

Olympic Swim Camp

Agenda and Camp Details

Session 1:

Focus on Freestyle and Backstroke

- 20 minutes stroke explanations.
- 100 minutes technique work, drills, and demonstrations in the water.
- Talk to the Olympians, ask questions, and take autographed pictures.

Session 2:

Focus on Butterfly and Breaststroke

- 20 minutes stroke explanations.
- 100 minutes technique work, drills, and demonstrations in the water.
- Talk to the Olympians, ask questions, and take autographed pictures.

Session 3:

Focus on Starts, Turns, Finishes, and Individual Medley

- 20 minutes Starts, Turns, Finishes explanations.
- 70 minutes technique work, drills, and demonstrations in the water.
- 30 minutes to ask specific questions, get extra explanations and demonstrations.
- Talk to the Olympians and take autographed pictures.

The Olympic Swim camp price is \$200 per person for the three session camp

***** Each camp is limited to 42 swimmers. Age is 11 years and up (10 years and under will be considered, but must email first).

The application for the JCC location is available on the website www.dynamoswimteam.org under 'Olympic Swim Camp'

For more information about camps at the JCC please contact: headcoach@dynamoswimteam.org

For more information about camps at the New Albany Aquatic Club please contact: brad@fasterswimming.com