



**Development Camp 2011**

**When?**

Tuesday 5<sup>th</sup>-Thursday 7<sup>th</sup> July 1015-1545

**Where?**

Grangemouth High School

**Cost?**

£45 per swimmer

**What you need?**

- A Positive Mental Attitude
- Swimming Equipment- Full Water Bottle, 2 Costumes, 2 Towels, Kick Board, Pull Buoy, Fins, Paddles (If you have them)
- Land Equipment- Shorts, T-shirt, Trainers
- Classroom Equipment- Pen/Pencil, Notepad
- A healthy lunch- i.e. pasta (bacon, tuna, salad), wholemeal filled rolls, fruit, cereal bars, sports drinks etc.
- Note this year each swimmer will receive a cap and t-shirt, we will also provide post pool snacks to encourage good practice...

## **Day 1-**

1015 Arrive

1030 Introduction

1100 Pool Session 1 - Fly Technique (with FIRST Youth Swimmer)

1215 Lunch

1245 Land Session 1 - Dynamic

1330 Theory 1 - Goal Setting

1430 Pool Session 2 - Back Technique (with FIRST Youth Swimmer)

1545 Finish

## **Day 2-**

1015 Arrive

1030 Theory 2 - Nutrition

1100 Pool Session 3- Breast Technique (with FIRST Youth Swimmer)

1215 Lunch

1245 Land Session 2 - Core Stability

1330 Theory 3 - What Makes A Champion

1430 Pool Session 4 - Free Technique (with FIRST Youth Swimmer)

1545 Finish

**Day 3-**

1015 Arrive

1030 Theory 5 - Question Preparation

1100 Pool Session 5- Individual Medley

1215 Lunch

1245 Land Session - Static Stretching

1330 Theory 4- Guest Swimmer Presentation

1430 Pool Session 6 - Guest Swimmer Demonstration

1545 Finish