

CORAL SPRINGS SWIM CLUB 2016-SUMMER CAMP OUTLINE

Coaches: David Cowmeadow, TBA
and Nutritionist/3-time Olympian Arlene Semeco

-All Sessions are open to swimmers 8 & OVER (24 athletes max)

4-day camp session: 4 total training days (9:30am-3:00pm) Cost: \$185/session

CSSC CAMP SESSION 1 JUNE 13-16 (free/back/starts/dryland choose 1 stroke free or back)

CSSC CAMP SESSION 2 JUNE 20-23 (breast/fly/starts/dryland choose 1 stroke breast or fly)

3-day camp session: 3 total training days (8:00am-3:00pm) Cost: \$155/session

CSSC CAMP SESSION 3 JUNE 27-29 (free/back/turns/dryland choose 1 stroke free or back)

CSSC CAMP SESSION 4 JULY 5-7th (breast/fly/turns/dryland choose 1 stroke breast or fly)

All 4 day sessions are Mon-Thurs, and the 3 day sessions are Mon-Wed (sessions 3, and Tues-Thurs session 4).

All camps are finished well before the championship meets in July, and thus do NOT interfere with any taper being implemented. Here is a “snap shot” at the daily routine:

4-DAY CAMP SESSIONS (SESSIONS 1 AND 2)

BEGIN AT 9:30 AND END AT 3:00PM

- White group campers will attend “normal” practice, then take your break at 9:30am then join camp.*
- Blue Group campers will train your “normal” swim practice, but from 8-9:30 then join camp.*
- Mullins swimmers please arrive by 9:30am, or earlier if you prefer to, because of your work schedule.*
- Senior Swimmers will train in their “normal” groups and times, and join camp for video work around 10:30am*

Day 1: -Practice 8-10am (non practice swimmers arrive at 9:30am for stretching/dryland)
-mid morning snack 10-10:30
-video (approx. 10:30am): choose one stroke depending on the session. break into 2 groups (1 will video the other gets technique training then switch)
-lunch
-video download and explanation (12:30pm-2pm wood-room)
- back in the water to work on mistakes (2-3pm)

Day 2: -Practice 8-10am (non practice swimmers arrive at 9:30am for stretching/dryland)
-mid morning snack
-video: starts: the start will coordinate with the stroke you selected on day 1
-lunch
-video download and explanation (12:30pm-2pm wood-room)
- back in the water to work on mistakes (2-3pm)

Day 3: -Practice 8-10am (non practice swimmers arrive at 9:30am for stretching/dryland)
-mid morning snack
-Dryland core/upper body, exercise
-lunch
-stretching exercises wood-room (12:45pm-3pm)
-dryland core/leg exercises
-Yoga

Day 4: -Practice 8-10am (non practice swimmers arrive at 9:30am for stretching/dryland)
-mid morning snack
-stretching/yoga
-fun game (capture the flag etc)
-lunch
-afternoon review and back in the water for another swim practice

3-DAY CAMP SESSIONS (SESSIONS 3 AND 4)

BEGIN AT 8:00AM AND END AT 3:00PM

Day 1: -Practice approx. 2 hours with coach Dave or Team practice.
-mid morning snack
-video/technique: (approx. 10:30am): choose one stroke depending on the session.
Break into 2 groups (1 will video the other gets technique training then switch)
-lunch
-video download and explanation (12:30pm-2pm wood-room)
- back in the water to work on mistakes (2-3pm)

Day 2: - Practice approx. 2 hours with coach Dave or Team practice.
-mid morning snack
-video: turns: the turn will coordinate with the stroke you selected on day 1
-lunch
-video download and explanation (12:30pm-2pm wood-room)
- back in the water to work on mistakes (2-3pm)

Day 3: - Practice approx. 2 hours with coach Dave or Team practice.
-mid morning snack
-Dryland core/upper body, exercise
-lunch
-stretching exercises wood-room (12:45pm-3pm)
-dryland leg, exercise
-Yoga

