

KCASA 2ND RESIDENTIAL DEVELOPMENT CAMP
2ND & 3RD FEBRUARY 2008
DOVER, KENT.

After a week of awful weather, it was with trepidation that I drove down to Dover on the morning of the 2nd February. However, lady luck was shining upon us and the clouds parted to produce a beautiful day of sun, on what was to be the first day of our County weekend development camp.

I thought I had arrived early, being a good hour and a half or so before the first swimmers were due, but to my amazement I was beaten to it! Loaded down with bags, stationery for the lectures, video and digital cameras (on which to catch all the action!), I finally made my way to our meeting room. On first impressions it was a bit small, but once the parents were banished there was ample room for the team games and work.

The first lecture was a “getting to know you” session. This was followed by some team games, including a balloon display (once the swimmers managed to get the balloons blown up that is!). After much frivolity, it was time to knuckle down to some work. Focus centred on the swimmers aims for the weekend, what results they wanted to achieve and was followed by what it takes to make a good swimmer (training tips and race preparation).

Following lunch the swimmers took a stroll along the sea front and then made their way to the pool for a two hour training session. The exceptionally high chlorine levels meant that some of the set work was cut short and the focus turned to starts, streamlining and sprint work.

Post pool the swimmers returned for their last lecture session, whilst having the opportunity to view themselves on video too. After a Cluedo like team game (where I confused one team by telling them a kleptomaniac was someone who liked to start fires – must have been the effect of that sea air!!) we then discussed favourite training drills and good technique in swimming. This was finished by compiling a question list for our special guest, Olympian Sarah Price, the following day. Dinner on Saturday night was then closely followed by bed!

An early start on, what was a very cold and windy, Sunday morning was made somewhat more bearable by a cooked breakfast of eggs, beans, toast and tea (and I think the swimmers enjoyed it too).

Sarah Price arrived in plenty of time, bogged down with bags, framed medals and paperwork in order to deliver an action packed day.

She started off with some team work fun, which saw the youngest group finish first and, the group with the coaches and team managers (and two qualified teachers!) finish last and some way behind the other two teams (I am sure the swimmers still blame it on the adults). At one point, close to giving up, the team were shamed into carrying on, first by Sarah Price and then by the rest of the swimmers who had completed the task! As painful as it was to watch, they weren't about to prove that they were quitters! The main focus of the lecture time was the 10 commandments for swimmers (there were also Ten Commandments for parents which will be sent out to all those who attended).

The first pool session followed an early lunch. Before the swimmers had even hit the water, the first challenge was attempted on the poolside. With swimmers in pairs and standing opposite each other, it was a challenge of reaction times. On Sarah's mark, the swimmers had to grab the water bottle placed between them, with the loser eliminated. The final two were Michael Gunning (Beckenham) and Matt Basford (Dover) with Matt coming out as champion. The pool time then comprised of real life situations – including turning up to a warm up to find half the pool lanes closed, having the warm up shut down early as well as what to do when there are no swim down facilities. This was then followed by Sarah challenging the swimmers to a couple of duels. In the first the swimmers were concentrating on

underwater fly kick and the second focused on streamlining at the start. The first challenge saw two of the girls complete two whole lengths without taking a breath using just a streamline position and fly kick (please note that nobody should attempt this drill unless under strict supervision by qualified staff). In the second challenge Sarah bet her car that none of the Kent swimmers could beat her in a "dive off" (dive and glide for the furthest). Despite her best attempts at sabotage, Sarah could not prevent Amy Louise Kennard (Beckenham S.C) from surpassing her mark (and to think Sarah was more concerned about the senior men!). Given Amy's young age an alternative prize was given.

A second lecture session followed, which focussed on goal setting and also a few videos of the Olympic team and their achievements, as well as a question and answer session.

The final pool session focussed on turns and Sarah's favourite drills and ended with a tumble turn challenge between each of the lanes. After a short swim down, the team were photographed with Sarah and the coaching team before getting changed.

After a final team get together, a presentation was made to Sarah Price, as well as the team managers and coaches, who had all given up so much to make the weekend a success. Thanks were also given to the swimmers who, as usual, had been impeccable for the entire weekend. As a team manager, my thanks go out to the swimmers who always make the hard work worthwhile and, who always make it fun for us too!

We hope everybody came away with an increased positive attitude and, we look forward to seeing you achieving much more in your swimming careers. Good luck in the County Championships and the rest of 2008!

Photographs of the event will be appearing on the Kent County ASA Website imminently! (www.kcasa.org.uk).

If any of the swimmers would like to write their own reports for the website, could they please forward them on to me at the email address below:

Many thanks

Jenni Verhorevoort
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Team Managers: Jenni Verhorevoort, Gill Hughes, Karen Little, Sandra Smith

Team Coaches: Mick Geer, Julian Metcalfe, Matt Eady, Steve O'Neill, Nic Kronic

Development Swimmers: Abigail Oram, Alexander Robbins, Amy Lewis, Beth Hathaway, Daniel Westbrook, Gemma Lawson, Hannah Kefford, Jacob West, James Kennedy, Jessica Harvey, Joseph Denton, Reece Parsons, Sian Benhamedi, Simon Parry, Tariq Hamza, Joshua Bradford, Rebecca Pearce.

County Swimmers: Amy Louise Kennard, Bryonnie Newing, Chloe Doherr, Danielle Pryor, Danny Casey, Emily Skinner, Evie Bunte, Guy Hewett, Hannah Savage, Helen Robinson, Holly Ralfe, Jodie Cousins, Joe Voller, Jonathan Lane, Katy Little, Keiron Ager, Kelsey McCue, Kerry Vinson, Lacey Palmer, Liesje Van Der Velde, Louise Gates, Luke Smith, Mark Preston, Matt Basford, Matthew Brown, Matthew Farran, Michael Cook, Michael Gunning, Michael Stanley, Oliver Coe, Rachael Bull, Sara Parfett, Sophie Tomlin, Steffi King, Xander Alari-Williams, Aleksander Kronic, Daniel Crisp, Dylan Pratt-McCullagh, Dan Seagrove-Castle.