

## County Coach Report on the Pathway Camp at Oxford University Sports Complex on Iffley Read on Saturday 17<sup>th</sup> December 2022

This was the 2<sup>nd</sup> Camp for 11-year-olds group. Swimmers were very well-behaved, and it was also great to see that they have built friendships with other clubs.

We invited all swimmers for camp 1, 22swimmers attended for the day, not all swimmers attended. Swimmers who did not attended 3Maxwell, 1Wantage, 1Oxford, and 1Newport.

I was supported on the day by a team manager, three coaches and a land training coach.

The structure the camp was as follows:

Time	Session	Notes
10.30 – 10.45am	Registration *	
10.45-11am	Welcome Meeting and meet coaches	Introductions, briefing on the camp timetable and content. The swimmers were split into 4 groups.
11.00 – 11:30am	Good health – Nutrition	Led by Louise – Went over what's good eat before/ after training. What's good for Galas.
11.30- 12am	Pre pool and change for session1	First pool session. Session was undertaken in the selected groups and covered work on Freestyle skills, focussing on body position and arm action. This was followed by streamlining and transitioning into breakout phase. Completed stokes analysis what swim England needed. <b>SWIMMERS FOUND POOL QUITE COOL, ENDED SESSION 15MINUTES EARLY</b>
12 – 2pm	Swim Session 1	
2 – 2.20pm	Change and post-pool	Land training session. This was a new item for the camp. I was keen to add this session and invited a qualify S&C coach to lead it. The session focused on arm app. This is recommended by Swim England for this age group.
2.20 – 2.45pm	Lunch	
2.45 – 3pm	ONB Head Coach talk – Debrief session 1	
3– 3.45pm	Land training	Upstairs studio

3.45– 4pm	Change and pre pool	
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4 – 5.30pm	Swim Session 2	Second pool session. Session content was on Breaststroke body position and Breaststroke leg kick. Ended the session with some fun relays. <b>SWIMMERS FOUND POOL QUITE COOL.</b>
5.30- 5.45pm	Change and post pool	
5.45 – 6pm	Close Meeting – Athlete Pack	Post pool warm down. Followed by a de-brief with the swimmers asking them what they learnt and what was beneficial in pool and land training sessions. I asked them to identify what learnings they were going to take back to their home clubs training programme.
6pm	Parents collect and sign out with ONB TM	

I would like to thank Chantelle, Justin, Emma, Bee and Louise for all their help and support with the camp. I thought the session was very successful and the swimmers appeared to enjoy it. Thank you, Paul, for everything behind-the-scenes.

Paul, Chantelle, and I already discussing dates for the next ONB camp for the new group coming through. We are thinking 4<sup>th</sup> March and are hoping to use Oxford University.

Regards,

Hannah

