

CUMBERNAULD Swimming Club

Stroke Camp Pilot Scheme

Stroke Camp – Week 1 Mon 2 July – Fri 6 July

Each session will begin with a dynamic stretching protocol. Swimmers are asked to arrive on poolside 30mins prior to each session.

Monday – Warm Up/Cool Down Protocols

- Flexibility
- Dynamic Stretching
- Pool Warm Ups/Cool Down
- Static Stretching

Tuesday – Freestyle

- Stroke Analysis
- Drills and Skills
- Shadowing
- Starts and Turns

Wednesday – Land Session

- Introduction to Land Training
- Team Work – Co-ordination, Movement, Body Awareness
- Introduction to body weight exercises

Thursday – Butterfly

- Stroke Analysis
- Drills and Skills
- Starts and Turns

Friday – Compete

- Dives
- Break Outs
- Competitive Turns and Finishing
- Race Skills

Stroke Camp – Week 2 Mon 9 July – Fri 13 July

Each session will begin with a dynamic stretching protocol. Swimmers are asked to arrive on poolside 30mins prior to each session.

Monday – Warm Up/Cool Down Protocols

- Flexibility
- Dynamic Stretching
- Pool Warm Ups/Cool Down
- Static Stretching

Tuesday – Breaststroke/IM

- Stroke Analysis
- Mirroring (Breaststroke)
- Drills and Skills
- Starts and Turns
- Transitional Turns(IM)

Wednesday – Land Session

- Introduction to Land Training
- Team Work – Co-ordination, Movement, Body Awareness
- Introduction to body weight exercises

Thursday – Backstroke

- Stroke Analysis
- Drills and Skills
- Starts and Turns

Friday – Compete

- Dives
- Break Outs
- Competitive Turns and Finishing
- Race Skills