

The Bolles School Sharks – Swim Camp

One Week Swim Camp Expectations

This is a brief overview of what to expect from our One Week Swim Camp.

The Evening Practice:

What to expect:

Each practice will last 90 minutes. The practices are instructional with the emphasis on stroke mechanics. We will focus on one stroke per day with starts, turns, and finishes on Thursday evening. This practice is usually about 1500 to 1700 yards and is swum in our 25 yard pool.

Purpose:

This session is designed to work on proper body position and stroke mechanics for each stroke. The distances are short the rest is plentiful and a lot of time and energy is spent on learning the most efficient way to swim each stroke. We use drills to help the swimmers to learn each component of the stroke and then tie it all together to swim in the most efficient manner possible.

Dryland:

What to expect

Each morning after breakfast we will have a 30-40 minute dry land session. This will consist of running laps on the track, running the stadium steps, pull ups, dips, pushups, and other body weight exercises, and abdominal work. Proper running shoes and work out clothes are needed.

Purpose

To teach the swimmers the importance of dryland training and how a strong regimen will help the swimmers achieve their goals. We will put them through a routine similar to what we do with our own swimmers. This will help improve their strength, fitness, athleticism, and core body strength.

Morning Practice Session

What to expect

This practice session will be swum in our 50 meter pool. This work out is 2,700m to 5,000m in length. The distance of the practice will depend on the age and ability of the swimmer and also the emphasis of the workout. The practice will place emphasis on the stroke they worked on the previous evening.

Purpose

This practice session has two purposes. The first is to challenge the swimmer in an actual training session to think about stroke changes and techniques that were made the night before. Anyone can swim an easy 25yards and hold good stroke technique, to do so for an entire race or set in practice is a challenge. The practice will start off with a review of all the drills they worked on the night before and give them a chance to refresh their memories. Then we will proceed into the main set. The second purpose is to maintain the level of conditioning they have when coming into our camp so they are ready to continue their training when they get back home.

Lecture sessions

These sessions will cover a variety of topics from nutrition to goal setting. We will help the swimmers in learn how to set goals for their meets, seasons, and even day to day practices. They will also learn about nutrition and the importance of proper hydration, as well as tips on mental preparations for hard practices and swim meets. The swimmers will also have an opportunity to talk to and hear about Martin Zubero's (Olympic Gold Medalist) and Sergio Lopez's (Bronze Medalist) quest for Olympic medals.

Video

Each day swimmers will watch a video pertaining to the stroke of the day. This video will have a famous American swimmer performing the stroke. The swimmers themselves will be video taped on each of their strokes with voice over analysis from our professional coaching staff. These videos will be provided to each swimmer upon leaving camp.