

Marist Swim Camp

Day 1: Freestyle and Backstroke

Focus on body position and breathing

Flutter kick using hips while minimizing bent knees

Combine body position with flutter kick

Arm position in both freestyle and backstroke

Combine arm movements with kicking continuing correct body position

Day 2: Butterfly and Breaststroke

Review of day 1

Focus on body position

Dolphin kick

Undulation drills working into butterfly swim

Whip kick

Arm position drills for breaststroke

Breaststroke arm and kick timing

Day 3 Starts and Turns

Review of day 2

Start and turns broken down into step by step progression

Campers need:

Swim suit

Goggles

Water bottle

This camp is designed for middle school and high school athletes interested in swimming on a competitive team. Campers will get instruction from coaches and current swim team members through individual help, demonstration and instruction. This camp is a focus on techniques and not endurance.