

London Region

12 year old Camps

Coach Development Opportunities

2017

DATES: Sunday 9th July - Sunday 1st October - Sunday 3rd December

VENUE: Trinity School, Shirley Park, Croydon, CR9 7AT

London Swimming would like to invite coaches from around the region to attend these camps, listen to the workshops and observe the practical sessions. If you would like to come along please complete the form below to confirm your attendance. Morning, afternoon or all day sessions are currently available to book depending on your subject interest. Please see below a copy of the timetable.

Name:		Club:	
E-mail Address:		Contact number:	
Camp 1 Morning 8:30 – 11:15		Afternoon 12:30 – 15:30	
Camp 2 Morning 8:30 – 11:15		Afternoon 12:30 – 15:30	
Camp 3 Morning 8:30 – 11:15		Afternoon 12:30 – 15:30	
Please select all the sessions that you would like to attend.			

To book your place please e-mail this form to Kelly Stannard
admin@londonswimming.org

Timetable Camp 1, 2 & 3

Time	Session	Notes
07:45 – 08:00	Registration	Sixth Form Centre
08:00 – 08:20	Welcome Meeting	Sixth Form Centre
08:20 – 08:30	Brief and Change	Changing Rooms/Poolside
08:30 – 08:45	Pre Pool	Poolside
08:45 – 10:00	Swim Session 1	Pool
10:00 – 10:15	Post Pool, Debrief and Change	Poolside/ Changing Rooms
10:15 – 11:15	Land Training	Squash Courts
11:15 – 11:45	Lunch	Sixth Form Centre
11:45 – 12:15	Swimmer/ Coach Meeting	Sixth Form Centre
12:15 – 12:30	Brief and Change	Changing Rooms/Poolside
12:30 – 12:45	Pre Pool	Poolside
12:45 – 14:00	Swim Session 2	Pool
14:00 – 14:15	Post Pool	Poolside
14:15 – 14:30	Debrief and Change	Poolside/ Changing Rooms
14:30 – 15:30	Classroom Based Workshop	Sixth Form Centre
15:30 – 15:45	Closing Meeting	Sixth Form Centre
15:45 – 16:00	Sign Out	Sixth Form Centre

Content

	Regional Talent Programme: Starts and Turns	Stroke Focus
Camp 1 Land Camp 1 Workshop	Mobility for Starts and Turns – Physiotherapist Starts & Turns – Regional Head Coach	Breaststroke Starts & Transition to first stroke Open Turns Breaststroke & Butterfly Finishes
Camp 2 Land Camp 2 Workshop	Stability for Starts and Turns-S&C Coach Goal Setting – Psychologist	Front crawl & Butterfly Starts and Transition to first stroke Front crawl Turns & Finishes
Camp 3 Land Camp 3 Workshop	Fundamental Movement Patterns-S&C Coach Practical Sports Nutrition - Nutritionist	Backstroke Starts & Transition to first stroke Backstroke Turns & Finishes