

Age Group Spring Swim Camp 2007

April 2 – 6, 2007

5:30 - 6:45pm

(No regular practice)

In lieu of normal practices, all TTSC Novice, White and Blue Group Swimmers are encouraged to attend this 5-day “Swim Camp” at the Tualatin Pool. The camp is designed to get all TTSC Age Group Swimmers together and prepare them for the upcoming Long Course Season. This is a great opportunity to get to know the swimmers from the other pool and get input from all three of TTSC’s Age Group Coaches.

Camp topics include-

- **Getting the most out of your stroke drills.** - We have some great new dvds to watch and we will get to practice what we have seen on video in the water.
- **Improving your flip turns.**
- **Nutritional information swimmers can use.** - Learn what type of food is good to fuel your body at a swim meet or when you are training hard. Sample some Healthy snacks that are easy to make and great to bring along with you at swim meets.
- **Setting better season goals.** - Make a better plan to get that next “B” or “A” time.
- **Stretching to help improve your flexibility and reduce risk of injury.**
- **Friday Night Open Bleacher Session for Parents and swimmers 6:15-6:45pm.**
Have a question or two you would like one of the TTSC Age Group Coaches to answer about the process of competitive swimming, group move-up requirements, or their coaching philosophy? (If you are afraid to raise your hand to ask a question there will be a question box available through out the week where you can submit hand written questions.)

Each day will involve both in the water and dry classroom sessions. (It is a good idea to bring an extra towel or sweat shirt for the classroom sessions.) Head Age Group Coach Jeanine, Coach Kim, and Coach Joey will all be on hand to work with the swimmers. .

There is no additional charge for TTSC swimmers.

Blue and White Group swimmers will have a short water practice from 4:30-5:30pm prior to “Swim Camp”.