

# YMCA of Warren County

## Summer Swim Clinic

### OVERVIEW & PURPOSE

This is a competition focused camp intended to work on specific skills to help competitive swimmers develop excellence in the basics and understand that the coaches exist to help athletes develop skills that will improve their performance. This is done through identifying any area of performance that needs improvement. We are not focused on outcome goals (winning); rather we are focused on performance goals, developing excellence in the basics, and the mental aspects of competitive swimming.

### SKILL STANDARDS

1. The camp is primarily focused on athlete's 6<sup>th</sup> through 12<sup>th</sup> grade. The swimmer must be at a level of swimming that is swim team ready. If your child would benefit from stroke development, then they may be better served with advanced swim lessons. This camp is intended to refine strokes and provide development as a competitive athlete.
2. Must know the basics of the 4 strokes (Free, Back, Fly, Breast)
3. Must be wanting to learn and continue to improve their swimming
4. Must be prepared to work hard and put in the effort to succeed

### OBJECTIVES

1. Develop a better understanding of swimmer mentality, athletic competition, and good sportsmanship.
2. Improve stroke techniques.
3. Leave with more self-confidence in themselves as an athlete.
4. Become prospective swim team members if not already.
5. Athletes leave with a better appreciation for, and a desire to contribute to, their team objectives as well as the ability to set and achieve individual performance goals.

## COSTS

1. \$35/week/athlete
2. Choose weeks in advance (one to all six weeks)
3. All 6 weeks (must register in advance) - \$180
4. Multiple children from same family \$5.00 discount for each additional child

## Maximum Number of Participants

1. 30 athlete limit per week

## SYLABUS

*The program will run three days a weekly for 90 minutes. Each day, Monday – Wednesday – Friday, starts at 8:30 AM, with “classroom” time for the first half hour.*

### WEEK 1

1. Goal Setting
2. Logbooks
3. Mental aspects of competition
4. All about the kick

### WEEK 2

1. Pre-Race Routine
2. Visualization/Preparing Mentally
3. Stroke Counting
4. Freestyle Technique

### WEEK 3

1. Personal Wellness/Nutrition
2. Mentoring teammates
3. Positive Voices in Practice
4. Breaststroke Technique

## WEEK 4

1. Coping with loss and disappointment
2. Self-monitoring effort levels
3. Positive Self-Talk
4. Backstroke Technique

## WEEK 5

1. Being a role model
2. Turning complaints into drive
3. Helping Lead a Team
4. Butterfly Technique

## WEEK 6

1. Celebrating success
2. Remembering the joy and reason you swim
3. Turns, Starts & Finishes
4. Some sort of productive relays/games

## Points of Contact -

If you have additional questions, please contact Tom Sparkman or Makayla Crain at the following:

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