

ARMY WEST POINT™

SWIMMING

ARMY SWIM CAMP SESSION 2 - TECHNIQUE & TRAINING

July 5-9, 2020

Description: At the Army West Point Swim Camps our goal is to create a positive atmosphere where competitive swimmers can learn and improve the skills needed to compete at a higher level. We offer a unique balance of stroke/skill instruction, intensive training/conditioning, and individualized analysis.

Each day will focus on one of the four competitive swimming strokes with a technique session in the morning and a training/technique session in the afternoon. Further, campers will learn skills and drills to improve in the areas of starts, turns, finishes, relay exchanges, and race specific strategies.

Campers will also participate in daily dryland workouts designed and led by our camp staff featuring the Army West Point Strength & Conditioning Coaches. In addition, throughout the week, campers will have the opportunity to work with and learn from a variety of sports professionals - this includes the Army West Point Sports Nutritionist, the Army West Point Sports Psychologist, and the Army West Point Athletic Trainer.

Each camper is grouped with campers of similar age and ability. Each group will receive instruction and practice skills appropriate for that ability. Finally, campers will have the opportunity to meet, learn from, and interact with current West Point Swim & Dive cadet-athletes as well as other world-class athletes.