Croatia Swim Camp: Frequently Asked Questions

✈️ Are flights included in the cost?

No. Flights are not included due to the widely varying travel requirements of our attendees.

What is included in the camp tuition:

- Full swim coaching and dryland training
- Accommodation at our designated athlete hub
- Three meals per day
- Premium facility and lane hire
- Daily ground transfers to and from the swimming complex

📍 Where is the accommodation located?

We are staying at **Hostel Link** (*Šetalište maršala Tita 9, 51415 Lovran, Croatia*). It is situated in a remarkably beautiful, quiet, and picturesque historic coastal town. We highly encourage parents and swimmers to look at the venue online!

🏊 Who is this swim camp aimed at?

This camp is exclusively designed for **competitive club-level swimmers aged 12 to 18** (age calculated on the active days of the camp). The curriculum is specifically aimed at athletes looking for high-level refinement of their strokes, technical skills, and racing efficiency.

📋 What technical content is covered in the pool sessions?

The training block focuses heavily on technical mastery, including:

- Competitive racing dives for Freestyle, Butterfly, and Breaststroke
- Comprehensive stroke mechanics across all four competitive disciplines
- Elite execution of both touch turns and flip turns

🏟️ Where will the training sessions take place?

Training takes place at the world-class **Kantrida Swimming Pools complex** (*Podkoludricu 2, 51000, Rijeka, Croatia*). This beautiful, renowned venue sits right on the coast. Training will feature a strategic mixture of short-course (25m) and long-course (50m) sessions.

⚠️ *Important Note: All pool training is held in the outdoor pools. Swimmers must pack and apply high-factor sunscreen daily.*

💪 Will there be land-based dryland training?

Yes. Swimmers will participate in a mixture of pre- and post-pool activation work, alongside more challenging, standalone dryland conditioning sessions. Because these take place outdoors, swimmers must pack appropriate athletic clothing, supportive trainers, and sun protection.

🛟 What are the supervision and chaperone arrangements?

We take safety and welfare seriously. Swimmers are supervised by **two professional coaches and two dedicated chaperones during the day**, with **two chaperones remaining on active duty through the night** at the accommodation.

🛏️ **How are the bedroom allocations handled?**

Swimmers stay in rooms of **2 to 3 people**. Rooms are strictly segregated by gender (**boys and girls are housed completely separately**). We make every operational effort to pair swimmers with roommates as close to their own age as possible.

🕒 **How is free time structured?**

- **Mid-Day:** In the gap between training sessions, our chaperones lead structured team-building activities. Following these activities, swimmers can enjoy downtime but **must remain strictly within the sports facility complex** for safety.
- **Evening:** After dinner, we run a short team activity that all swimmers are required to attend. Following this, swimmers are granted free time to explore the quiet, picturesque town of Lovran.
- **Evening Exploration Rules:** To leave the accommodation area, swimmers **must move in groups of a minimum of 3 people**, explicitly inform a chaperone before departing, and exchange active mobile phone numbers with the staff so everyone remains reachable at all times.