

# 2010 Swim Camps

With  
**Olympic Coach: Gary Vandermeulen &  
GB Coach Anthony Stickland**

Name of Session	Inclusive Dates	Venue	Head Coach
Easter Camp 1	March 29 – Apr 1 (4 day)	Kilgraston School	Gary Vandermeulen
Easter Camp 2	April 6 – 9 (4 day)	Kilgraston School	Gary Vandermeulen
Summer Camp 1	July 19 – 23	Glenalmond College*	Gary Vandermeulen
Summer Camp 2	July 26 - 30	Strathallan School	Gary Vandermeulen
Summer Camp 3	August 2 – 6	Glenalmond College*	Gary Vandermeulen
Summer Camp 4	August 9-13	St Leonards, (St Andrews)	Gary Vandermeulen
Summer Development Camp	August 9 - 13	Kilgraston School*	Anthony Stickland

\*add-on programmes available at these venues, see below

## **Summer & Easter Camps:**

For 12 - 20 Year olds (under 12s need special permission from Head Coach via conversation with parents)

**Easter Camp.....£200 day campers...£288 residential camper (4 day camp)**

**Summer Camps.... £250 day campers.....£360 resident campers (5 day camp)**

**Summer Development.... £250 day campers.....£360 residential campers (5 day camp)**

Sheppard Swim School swim camps are run by former Olympic Coach Gary Vandermeulen, five-time Olympic swimmer Alison Sheppard MBE and our assistants. The Summer Development Camp will be run by GB coach Anthony Stickland and our assistants. All camps have an open invitation to active coaches as part of their ongoing personal professional development. These coaches will receive a certificate of participation to go towards their coaching license and CPD training. For more information on CPD programmes please email.

## **EASTER CAMP 1 & 2: KILGRASTON MARCH 29-APRIL 1 & APRIL 6-9:**

Each day includes: challenging, fun and exciting swimming sessions, interesting dry-land sessions, and white-board talks. These camps are for pre-competitive and competitive swimmers who are interested in continuing their training and improving their stroke technique. Each camp will include world-class technique instruction delivered by 2x Scottish Coach of the Year, former Olympic swimmer and Olympic Coach Gary Vandermeulen. Each day will include 2 x 90min in the pool, proper nutrition, and various dry-land activities. Campers receive a logbook to record all of the daily activities and new swimming drills to ensure that when they return to their home clubs they can continue to improve upon their new skills. Camps are limited to 20 swimmers. Intensity is adjusted based on swimmers age and ability.

### **CAMPS 1 & 3: GLENALMOND CAMPS JULY 19-23 & AUGUST 2-6:**

Each day includes: challenging, fun and exciting swimming sessions, interesting dry-land sessions, and white-board talks. These camps are for competitive swimmers who are interested in continuing their training and improving their stroke technique. Each camp will include world-class technique instruction delivered by 2x Scottish Coach of the Year, former Olympic swimmer, and Olympic Coach Gary Vandermeulen. Each day will include 2 x 90min in the pool, proper nutrition, and various dry-land activities. Campers receive a logbook to record all of the daily activities and new swimming drills to ensure that when they return to their home clubs they can continue to improve upon their new skills. Camps are limited to 20 swimmers.

Swimmers must be on a swim team and include their most recent best times in each 200m event (General Information Form) prior to the camp.

Included in each camp will be an exciting final session of the **Race Pace Game!** It is important to have your 200m times to be able to do the pace game.

### **CAMP 1 & 3: GLENALMOND CAMPS: TISO OUTDOOR ACTIVITIES OPTION:**

- KAYAKING
- MOUNTAIN BIKING
- CAMPING



Lead by outdoor activities specialist & Sheppard Swim School instructor; Aran Chatham and sponsored by TISO, you can learn all the skills involved with camping, kayaking and mountain biking. Included will be bike maintenance skills and is available only to residential campers. Tent, mat, bike & kayak use is provided. Limited to 10 campers. This camp has an additional fee of £40. Morning swimming and evening swimming are included in this outdoor activities camp but not the dryland activities as this will be when you are kayaking and biking. Sports Psychology is included. Camping will be on Glenalmond campus.

### **CAMP 2: STRATHALLAN SCHOOL: JULY 26-30 (FORGENDENNY, PERTHSHIRE)**

This new venue for Sheppard Swim School is set in the beautiful campus of Strathallan School near Forgenny in Perthshire. Each day includes: challenging, fun and exciting swimming sessions, interesting dry-land sessions, and white-board talks by Olympic Coach Gary Vandermeulen. These camps are for competitive swimmers who are interested in continuing their training and improving their stroke technique. Each camp will include world-class technique instruction delivered by 2x Scottish Coach of the Year, former Olympic swimmer, and Olympic Coach Gary Vandermeulen. Each day will include 2 x 90min in the pool, proper nutrition, and various dry-land activities. Campers receive a logbook to record all of the daily activities and new swimming drills to ensure that when they return to their home clubs they can continue to improve upon their new skills. Camps are limited to 20 swimmers. Strathallan has a 4 lane 25yard pool.

Swimmers must be on a swim team and include their most recent best times in each 200m event (General Information Form) prior to the camp.

Included in each camp will be an exciting final session of the **Race Pace Game!** It is important to have your 200m times to be able to do the pace game.

## **CAMP 4: ST LEONARDS SCHOOL (ST ANDREWS): AUGUST 9-13**

This new venue location is in historic St Andrews. The campus is only a stones throw away from the famous beaches of St Andrews. Local walks to take in the attractions will be included in the activities scheduled and also include activities on the beach. Parents are allowed to stay with the camp in the dormitories but will require a Enhanced Disclosure check. With the Open Golf only played one month prior in St Andrews why not have a go on the famous Royal & Ancient? Daily routine will be the same as the camps from the rest of the summer but the dryland activities will be set in the outdoors as often as possible, including beach running. No dive training will take place in this camp due to there a no swimming blocks.

## **SUMMER DEVELOPMENT CAMP: KILGRASTON AUG 9-13**

This is a new camp for 2010. This camp will focus on swimmers who are new to the sport of competitive swimming or are planning on joining a swim team. Swimmers must be able to swim 200m frontcrawl without stopping and have a minimum time of 4:00minutes but not faster than 3:00min. Swimmers from the Sheppard Swim School Pre-competitive programme are automatically accepted. Each day will consist of two swimming sessions per day of 90 minutes each. The swimming sessions will focus on technique and all of the important aspects of learning how to train in a group setting. The training will be fun and interesting with a focus on learning in a positive environment. The daily dryland exercises will be focused on learning how to complete stretching/flexibility exercises correctly, how to do circuit exercises correctly and in the Sports Psychology sessions you will learn how to set personal goals for swimming and for your education. Team building sessions will be also part of the camp day.

## **'SWIM WITH ART' OPTION: KILGRASTON AUG 9-13**



**NEW PROGRAMME**

Swimmers can opt for an art camp in addition to the swim camp. Sheppard Swim School has teamed up with ARTSPACE ([www.artspace-scotland.co.uk](http://www.artspace-scotland.co.uk)) who will provide teachers who will assist with portfolio building for standard grad and higher grade for swimmers with a passion for art. This programme will have an additional cost of £40 and will run for half days in the mornings following the swimming (swimmers in 'swim-with-art' camp will opt out of morning dryland activities but will remain in afternoon activities including Sports Psychology). A minimum number of participants will be required and is available to both residential and non-residential campers. All supplies included.

## **Residential Camps**

### **(This option is available on all camps) (7:00 a.m. Monday - 6:00 p.m. Friday)**

- 5 Day Camp Curriculum (Easter camp 4 days)
- 4 Nights Accommodation with adult supervision (Easter camp 3 nights)
- 4 Breakfast Meals (Tues – Fri) (3 breakfasts on Easter camp Wed-Fri)
- 5 Lunches (Mon-Fri) (4 lunches for Easter camp Tues to Fri)
- 4 Dinners (Mon-Thur) (3 Dinners on Easter Camp Tues to Thurs)
- 15 Hours of Swimming, plus additional dry-land training/stretching (12 hours of swimming on Easter camp)
- Swimming Pilates or Swiss Ball exercises for swimmers
- Swim Guru Whiteboard Talks (topics include nutrition, racing strategies, historical international races of note, and mental skills training)
- Professional Sports Psychologist Katie Sinnot
- Evening organized activities (movies, group games)
- Swim Camp Kit (includes camp log book, T-shirt or swim kit bag, swim cap)

Price: £360.00 (Easter camp £288) St Leonards residential camp: £400.00

## Day Camper (available on all camps)

### 7:00 a.m. - 6:00 p.m daily (drop-off and pick up each day)

- 5 Day Camp Curriculum (Easter camp 4 days)
- 5 daily Catered Lunches (4 lunches for Easter camp Tues to Fri). Day campers are not provided with Breakfast or Dinner, however breakfast's can be purchased at start of camp.
- 15 Hours of Swimming, plus additional dry-land training/stretching (12 hours for Easter Camp)
- Swimming Pilates
- Swim Guru Whiteboard Talks (topics include nutrition, racing strategies, historical international races of note, and mental skills training)
- Wednesday Guest Speaker
- Swim Camp Kit (includes camp log book, swim cap, T-shirt or swim kit bag)

Price: £250.00, St Leonards £290.00, (£200.00 for Easter Camp)

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### **Payment Policy:**

A £100.00 non-refundable deposit is required to confirm a reservation with the balance of payment due 14 days prior to the start of camp. All extra services must be paid in full at time of registration (i.e. private coaching).

We accept cheques, cash and Paypal. To pay by cheque, make payable to: Sheppard Swim School.

### **Cancellation Policy:**

All payments are non-refundable. Unused camp fees may be applied to a future Camps within one year after purchase date. Unused camp fees may be used towards other Sheppard Swim School activities. Sheppard Swim School reserves the right to change activities during the camping week.

### **Participation Requirement:**

Before a swimmer may participate in a camp, parents must complete and submit all of the required paperwork. This includes a General Information Form AND a Medical Information Form. NO SWIMMERS OR PARENTS MAY DROP IN AND STAY IN RESIDENCE WITHOUT PRIOR PAYMENT OR COMPLETED FORMS. ADULTS WISHING TO STAY IN RESIDENCE MUST PROVIDE A CURRENT ENHANCED DISCLOSURE FORM.

### **Rules:**

The safety and well-being of our campers is our primary concern. Our camp staff stays on campus with the Resident Campers. Resident and Day Campers are also supervised at all camp activities. Once the camp is underway, parents will be able to contact our head chaperone directly by phone. A contact number will be published in our camp update, e-mailed prior to the start of camp.

Any change in the camp schedule will be sent out to parents prior to the camp. This applies especially to those swimmers who are day campers. An earlier start may be required so that can change the original schedule. We recommend that day campers stay close to the venues.

Any serious violation of camp regulations, such as willful damage to the pool facility or lodging property and/or behavior deemed unsuitable and detrimental to the best interest of the camp, will result in immediate dismissal from camp. Drugs, alcohol and smoking are strictly forbidden. No refund will be available if a swimmer is asked to leave because of disciplinary matters.

While every effort will be made to match swimmers in terms of age and maturity level, we cannot guarantee it. Swimmers stay in one or two per room, each with their own bed. Roommate requests should be indicated on the General Information Form. Rooms are singles at Kilgraston School.

Swimmers have the option of overseeing their valuables themselves or turning them over to a camp staff member. Swimmers who chose not to turn over their valuables are solely responsible for their safekeeping.

We cannot allow any swimmer to participate in camp until we have received all of the required paperwork (below).

Registration is not complete until we have received the forms and the non-refundable deposit; at which time an e-mail will be sent confirming the swimmer's registration.

### **Chaperones:**

Open to parents of participating swimmers. Experience working with large groups of children essential. A sense of humor is required. Proof of a valid (less than 2 years old) Enhanced Disclosure Scotland is required. First aid certification is a definite asset. A substantial camp discount is provided, plus room and board. Chaperones are expected to be available during evenings and night time to help out in case of emergency. They are also expected to help out during the day to enhance the swimmer's experience.

### **Coaches:**

Open to coaches of participating swimmers. Cost of room and board required including deposit. Some chaperoning duties will be required if your more than five members of your team is in attendance. A 'Sheppard Swim School CPD certificate' will be provided at the end of the camp.

**If interested in Chaperoning or Coaching please send qualifications to [gary@sheppardswimschool.co.uk](mailto:gary@sheppardswimschool.co.uk) . Please specify camp and position sought.**



Please mail this PAGE to us:  
Sheppard Swim School  
3 Bobbin Wynd  
Cambusbarron  
Stirling, FK7 9LZ

## 2010 General Information Form:

Swimmer's name:.....  
Parent / Guardian Name:.....  
Your email address: .....  
Your postal address:.....  
Postcode: .....  
Telephone No: .....  
Mobile Phone No: .....  
Child's Date of Birth: \_\_\_/\_\_\_/\_\_\_\_\_ Age:\_\_\_\_\_  
Child T-shirt size: S M L XL (please circle one)  
Camp date you wish to attend:.....  
OUTDOOR ACTIVITIES OPTION (GLENALMOND ONLY)..... (£40 extra)  
Club coach name:..... Club name:.....

On occasion we would like to take photographs for publicity purposes. We respect your privacy. If you DO NOT wish your child photographed please tick this box

DEPOSIT £100 Payment enclosed  (This guarantees your place. First come first served basis. Confirmation on receipt of payment via email, unless no email given then we will phone you)

**SWIMMING TIMES 25m:**  
**200 free time:**  
**200 back time:**  
**200 fly time:**  
**200 breast time:**

## 2010 Medical Information Form

Swimmers Name:.....  
Medical Doctor:.....  
Medical Doctor's Phone Number:.....  
Allergies: Yes No (please circle one).....  
If you circled yes on allergies, please list here:.....  
Asthma: Yes No (please circle one).....  
Diabetes: Yes No (please circle one).....  
Medications: Yes No (please circle one).....  
If you circled yes on medications please explain, in detail, here:.....  
Is there any further health or diet related concerns we should be made aware of? If so, please explain here:

## 2010 Travel Information

If you require any assistance in arranging travel please let us know: