

ONB County Camps Report – Nov 2021

For this year's county camps, we opted to run a 2 x one day event for the 2009 and 2010 swimmers respectively.

We kept the swimmer numbers to 25 swimmers for each day, with the 2009 swimmers being invited back from the previous year and the 2010 cohort being selected from licensed and level x rankings.

The camp run smoothly and successfully both days, with great engagement from the coaches and swimmers. This year's coaches consisted of Hannah Wilson (CMK), Chantal Clavaud (Witney), Sophie Elgar (Maxwell), David Treadwell (Oxford), Emily Dickens (Abingdon) and Joe Walker (Kiddlington).

We found the day was broken down a little easier with a focus solely on skills with 2 pool side sessions and one face to face classroom in between. I certainly felt this time round (from previous Swim England camps I've been on) the kids stayed engaged and didn't get as bored as easily. We focused on the aspect of athlete planning and mindset to training within the pool, then tried to transfer the thought process to their sessions within the pool.

The swimmers were lovely, engaging and there were some real exceptional talents. The ability for coaches to interact with each other and learn off each other was equally as beneficial.

Looking at further camps, I would encourage two interactive zoom sessions with one face-to-face date for the swimmers to not overload swimmers with content, but also not to overload them with dates. The interactive zoom sessions would be a good way to involve parents too (as I feel this is something we should have covered this at this year's camps).

Kind regards

Noel