

## **SWIM SWIFT ELITE SUPER CAMPS – INFORMATION**

### **Who are the SSE Super camps for?**

Our Super Camp sessions are aimed at competent and competitive county level swimmers or above, striving to improve. They are also for those between the ages of 11 - 16 years. There will be a maximum of 10 swimmers per super camp. It is for swimmers who are happy to work in a small group session who are interested in learning how to improve the efficiency of their skill technique. Our aim is for you to take away a more thorough understanding of how to improve your technique so that you are able to implement this into your day-to-day training.

### **What will the SSE Super camp include?**

There will be a 2-hour pool session at Loughborough University (LE11 3TU) which will be run as a stroke/skill specific mini-camp focused on technique. Individual filming (underwater and over-water) will take place at the end of each session. This has changed as we feel that it is a more productive way for the swimmers to get the information they need and not to add pressure in just a 2 hour session. Also, it will allow more time to cover content for the session. Your videos will be sent to you after the camp via a Dropbox link. When booking, if you opt for the additional video analysis, we will send you your videos with annotation, narration and freeze frames etc to break down the stroke or skill individually to you. As part of the camp, this is at a discounted rate in comparison to a stand-alone service.

### **What is the cost?**

Each SSE super camp will cost £65 plus booking fee per swimmer, without video analysis (unedited videos will just be sent to you). If you opt for the additional video analysis, the total will be £110 plus booking fee per swimmer per session.

### **Logistics.**

The camp will take place at Loughborough University Swimming pool, Epinal way, LE11 3TU.

Please arrive not later than 15 minutes before the session start time to allow for changing and a quick welcome meeting, before jumping in the pool on time. Make sure that you bring all of your kit & maybe a spare towel for getting in and out of the pool to look at the demonstrations on screen. We will be there to greet you, but if we're not quite yet, please gather yourself on/around the black seats on poolside ready for us to come and register you.

Make sure you allow time to arrange your parking. The swimming pool car park is the one closest to the swimming pool building where you will get 2 hours for free. There are now ANPR cameras in operation. You will get 2 hours for free by inputting your registration plate into the tablet near the changing room entrance, however over this time you will need to make payment using the machine in the car park. Please ask at reception in the swimming pool if you are unsure.

We look forward to seeing you all there.