

# ZIONSVILLE SWIM CLUB

## WINNING SPIRIT RACING CAMP

Building Swimmers Through Skill, Fitness, and Motivation

**MAY 8<sup>TH</sup> TO 12<sup>TH</sup>**

**11 & UNDERS = AG**

**12 & OVERS = SR**

**BOTH GROUPS = B**

**TUESDAY (8<sup>TH</sup>)**

5:15 – 5:45 SR/AG - Training Games n' Gimmicks – Relays – Relay Run downs – LL Breaststroke – Celebrations  
5:45 – 7:30 Work with all swimmers on training sets  
7:30 - Coaches - Meeting – Building Fast Swimmers – Balancing Technique and Yardage

**WEDNESDAY (9<sup>TH</sup>)**

6:00 – 7:15 SR – Elite Squad -  
3:45 - 5:00 SR – Workshop: Relating Training to Goals – Rocky Road (5x100@3 for 200 – correlates at .93)-Kick Steelers  
5:00 – 5:30 EVERYONE – Starts n' Streamline FUN Challenges – Overs n' Unders  
5:30 – 6:30 Non-campers practice – Race Ryan Lochte  
5:30 – 6:30 Camp Workshop: Orientation - Olympians Underwater – Dartfish SLOMO – strokes, starts, turns, finishes  
**6:30 – 7:00 Swimmers – Parents – Coaches (EVERYONE) Pizza - (or pot luck?)**  
**7:00 – 8:00 EVERYONE “BE THE BEST YOU CAN BE” AG to Olympian - Ppt - 200 slides & stories of what it takes?**  
**8:00 – 8:30 Swimmers- Build your own sundae contest with Olympic team mesh bag prizes**  
**8:00 – 8:30 Parents - What Coaches and Parents Want and University Swimming Scholarships-Recruiting**

**THURSDAY (10<sup>TH</sup>)**

6:00 – 7:30 am SR Squad – Fastfeet Streamling Descending Distance – Whistle Pulls  
3:30 – 4:00 SR Workshop: Race Analysis – How Olympians Race your specialty – Why Threshold Training  
4:00 – 4:30 Olympians PRIDE set (see who comes closest)  
4:30 – 4:45 AG/SR Workshop: Fly - Olympians Underwater - SLOMO  
4:45 – 5:45 AG/SR Fly – Gear-Head Circuit –  
5:45 – 6:00 AG/SR Workshop: Back - Olympians Underwater - SLOMO  
6:00 – 7:00 Back – Gear-Head Circuit  
7:00 – 7:30 AG Workshop: Handling Stress – Race Ready – Clock Reading/System  
SR 10 X 100 (DK IM's) @ 2 - Warm-down – 6 turns/25's

**FRIDAY (11<sup>TH</sup>)**

6:00 – 7:30 am SR Squad – Aussie Analysis (monitoring; time-pulse-entires) - Kick Phelps 50's – Over/Unders  
3:30 – 4:15 SR Workshop: Visualization/Relaxation to Swim Fast – 7 FUN Drills  
4:30 – 4:45 AG/SR Workshop: Breaststroke - Olympians Underwater - SLOMO  
4:45 – 5:45 AG/SR Breaststroke – Gear-Head Circuit  
5:45 – 7:30 AG Race Ryan Lochte set – Last Swimmer Swimmin' – Hardest Drills Ever  
SR Race the American Record (specialty set) – Over n' Unders -

**SATURDAY (12<sup>TH</sup>)**

8:00 – 9:00 AG/SR Workshop: Teamanship – Being A Captain exercises  
9:00 – 9:45 AG/SR Q and A all about swimming FASTER  
9:45 – 10:00 Sectional + movin' up to National meets/handout.  
10:00 – 11:00 SR Energy System/Pulse set  
AG Fastfeet Turning Drills – Last Swimmer Swimmin' – Peer Stroke Check  
11:00 – 11:30 AG/SR Games n' Gimmicks FUN  
11:30 - 12:00 AG/SR Workshop: Nutrition  
12:00 - 1:00 Brown Bag Lunch – Salmon Run 12-U's operated by Seniors  
1:00 – 2:00 AG/SR Swim Faster Than You Can set – Reese's Pieces  
2:00 - 3:00 AG/SR 8 Starts – 7 Streamlines/Breakouts – Contests - Vertical Kicking  
3:00 – 4:00 AG/SR Timing Circuit: Turns – Exchanges – Starts/Breakouts  
**4:00 – 5:00 Swimmers – Parents – Coaches - “EVERYONE'S IMPORTANT” Ppt**

# ZIONSVILLE SWIM CLUB

## WINNING SPIRIT RACING CAMP APPLICATION

Registration deadline – May 4th

Name \_\_\_\_\_ Age \_\_\_\_ Name \_\_\_\_\_ Age \_\_\_\_

**T-shirt** (\$8) size Child:M-L or Adult: S-M-L-XL(Circle desired size) ORDER before the camp to have it.  
All swimmers receive a SWIMMERS HANDBOOK and WINNING SPIRIT RACING CAP.

**Best Events/Times** \_\_\_\_\_/\_\_\_\_\_ \_\_\_\_\_/\_\_\_\_\_

**FEE:** Includes racing cap and team handbook.

**SENIOR SWIMMERS (12-0) \$100**

**AGE GROUP SWIMMERS (11-U) \$ 60**

**YAGOTTAWANNA CAMP T-SHIRT \$ 8 (Order by April 28<sup>th</sup> to receive at camp.)**

**ENCLOSED is \$ \_\_\_\_\_ made payable to Zionsville Swim Club to reserve a spot by May 1st.**

### MEDICAL ATTENTION PERMISSION AND RELEASE:

I the undersigned agree to hold Winning Spirit Racing Camps, and Zionsville Swim Club harmless for any illness or injury that might occur while participating in said camp. You have my permission to provide necessary medical attention to my child. Participants must be members of USA-Swimming.

**PARENT or GUARDIAN SIGNATURE** \_\_\_\_\_

**PRINT NAME** \_\_\_\_\_ **EMERGENCY DAY PHONE** \_\_\_\_\_

**INSURANCE COMPANY** \_\_\_\_\_ **POLICY NUMBER** \_\_\_\_\_

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### CAMP RULES

Be on time for EVERYTHING Don't miss ANYTHING TRY to learn and correct mistakes Ask if you don't understand  
Listen with your EYES Sick or tired see Holly Keep NOTES in Swimmer Handbook If you don't understand, don't lead

### GEAR-HEAD CIRCUIT

Tempo Trainers – Stroke Belts – Catch-up Tubes – Turning Tubes – Kicking V's – Parachutes - VFR Paddles – Rope-a- Dope – Clickers – Streamline Noodles – Olympians U/W - Stroke Pattern Paddles – Sprint Snorkels – Sculling - and more... SR's helping AG's in 16 stations that force proper skills and critiquing with Coach Steel