



COAST Swim Camps 2015

Committed On Achieving Success Together

Camp Information

The City of Aberdeen Swim Team Camps for 2015 will be held in the fantastic Aberdeen Sports Village, most of the activities will take place in the Aquatic Centre, accessed along Aberdeen's Regent walk. The facility is an outstanding training environment for young developing athletes to improve. The camps will run both Long Course and Short Course sessions throughout the weeks to give the young developing athletes experience of the demands of both. The camps are technique and skill focussed, incorporating enjoyable elements both in the pool and during the land and education sessions.

Summer Camp (July 2015)

6th-11th July 2015

Aberdeen Sports Village Ltd
Aquatics Centre, Aberdeen Sports Village
Regent Walk
AB24 1SX
Tel: 01224 438900
Email: info@aberdeensportsvillage.com
www.aberdeensportsvillage.com

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Registered Charity No: SC038689



Development Camp Details

5 Day Camps

The purposes of our camps are to create a fun, relaxed and enjoyable introduction to the COAST experience. The camps aims to educate Development athletes, deliver technique improvements and high quality skill development, as well as increasing their endurance capacity.

Each Development level athlete across the 6 clubs that make up COAST are part of the pathway, our camps just allow those athletes to immerse themselves in our fun, vibrant environment in a more focussed way.

The camps are aimed at athletes aged 9-14 years old and they accommodate for the different development levels.

During each week, club athletes will have the opportunity to have senior COAST athletes helping to coach them (including our 2014 Commonwealth games competitor Andrew McGovern).

Also included in our camps

- Each day will include a 50m or 25m swim session, land training & education lesson.
- Enjoyable relays
- Exclusive Swimmer t-shirt & COAST camp cap
- Prizes for achievement throughout the week.

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Availability and Camp Fees

The development camps are arranged to hold 30 Development athletes, however when this amount is reached the planning and arrangement of the camps alters slightly to allow up to 50 athletes to take part in the week. All that is required to hold a place is for the registration form to be returned to the address below and for your payment to be made at the reception desk prior to the camp commencing. Payment can be by cheque payable to the Aberdeen Sports Village, by card transfer or with cash.

c/o Gregor McMillan
Aquatics Centre, Aberdeen Sports Village
Regent Walk
Aberdeen
AB24 1SX

Your place will be confirmed by email and further details or alterations to the camp will be sent before the start date.

The cost of each 5 day camp will be **£120**. This includes an exclusive COAST camp T-shirt, a COAST camp cap and new for this camp will be the addition of a COAST Development Camp pin badge.

Daily Plan

The general layout for each day of the camp will be as follows (Alterations are possible but will be notified).

Time	Activity	Location
8.45-9.00	Welcome/ Pre pool Warm up	Aquatic centre poolside
9.00-11.00	Swim Session	Aquatic centre pool
11.15-12.00	Education	ASV Seminar Room
12.00-1.00	Land Training	Aquatics Studio

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Snacks

Camp athletes should arrive having eaten breakfast and will require a snack to eat after completing their 2 hour pool session.

Supervision/Health and Welfare

Experienced coaches and ASV staff will supervise camp athletes the entire time they are on site. All employees are disclosure checked before being employed with the program. They are responsible for the health and wellbeing of all camp athletes. If a camp athlete is feeling unwell, a member of staff will contact the parent or guardian as soon as possible.

For the first time in 2015, the camps will run in conjunction with UKCC level 1 courses to develop club coaches from across the north east. The benefit of having the course run alongside will be the increase in coaches on poolside supporting and feeding back to athletes.

Drop Off/Pick Up

Arrive 8.45 a.m every morning, poolside

Pick up 1.00 p.m every afternoon, at the Aquatics reception

What to bring

Each day athletes need to make sure they bring a swimming costume, goggles, fins, towel, trainers, dry land kit, a note pad, pen and a water bottle. *Please note that a camp T-shirt and cap is given out on the first day of the camp.*

What to Expect

Each day there will be a training based swimming session, technique based (day 1 is Frontcrawl, then Breast, Back, Fly and IM) and a land training session. Also, there will be an education session each day on nutrition, motivation, training and this may be led by external speakers.

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CONFIRMATION OF ACCEPTANCE

Athlete's Name	
Address	
Postcode	
Date of Birth	
Home Telephone	
Parent / Guardian Contact Name	
Mobile Phone contact for Parent / Guardian	
E-mail address(es)	
Local Club	
T-shirt size (Child 9/10 or 11-13; Adult S, M, L, XL)	
Any health details or allergies that we should be aware of	

I agree / do not agree to photographs of my child being taken by ASV approved photographers for official purposes. Please return by 15th May 2015

Signed by parent	
Name printed	



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