

SPBSC 2011 SUMMER SWIM CAMP

Over thirty swimmers from five different swimming clubs across South West London attended SPBSC's swim camp this summer. They were given the opportunity to train together as a team, gain valuable knowledge and advice from expert speakers and work with very experienced, successful and enthusiastic team of coaches (Stefan Bill, Damien Bryan, Bradley Sills). The St Paul's School provided its outstanding facilities for the purpose of this camp including video recording equipment and one of their classrooms for video and stroke analysis.

From the youngest to the oldest, all swimmers worked hard, listened attentively during the presentations and thoroughly enjoyed the camp. They made good friends and there was a great buzz and positive energy in the gym and the pool. We believe that they took away a great deal of enthusiasm for the upcoming season.

Throughout the week all aspects of training were covered. From their extensive knowledge base the coaches worked on basic and advanced skills, drills and technique for all strokes, including IM, as well as starts, turns and relay take-overs. To compliment everything done in the pool, each day began with many cross-sport, land based exercises, as well as those with an adaption to aid the improvement of swimmers. To improve swimmers' flexibility and core strength, so important for swimmers, we used Resistance stretching techniques, Yoga and Pilates exercises. Many of these exercises, essential for the developing young athlete, were new to the swimmers whose focus and application of these exercises was really pleasing to see. To assist the swimmers with their ongoing technical development, we filmed all swimmers and gave them detailed feedback in the classroom. Using our video database we were able to play them footage of world class swimmers, providing commentary on how the skills on view could be implemented into their own training.

Thank you very much for your feedback and support. We wish all of the swimmers the best of luck for the forthcoming season and very much look forward to seeing them on SPBSC camps in the future. These will be advertised on our website.

MARTIN JURCO
SPBSC Head Coach