



## SPBSC 2011 HALF TERM SWIM CAMP

This was our second swim camp this season and what a camp it was yet again. More than 40 swimmers attended over the course of the week. Our youngest swimmer was 7 years old and the eldest was 15. The older swimmers led by example and helped the younger ones in executing some of the more difficult exercises. The younger ones led by example by supporting and giving everything in our fun-filled, team based, dry land training.

As always we welcomed swimmers from other clubs, familiar faces and also some new ones, who enjoyed the as usual excellent facilities available at St. Paul's and learnt something new from our coaching team, met their old friends and made new ones.

As this was primarily a fitness based camp the groups covered up to 18km. The skills were not neglected and we went through a stroke a day including turns and dives.

We hope all swimmers enjoyed the camp and learnt skills which they can apply in their future training and competition.

We are looking forward to seeing you all at our camps in the future.

MARTIN JURCO  
SPBSC Head Coach