

## **Ndilo/Dettah swim training camp ,hosted by NWT swimming July 14 2012.**

A two hour training camp was held for these two communities ,offering advanced,intermediate and learn to swim groups .Athletes were identified for the upcoming Mackenzie Delta Swim meet to be hosted by Fort Smith later this summer .(aug 2012),

20 swimmers signed up for the course which was run by three coaches ,offering different levels of expertise .

Swimmers were aged between 6 and 14 ys of age and were predominantly male.,12 boys and 8 girls .

The camp ran from 4.30pm-6.30 pm,

Skills covered in the intermediate and advanced groups covered freestyle ,backstroke and an introduction to butterfly and correct breast stroke techniques .

Drills focused on body position in the water and breakdown of arm and leg movements as well as breathing and timing of strokes. Work was also done on starts,dives and finishes.

The beginner group focused on kicking ,body position,and comfort in the water.Basic techniques for correct breathing were also practiced.Floats and push offs as an alternate to dives were taught .retrieving from the bottom of the shallow end was also practiced.Correct usage of PFD's was also covered.

The emphasis for this group was mainly on water safety and being comfortable in the water."Don't be a Panic mechanic "and how to play safe to be safe were the primary goals .

Basic rules of competition were also discussed with all groups .

The afternoon wrapped up with a few games and free time .

A good time was had by all.

Jane Mooney Head Coach PolarBear swim club ,.

Keelan Mooney –swim teacher,YKPBCS

Cassey Mooney –Fundamentals coach,NWT swimming.

