



Pacific Dragons Swim Team



August 19, 2010

Dear Swimmers and Parents:

Welcome to our 1st PDST summer swim camp starting on Monday August 23rd.

A friendly reminder for the swim camp schedule:

1st week: August 23rd (Monday) – August 26th (Thursday), 2010.

2nd week: August 30th (Monday) – Sept. 2nd (Thursday), 2010

Each day: 5.30PM - 7.00PM at Mary Wayte Pool, Mercer Island.

All swimmers: please be sure at pool deck at 5.20PM on Monday, August 23rd (first day) to allow 10 min admin time to go over the procedures for the camp. THANK YOU.

Camp Outline and Objectives:

Competitive swimming events differ in stroke employed (4 strokes) and distance swum (50-1500M). It is obvious that the performance of the different events are affected by multiple and variable swim elements which will take years of training to refine and improve. For the short 2-week camp here, we decided to focus on improving 2 key elements in modern competitive swimming: propulsion and basic biomechanics. However, the propulsion really extends into 16 different types (from arm propulsion to leg propulsion, then splitting it into the four strokes: butterfly, backstroke, breaststroke, freestyle and then splitting it into surface propulsion and underwater propulsion for each stroke) to go through and swimming biomechanics is complex as well. So the task is daunting and the objectives are ambitious. In each session, we will attempt to deploy multiple practice methods, such as simulation training method (模拟训练法), persistency training method(持续训练法), repetition training method(重复训练法), cycling training method(循环训练法) among other methods to train in many components of the element to reach the core objectives. For example, we will teach how to use drag or lift force in freestyle and its coefficient in each action in order to improve the overall speed, or how to hold the water in such a way that the hand is not slipping in each stroke while fast moving. Through the teaching and drills targeting on dissected components of each stroke and practicing in the coordinated stroke sets, swimmers will gain enhanced body balance ability, increased natural water feel, minimized water resistance, and improved stroke/kick techniques.

We have planned extensively for the camp and we have a lot to go through. We will work diligently with each swimmer in the camp. We hope that swimmers will have better stroke techniques with higher efficiency and more propulsive force in water after the camp so that the camp will be a positive experience for all swimmers.

