

DMSS STROKE TECHNIQUE CAMP

AUG 22nd – SEPT 16th 2016 (4 weeks)

STATIONS:

A full **Crash Course** of the **entire DMSS programme** given to all Station swimmers with **advanced stroke technique**

SQUADS:

Intensive Stroke Correction to correct stroke **flaws and errors**

Scroll down for Camp curriculum and Schedule...

TO BOOK: email preferred days & times to admin@dmss.co.bw

Book early to avoid disappointment

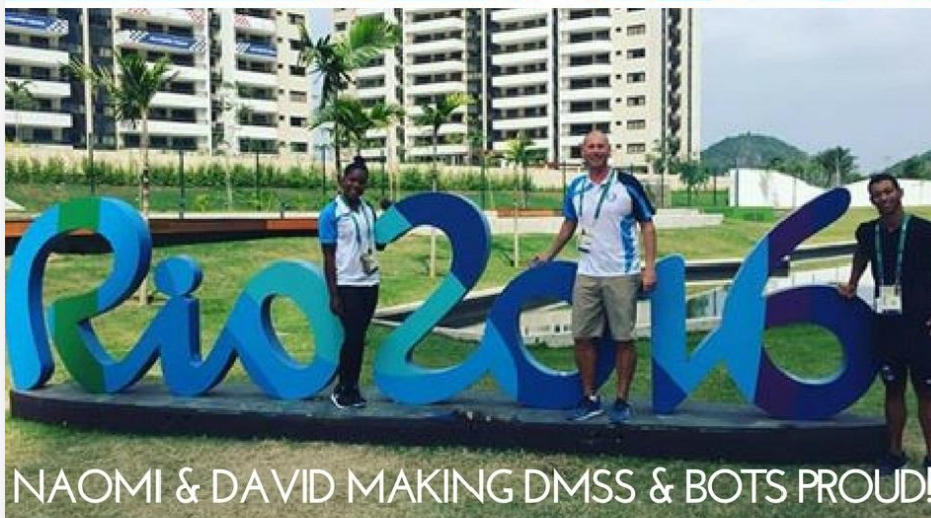
NOTE * If you will be away for part of the camp but want to attend - enquire from the office.

STATIONS CAMP CURRICULUM

	Week 1	Week 2	Week 3	Week 4
Station 1	Air exchange Freestyle & backstroke kicking Safety skills	Basic crawl stroke	Basic back stroke	Floats & glides Freestyle & backstroke kicking Safety skills
Station 2	Freestyle & backstroke kicking Safety skills Basic crawl stroke	Basic breaststroke Basic butterfly	Floats & glides Freestyle no breathing Backstroke 5m	Foundation of diving & tumble turns Freestyle Backstroke
Station 3	Air exchange Floats & glides Free, Back, Side, Breast & Fly kicking	Freestyle with breathing Basic Backstroke	Basic Breaststroke Basic Butterfly	Foundation of diving & tumble turns All four strokes
Station 4	Free, back & side kicking Breast & fly kicking	Freestyle & Backstroke drills & technique	Breaststroke timing Butterfly drills	Foundation of diving & tumble turns All four strokes
Station 5	Freestyle technique Body rotation & catch Head position Freestyle tumble turn	Backstroke technique Body rotation & catch Aerobic training set	Breaststroke technique Timing, pull, kick drills Sprint training set	Fly technique Single arm drills Fly timing technique Advanced diving drills
Station 6&7	Freestyle technique Body rotation & catch Free Starts & turns Leg drive & breakout	Backstroke technique Sprint Sets Back Starts & turns U/water fly kick Test Set	Breaststroke technique Anaerobic kick sets Breast Starts & turns Explosive power sets	Fly technique Sprint Sets Fly Starts & turns IM Endurance Set Test Set

SQUADS CAMP CURRICULUM

	Week 1	Week 2	Week 3	Week 4
Gold	Free technique Body rotation & catch Free Starts & turns Leg drive & breakout Dry land strength conditioning	Back technique Sprint Sets Pace 200, Pace 100 Back Starts & turns U/water fly kick	Breast technique Anaerobic kick sets Breast Starts & turns Explosive power sets Circuit & plyometric training	Fly technique Sprint Sets Pace 100, Pace 50 Fly Starts & turns Fly aerobic kicking Test Set
Silver	Free technique Body rotation & catch Free Starts & turns Leg drive & breakout Dry land strength conditioning	Back technique Sprint Sets Pace 200, Pace 100 Back Starts & turns U/water fly kick Test Set	Breast technique Anaerobic kick sets Breast Starts & turns Explosive power sets Circuit & plyometric training	Fly technique Sprint Sets Pace 100, Pace 50 Fly Starts & turns Fly aerobic kicking Test Set
Bronze	Free technique Body rotation & catch Free Starts & turns Leg drive & breakout Dry land strength conditioning	Back technique Sprint Sets Pace 200, Pace 100 Back Starts & turns U/water fly kick Test Set	Breast technique Anaerobic kick sets Breast Starts & turns Explosive power sets Circuit & plyometric training	Fly technique Sprint Sets Pace 100, Pace 50 Fly Starts & turns Fly aerobic kicking Test Set



NAOMI & DAVID MAKING DMSS & BOTS PROUD!