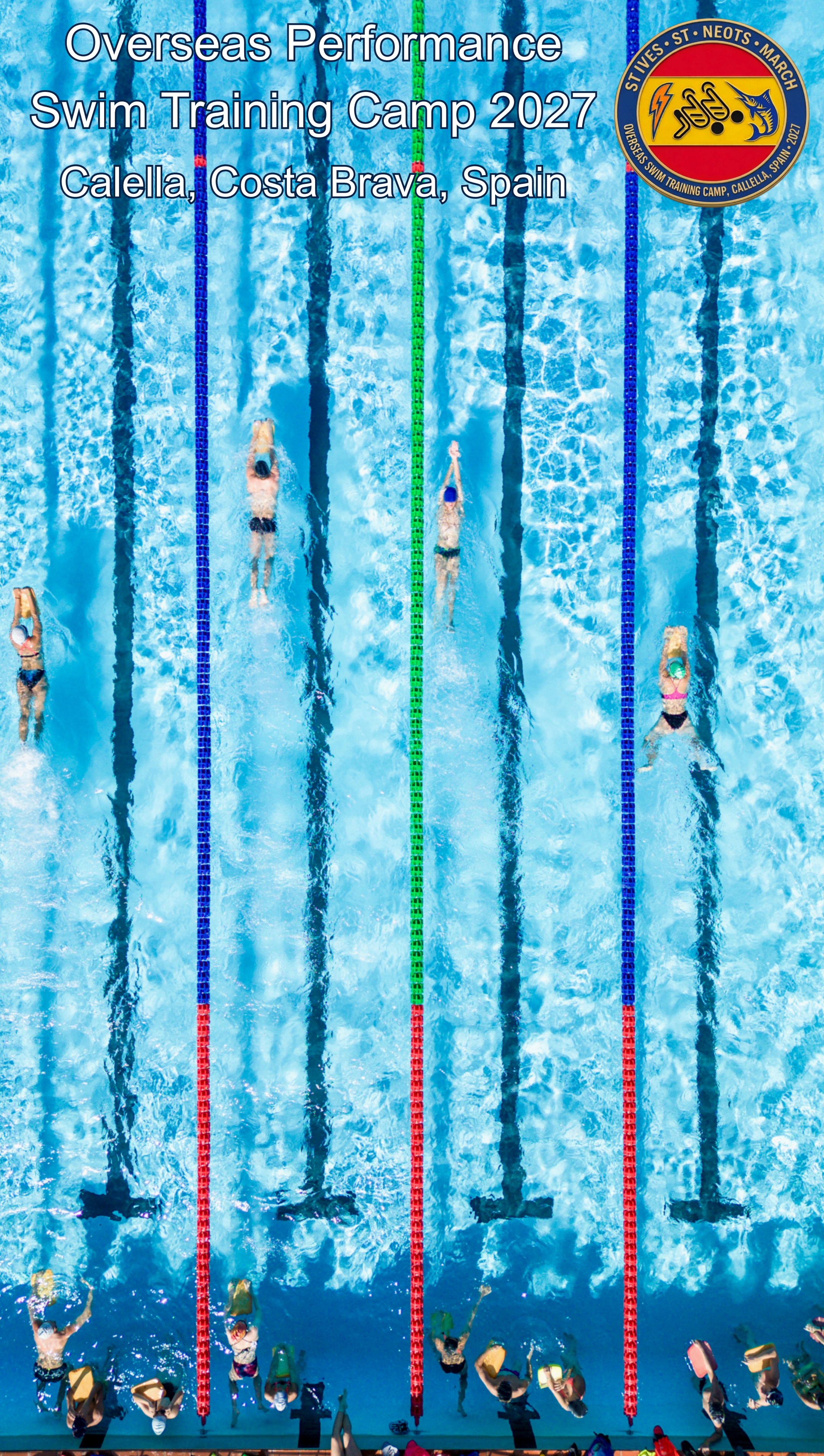
Overseas Performance Swim Training Camp 2027

Calella, Costa Brava, Spain



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Welcome...

... to this brochure which aims to provide you and your swimmer with information about the swim camp being planned for August 2027 between St Neots Swans, March Marlins and St Ives swimming clubs. Its an exciting opportunity for swimmers from all three clubs to train together, share best practice and experience the unique environment of training overseas.

Why Run A Pre-Season Training Camp?

A pre-season swim training camp is one of the most valuable development opportunities a young swimmer can experience. It provides a focused environment where swimmers can immerse themselves in training, learning and team culture without the distractions of the normal weekly routine. By bringing swimmers and coaches together for several days of structured activity, camps help set the tone for the season ahead and allow swimmers to begin the new season with confidence, clarity and motivation.

For many swimmers, a training camp is also a powerful team-building experience. Living and training together helps swimmers develop independence, responsibility and resilience. They learn how to support each other, share goals and develop a stronger sense of belonging within the club. These social and psychological benefits are widely recognised as important parts of long-term athlete development, not just performance in the pool. And are, of course, skills for life.

From a sporting perspective, a camp provides a rare opportunity to focus on the technical details of swimming that are sometimes difficult to prioritise during normal training weeks. With extended pool time and smaller coach-to-swimmer ratios, coaches can work closely with swimmers on stroke efficiency, starts, turns and race skills. This technical work helps swimmers develop better habits early in the season, creating a strong foundation for performance throughout the year.



Importantly, a training camp is not simply about swimming more metres. Modern athlete development programmes emphasise a holistic approach, combining pool training with education about nutrition, recovery, mental preparation and injury prevention.

This broader understanding helps swimmers become more self-aware athletes who can take ownership of their development both in and out of the water.

Our Philosophy

Our aim is not simply to run the hardest camp possible, but to run the camp that helps swimmers improve the most.

Best practice guidance from organisations such as Swim England, Aquatics GB, and World Aquatics emphasises that athlete development should focus on technical excellence, education, and long-term progression rather than simply increasing training load.

While swimmers will complete a significant amount of training across the three days, the focus will always remain on technical quality, skill development and effective training, rather than simply swimming until exhaustion.

For that reason, swimmers should not expect a “swim until you drop” style camp. Instead, the sessions are designed to ensure swimmers are working hard while still maintaining good technique, learning new skills and understanding how to improve their swimming.

This approach allows swimmers to leave the camp not only having trained well, but also technically sharper and better prepared for the season ahead.

Programme Overview

Our training camp will run over three days, with swimmers taking part in **two pool sessions per day**, each lasting two hours.

Across the duration of the camp, camp swimmers can expect to complete in the **region of 30 kilometres of swimming**. This provides a meaningful training load while still allowing swimmers to maintain good technical quality throughout the camp.

In addition to the swimming sessions, swimmers will also complete **two land training sessions each day**. These sessions will focus on mobility, core strength, injury prevention and athletic development specific to swimmers, helping support better movement in the water and reduce injury risk as training volume increases.

Across the six pool sessions we will work through freestyle, backstroke, breaststroke and butterfly, alongside dedicated work on starts, turns and race preparation skills. Each session will have a clear technical theme, allowing swimmers to focus on improving specific elements of their stroke while gradually rebuilding fitness.

A major focus of the camp will be stroke development and efficiency. Early in the training cycle is an ideal time to refine technique, as swimmers are able to concentrate on how they move through the water before higher training intensities return. By improving body position, timing and propulsion, swimmers can become both faster and more efficient.

To support this process, video analysis will be used during the camp. This allows swimmers to see their strokes from both above and below the water, helping them better understand how small adjustments can make meaningful improvements to their performance. Coaches will provide clear, constructive feedback so swimmers leave with a better understanding of their own stroke mechanics.

Alongside stroke work, swimmers will also spend time practising starts, turns and underwater skills, which are vital components of racing and often provide some of the easiest opportunities for swimmers to make significant improvements.

In addition to the training, the camp is also designed to be an enjoyable experience for swimmers. Time will be built into the schedule for swimmers to relax, socialise and spend time with teammates, helping them build friendships and create lasting memories with both existing and new friends.

Each evening will conclude with a structured social activity, giving swimmers the chance to unwind together and enjoy the shared experience of camp life.

By the end of the three days swimmers should feel technically sharper, physically worked and well prepared to transition back into regular training for the season ahead.

Avoiding Common Swim Camp Mistakes

In swimming, camps are sometimes judged simply by how hard they are or how much distance swimmers complete. While training load certainly has its place, camps that focus solely on volume and load miss the most valuable opportunity available early in the season - technical improvement.

After time away from the water, swimmers often return with small technical habits that have slipped. If the focus immediately shifts to heavy training loads, those habits can become reinforced rather than corrected.

Our approach therefore places technical quality and skill development ahead of simply making sessions as hard as possible. Training volume will still be meaningful, but it will be delivered in a way that allows swimmers

to maintain good stroke mechanics and continue learning throughout the session.

Common pitfalls we aim to avoid include:

- **Treating difficulty as the main goal:** Extremely demanding sessions can lead to fatigue and poor technique. Our sessions will be designed so swimmers work hard while maintaining quality movement and learning.

- **Prioritising mileage over development:** Swimming large distances without technical focus can reinforce inefficient habits. Every session will include clear technical objectives.

- **Neglecting race skills:** Starts, turns and underwater phases will be integrated throughout the camp rather than treated as an afterthought.

- **Limited individual feedback:** Through video analysis and coach guidance, swimmers will receive clear feedback to help them improve their stroke mechanics.

Camp Session Overview

Session	Focus Area	Key Themes
1	Freestyle Technique	Body position, balance and efficient stroke mechanics.
2	Backstroke Development	Rotation, timing and streamlined body position.
3	Breaststroke Fundamentals	Timing, kick mechanics and stroke rhythm.
4	Butterfly Skills	Body rhythm, kick timing and relaxed power.
5	Starts & Turns	Block work, underwater phases and efficient turns.
6	Race Skills Integration	Applying stroke technique and race preparation skills.

A Typical Day At Camp

Each day of the camp is structured to balance high-quality swimming, physical preparation, recovery, learning and team-building. This ensures swimmers are able to train effectively while also enjoying the experience and building stronger connections with their teammates.

A typical day will include...

Time	Activity
Morning	**Pool Session 1** (2 hours) Technical stroke development and skill work.
Mid-morning	**Land Training Session 1** Mobility, core strength and movement exercises designed specifically for swimmers.
Lunch	Rest, recovery and refuelling.
Early afternoon	**Pool Session 2** (2 hours) Stroke development, race skills, starts and turns
Late afternoon	**Land Training Session 2** Athletic development, coordination and injury prevention work.
Dinner	Rest, recovery and refuelling.
Evening	**Evening Social Event** Relaxed group activities allowing swimmers to unwind, socialise and build friendships

Across the three days swimmers will complete six pool sessions and six structured land training sessions, alongside three evening social events, creating a balanced programme that supports both performance development and team culture.

Importantly, time will also be built into the programme for swimmers to simply relax, spend time together and enjoy the experience of being part of a team

What Will Swimmers Leave The Camp With?

By the end of the three days, swimmers should leave the camp with more than just completed training sessions. The aim is for every swimmer to take away clear improvements and a better understanding of their swimming.

Swimmers will leave with...

- **Improved stroke awareness:** Through technical coaching and video analysis, swimmers will gain a clearer understanding of how their stroke works and where improvements can be made.

- **Better efficiency in the water:** By focusing on body position, timing and propulsion, swimmers will learn how to move through the water more effectively.

- **Greater confidence in race skills:** Dedicated work on starts, turns and underwater phases will help swimmers feel more comfortable applying these skills in competition.

- **Improved athletic preparation:** Through daily land training sessions focusing on mobility, strength and coordination, swimmers will develop better physical control that supports stronger technique in the water.

- **A stronger foundation for the season ahead:** The camp is designed to rebuild fitness while maintaining good technique, ensuring swimmers return to regular training feeling prepared rather than simply exhausted.

- **Clear technical feedback to work on moving forward:** Each swimmer will leave with specific points to focus on in their training as the season progresses.

- **Stronger friendships and team connections:** Camps also provide an opportunity for swimmers to spend time together outside of normal training. Through shared experiences, downtime and evening activities, swimmers will strengthen friendships, build team bonds and create lasting memories with both existing and new teammates.

At times, the sessions may not feel like the hardest training swimmers have ever done - and that is intentional. The goal of the camp is not simply to measure success by how tired swimmers feel, but by **how much they improve over the three days**.

Introducing ‘Sports Abroad’ - Our Swim Camp Partner

We’ve decided to organise the camp in conjunction with a specialist operator rather than organise the the trip ourselves. We’ve done this because it allows us to lean on the expertise of a business which specialises in arranging swim camps at pools and hotel that have been pre-vetted. We’ve selected Sports Abroad due to their exceptional reputation in the sector, through personal recommendation and the quality of the dealings that we have had with them so far. They are also a member of ABTA meaning that agree to the standards expected of that body as a travel company and are financially protected.

Swim Camp Location

Having conducted extensive research, we’ve found a fantastic venue in Calella which is located on the Costa Brava in Spain, roughly an hour north-east of Barcelona and 45 minutes south-west of Girona. This means that the airport transfers will be relatively short and provides us with a couple of airports and airlines to choose from to keep costs as low as possible.



We’ve selected this part of Spain because, while it will still be the end of the summer season, the more northerly location will mean slightly cooler temperatures.

The accommodation is next door to the training pool, allowing for quick and easy access. The beach is only a 5 minute walk away and is where we will conduct some of our land training activities.

The Training Pool

The Crol Centre provides a 10-lane 50 metre Olympic standard heated swimming pool with diving blocks at each end and wave breaker lane ropes. There is ample space for land training activities.



Hotel Bernat II



The Hotel Bernat II is a 4* hotel located next door to the Crol Centre and is a few minutes walk to the front door of the training pool.

Swimmers will be accommodated in shared rooms of 4, each room having access to WiFi and a private bathroom. Rooms will be spread across a number of floors in the hotel with supervising staff accommodated in separate rooms on the same floors.

Breakfast, lunch and dinner is provided at the hotel and access is available to the small pool and spa within the hotel boundary.

Safeguarding & Supervision

The number one priority of any training camp is the well-being and safeguarding of our swimmers and adult supervisors. While all of the supervising staff have yet to be selected for the camp, they will all have satisfactorily completed DBS checks and completed the approved Swim England safeguarding training and be within currency.

Each club will be providing an Institute of Swimming level 2 qualified coach, supported by Team Managers all of whom will be level 2 qualified. There will be 7 supervising staff in total which, in conjunction with the qualifications detailed above, meets the supervision guidelines set out by Swim England. More detailed information regarding the adults delivering rthe camp will be provided nearer the time of departure.

The camp will be led by Paul Thomson-Clark, the Chairperson at St Neots Swans. Paul has significant experience in organising and delivering camps for young people having led groups of up to 300 people in the UK, Holland, Germany, Gibraltar and the USA over a 27 year period with a uniformed youth organisation.

Swimmers will be supervised at all times and the entire group will travel and move around the camp venue as one. All swimmers and supervisors will be provided with camp clothing to wear while we are travelling and training, not just as a unique reminder of their time at camp, but also as a means of easily identifying them. Risk assessments will be completed to cover all elements of the camp from the moment we take responsibility for your swimmer to the moment we hand them back to you.

Welfare & Safety

While we will be risk assessing every aspect of the training camp, 'things' can still go wrong. Being ready for how to react to those 'things' is a key element of any activity planning. That's why we will be using the following assets as part of our welfare and safety planning. Our 'Emergency Action Plan (EAP)' will incude the following elements

- **Contact card:** In the very unlikely event that a swimmer becomes separated from the group, everyone will be carrying a contact card with the details of the adult supervisors.

- **First Aider:** Having our own first aider as part of the supervision group is key to handling any issues that occur. Paul Thomson-Clark is a L3 First Aid at Work (FAaW) qualified first aider.

- **what3words:** Is a global app that allows a user to pinpoint their location to a 5m squared box on the surface of the earth, each box having a unique three word code assigned to it. All swimmers and adults will be asked to download this app and create an account so they can provide a location should they need to.

- **Medical facilities:** The nearest medical facilities such as pharmacies, doctors surgery, AED machines, A&E departments, etc... will be located and added to a map carried by all adult supervisors. The *what3words* location for each will also be noted.

Insurance

All parents / guardians will be asked to register their swimmer for a UK Health Insurance Card (UKHIC) - formerly know an an EHIC. This is a very important part of our planning as it means that a UKHIC cardholder is eligible for medical treatment as if they were a citizen of that country.

We will also be purchasing a group insurance policy, speciifc to the activities that will be taking place on the camp.

Eligibility To Take Part In The Camp

The fact that you have received this brochure means that your swimmer is eligible! Participants needs to be 10 years old at the date of departure and have been selected as suitable by their Head Coach.

Dates

The The camp will take place over the period Weds 25 to Sun 29 Aug 27

What's The Travel Plan

You will appreciate that planning this activity so far in advance means that its difficult to provide specific travel details. Some aspects of the travel plan, such as flights, can't be booked until around 12 months before we are due to travel.

However, as a guide, this is a travel plan.

Date	Travel Detail
Weds 25 Aug 27	**Flight from the UK to Spain:** We will be travelling from either Stansted, Luton or possibly Heathrow / Gatwick. This will be driven by total cost and flight times.
Thurs 26 Aug 27	**Day 1 training programme.**
Fri 27 Aug 27	**Day 2 training programme.**
Sat 28 Aug 27	**Day 3 training programme.**
Sun 29 Aug 27	**Flight from Spain to the UK.** We will be looking to land back into the UK in the evening.

Costs

We are very mindful that many people are struggling to make ends meet. But that they will want their swimmer to take part in this unique experience, something that a swimmer might only take part in once or twice in their time with their club.

Again, given that we are planning such a long way out from the date of departure, its impossible to provide an exact cost. The biggest expense, booking the accommodation and pool, is known and can be fixed now.

We are quoting a total estimated cost of £800.00 for the entire camp. This will not include any spending money. We feel that this will be the maximum that you will need to pay, having carefully considered all of the variables. There is, however, always the chance that costs can rise.

How Do I Book A Place For My Swimmer?

To secure a place on this camp, click on this link and complete the form. Then transfer a **deposit of £99.00** to your Club's bank account with the text *Barca 2027* in the description field. The last day for paying deposits is Fri 1 May 27. Please note that due to the clubs needing to pay a large deposit to Sports Abroad upfront to secure the accommodation and pool, we will not be able to refund deposits.

Payment Schedule

Once deposits have been paid and we know that the swim camp is viable, we will then follow the payment schedule below.

Amount	To Be Paid By…
£100.00	31 Jul 26
£100.00	31 Aug 26
£100.00	30 Sep 26
£100.00	31 Oct 26
£100.00	30 Nov 26
£100.00	31 Dec 26
£101.00*	31 Jan 27

* the amount of the final payment will be confirmed once the final cost of the camp becomes clear.

In Summary

We hope that we have provided you with enough information to agree that this is a superb opportunity for your swimmer. One that only comes around once in a blue moon. We hope that you can support this venture by the three clubs. If you have any questions please get in touch with your swimmers Head Coach.

With best wishes,

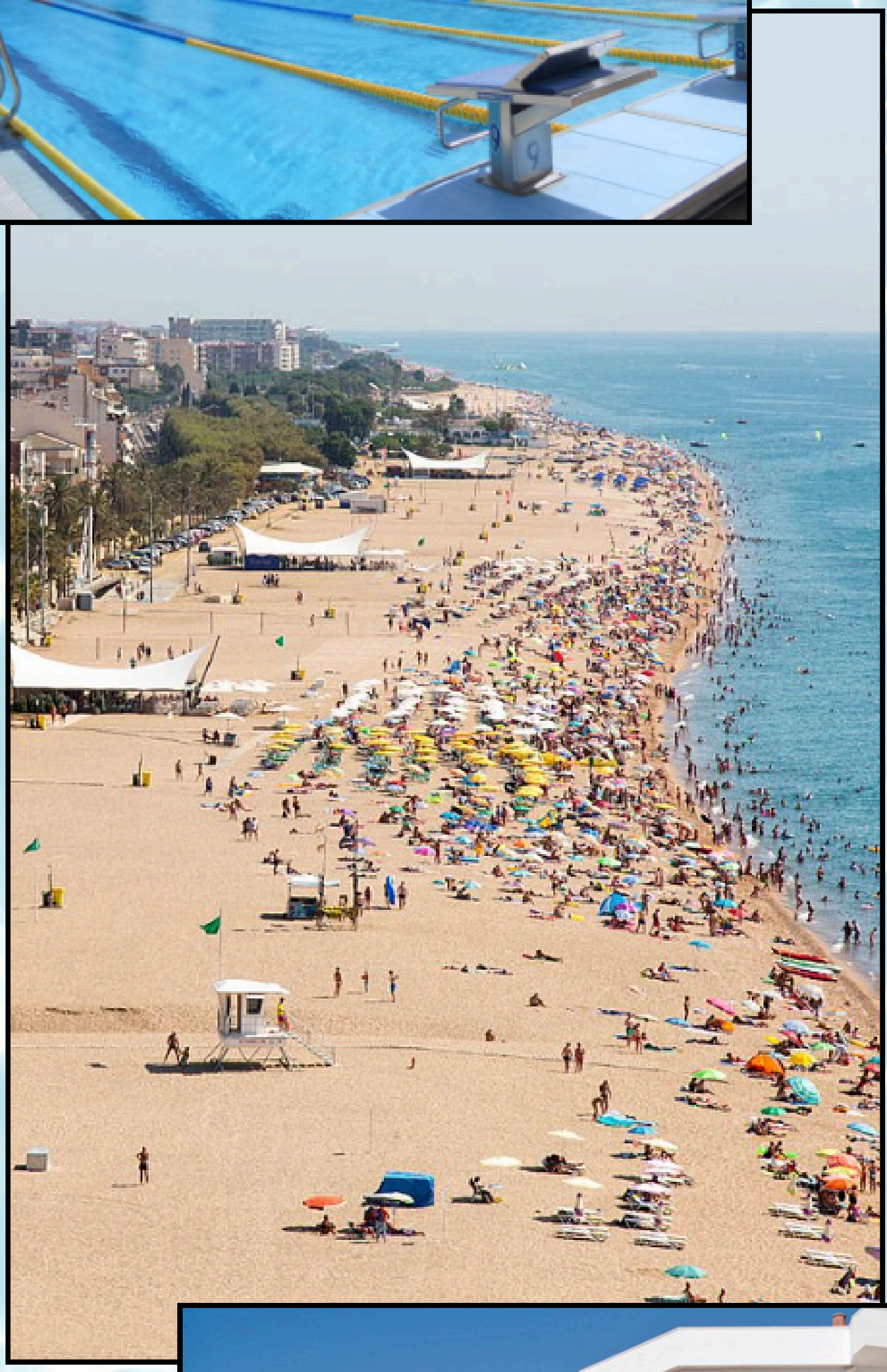
Paul Thomson-Clark, Chairperson, St Neots Swans SC

Andy Jones, Head Coach, St Neots Swans SC

Andy Hunter, Head Coach, St Ives SC

Liz Staton, Coach, March Marlins SC






HOTEL
BERNAT II