golfing greens with equipment
- 3 archery butts, a field (40 × 20 m) for skater hockey, 2 climbing walls, a wellness facility, mountain bikes, in-line roller skates, air-games

## Qualified instructors

SISPORT sagl, can arrange for you to be coached by G+S specialized instructors and monitors. If you are looking for qualified monitors for your camp, you can contact SISPORT directly, once you have received confirmation of your reservation (sports facilities). [www.sisport.ch](http://www.sisport.ch)

## Recovery, refreshment, recreation

Healthy sporting activity also includes time for physical and mental renewal, in particular recovery, theoretical training and recreational activities. For this purpose, CST can offer suitable areas and facilities:

- a massage room (with three massage tables)
- a wellness area (sauna, hydro-massage and steam room)
- theory rooms (equipped with video-beamer, projector, PC connection and DVD and VHS readers)
- an Internet point and free WiFi connection everywhere on campus
- The Gottardo Lounge Bar
- barbecue facilities in the vicinity of the lake

## High performance

CST provides excellent new services and facilities to support the training of athletes and coaches in various sporting disciplines. We welcome national and regional federations, sports clubs and athletes training on their own, who can count on our skills in the field of sports medicine and sports science.

[www.cstenero.ch/prestazione](http://www.cstenero.ch/prestazione)

## The medical centre

The Sports Medicine and Surgery Centre of the La Carità Hospital in Locarno is available for examinations, consultancy, sports diagnosis and sports injuries.

[www.cmcs.ch](http://www.cmcs.ch)

# Board and lodging



## Overnight accommodation in a hostel

The “Mezzodi” and “Sasso Rosso” hostels have rooms with 6, 4 and 2 beds. They are open all the year round. A stay in a hostel automatically includes full board. The showers and wash-rooms are on the first floor. All the beds have sheets and a duvet.

## 2016 prices

Prices for 2016 will be set during the summer of 2015 and published on our website from August 2015. They vary depending on the type of accommodation (hostel/camp site), the type of eating arrangements (full board/self-catering), the age of the participants (under 20/over 20) and the length of stay (up to 4 nights/5 nights or more). In addition, CST applies two different scales of charges: one for organizations supported as part of the legal mandate entrusted to the Swiss Federal Office of Sport FOSPO (e.g. Y+S courses, school camps, federation gatherings), the other for foreign organizations and commercial operators.

[www.cstenero.ch/prezzi](http://www.cstenero.ch/prezzi)

## Healthy meals

CST provides balanced meals for sportsmen and women and their coaches. They are based mainly on local, seasonal produce. We do not serve convenience foods and try to avoid products containing glutamates. Our sauces, soups and desserts are made on the premises. Our beef, veal and pork meats are fresh and of Swiss origin.

## Meet up at the Gottardo Lounge Bar

The Gottardo Lounge Bar is a meeting place where all CST guests can relax and enjoy themselves before and after training sessions. We serve local Ticino specialities, panini, drinks and home-made cakes. You will also find a wide range of daily newspapers and magazines, and essential supplies.

# Some suggestions



## **“cool and clean”**

“cool and clean” is the main prevention programme in Swiss sport. It works to promote sporting behaviour that is fair and drug-free. Anyone booking a sports facility may also use the material produced in support of the initiative.

**[www.coolandclean.ch](http://www.coolandclean.ch)**



## **RailAway SBB**

CST supports group travel by public transport to Tenero (FFS/TILO halt). RailAway SBB offers reductions of up to 60% for school parties and up to 20% for other groups on train travel and related services.

**[www.cff.ch/courses-d-ecole](http://www.cff.ch/courses-d-ecole) et [www.cff.ch/groupes](http://www.cff.ch/groupes)**



## **Lido di Locarno**

The indoor and outdoor pools are located on one of the most beautiful beaches on Lake Maggiore in an amazing lakeland setting, framed by the Alps. You can swim, relax and have fun in the pool under the impression that you are immersed in the lake; a very special experience.

**[www.lidolocarno.ch](http://www.lidolocarno.ch)**



## **Val Verzasca**

The Verzasca Valley is the perfect destination for bike rides and rambles along the main trail (“Sentierone”) and various cultural routes. You can combine an outing with a visit to the Ethnographical Museum.

**[www.tenero-tourism.ch](http://www.tenero-tourism.ch)**



## **Cardada**

The splendid mountain terrain just a few minutes from Locarno is ideal for mountain-biking, orienteering and rambling. There are special terms for CST guests.

**[www.cardada.ch](http://www.cardada.ch)**



## **Bellinzona and its castles**

The fortifications of Bellinzona are one of the most imposing examples of medieval military architecture anywhere in the Alps. Since 2000, the three castles have been listed as a UNESCO World Heritage Site.

**[www.bellinzoneaturismo.ch](http://www.bellinzoneaturismo.ch)**

For other excursions see:

**[www.cstenero.ch/escursioni](http://www.cstenero.ch/escursioni)**

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