

## Fort Simpson Swimming Camp

July 28-29, 2012

Cassey Mooney

5 Boys ages 7 and 8 came out to the pool for some swimming tips on the Saturday afternoon. We focused mainly on freestyle as they were not very strong swimmers and had been taught to do the stroke wrong so trying to correct their technique was challenging. I broke down the stroke to the very beginning and did a lot of progression drills. We ended the first session with a game of ship-to-shore.

On Sunday two 8 year old boys and two four year olds, 1 girl and 1 boy came out to the clinic. We recapped on drills done the day before and the boys did really well. We did some backstroke drills and touched on butterfly kick and breaststroke kick. They picked up pretty quickly. The parents all seemed happy as their kids were doing what they previously were too afraid to do.

We only had 2 hours in the pool in total, so considering the time I think the kids did really well and learnt quite a lot in a short period of time.