



# SWIMTEC

## Summer Swim Camp 2009

Ideal for swimmers who want excellent feedback on their technique.

Learn skills that will make you swim faster including starts, turns and relay takeovers.

The program is designed by North York Aquatic Club Head Coach, **Murray Drudge**, one of Canada's top coaches.

Years of experience have enabled us to formulate a system based on simplicity and easy progression.

Guest coaches will include: **Bill O'Toole** – Head coach of Cobra Swim Club in Brampton  
**Alex Wallingford** – Head Coach of the Oakville Aquatic Club

Assisting Murray in daily training sessions will be **Suzu Simonetti** of North York Aquatic Club.  
Look forward to seeing some National level swimmers in the province demonstrate great stroke technique.

The program is ideal for novice to advance level swimmers. The skills are designed to help you swim better regardless of how fast you are. It is fun to learn and you get to work with some of the best coaches in the province.

### Dates and Locations

From **July 6 - July 31** the SWIMTEC camps for **week 1 - 4** are offered **both in the mornings and afternoons** in the state of the art 25 meter pool in the new Athletic Centre located on the campus of **Haverгал College** at 1451 Avenue Road in North York.

From **August 4 - August 28** the SWIMTEC camps for **week 5 - 8** are offered in the **mornings only** in the 25 yard pool situated in the scenic ravine setting of the **Glendon College** of York University at 2275 Bayview Avenue in North York.

### Daily Camp Format

<b>Haverгал and Glendon</b>	<b>Haverгал</b>
<b>Mornings</b>	<b>Afternoons</b>

09:00-09:15	01:00-01:15	Dry land and flexibility instruction Introduction to main stroke skill session What swimmers will learn? <ul style="list-style-type: none"><li>• How to use core body movement for rotation or undulation (Range)</li><li>• How to fit in arms and legs to core body movement (Rhythm)</li><li>• How to go fast using kick and stroke acceleration (Rate)</li></ul>
09:15-10:15	01:15-02:15	
10:15-10:30	02:15-02:30	Break (bring snack and drink)
10:30-12:00	02:30-04:00	Swimmers will work with our guest coaches to practice skills. This session will expose swimmers to experience range, rhythm & rate. Swimmers will learn quickly how to swim with better efficiency.

We will highlight one stroke per day and use Fridays for racing and relays.

#### North York Aquatic Club

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