



SWIMTEC

Summer Swim Camp 2010

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

Assisting Murray in daily training sessions will be Suzy 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 or advanced 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

July 5 - July 30 program (week 1 - 4) is run out of a state of the art 25 meter pool In the new Athletic Centre located on the campus grounds of Havergal College at 1451 Avenue Road in North York.

August 3 - August 27 program (week 5 - 8) is run out of a 25 yard pool situated in the scenic ravine setting of Glendon College of York University at 2275 Bayview Ave, North York.

Camp daily format

Havergal & Havergal Glendon

Morning

9:00-9:15

9:15-10:15

10:15-10:30

10:30-12:00

Afternoon

1:00-1:15

1:15-2:15

2:15-2:30

2:30-4:00

Dry land and flexibility instruction

Intro to main stroke skill session

Swimmers will learn:

- How to use core body movement for rotation or undulation (Range)
- How to fit in arms and legs to core body movement (Rhythm)
- How to go fast using kick and stroke acceleration (Rate)

Break (bring a snack and drink)

Swimmers will work with our guest coaches to practice skills.

This session will expose the swimmers to experience range, rhythm and 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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(Financially supported by City of Toronto)