



CoStA Swim Club Training camp... Paphos Oct 2019.

23 swimmers aged 13–18, 2 coaches and 2 team managers flew to Paphos for a week of training at the end of October.

The trip was aimed at building strength, stamina and overloading the swimmers so they could feel what it was like to compete when tired, as well as sharpening up their gym and land training programmes. They were also screened for optimal stretch, mobility and stabilisation work.

The emphasis was on team work, and expectations were high, wanting 100% commitment in the pool, and using spare time to build on their mental and physical strength and flexibility as well as team build as a group.

As with any overseas camp, there was time to relax, and recover, although with 18 hours of pool time, 7 hours of gym/ land training, free time was about resting, refuelling and team building.

Paphos and the Aliathon resort did us proud. The sun shone, the pool glistened and the facilities were top notch providing all with comfort, food and drinks on tap, and freedom to roam within the extensive complex.

The swimmers all did themselves proud with their great behaviour, manners, discipline, hard work and fun company... as team managers all we can say is that they were a pleasure to be around, and made our job easy.

The coaches Mike and James (also s&c coach), pushed the kids, they found new limits in and out of the the pool and all came back stronger mentally as well as physically.

The distances covered in the pool averaged about 6km per swimmer per session, so overall total mileage in 9 sessions hit around 1250km, add on jumping, running, gymming.... it was epic!

We want to thank all involved in making this such a successful and memorable trip, the value of intensive training and being together as a team is priceless. Here is to next year!

Anj & Dixie – Team Managers.