



**Let's Swim Bahamas Kid's Kamp
Salt Pond, Long Island
July 20th-25th, 2015
REPORT**

Let's Swim Bahamas responded to the call from Mrs. Carla Rodgers, principal of Mangrove Bush Primary School in Long Island, to run a swim camp in Long Island during the summer months.

Having just visited Man-O-War Cay, Abaco in May during the presentation of our Water Safety Books to the school, we were encouraged to find out that the island was still running a swim program that we started at a Kid's Kamp in 2011! This stimulated us to see if we could develop a sustainable program on Long Island.

Beforehand Preparation

- Donations found to put on the Kid's Kamp from 3 persons/companies.
- Airline tickets purchased for out of town coaches.
- Rooms were booked at the Tropical Palms Resort for the out of town staff.
- A car was rented for transportation to and from the site – nothing is close in Long Island.
- Registration Forms and flyers were distributed by hand, email, facebook, and word of mouth. Carla collected these.
- Kit items to sell and Swim America Certificates were secured by Nancy.
- Kamp schedule was planned by Andy and April – following what we did in Man-O-War. All items for lessons and games purchased and shipped to Long Island via Sea Link. Cameron Knowles secured them.
- Lane Lines were put together in Long Island by Andy and Steve with rope and buoys donated by Cameron.

The Site: Regatta Site, Salt Pond

A central location was needed with shallow, calm water, shade, bathrooms, deep water and docks to tie the Lane Lines to for Stations 6-10. The facilities were great at this site, but the water conditions were not the best. The bottom was rocky and mucky with the kids getting stung by jelly fish regularly. We kept the Windex on hand. We discussed alternate sites, but decided that we would all have to make due.



Coaches training

Coaches Training & Staff

On Monday evening we had 4 coaches attend the Swim America Coaches training to become Certified Coaches. We had a total of 13 staff run the camp, with 8 working all 5 days. Five of the Coaches live in Long Island and want to see the program continue on a regular basis.

Children Attending Kamp

A total of 25 kids signed up for the Kamp.

Out of 10 Stations:

- 1 working on Station 1 – a special needs child
- 6 working on Station 3 – Kicks
- 2 working on Station 4 – Freestyle and Kicking on side
- 8 working on Station 5 – Freestyle breathing
- 1 working on Station 6 – Freestyle, Backstroke, Tread Water
- 4 working on Station 7 – Breaststroke
- 3 working on Station 9 – Butterfly

Of the 25 kids attending the Kamp, 19 were from Long Island, the others were from Nassau, Freeport and the USA.



Andy and Steve put together lane lines



Swimming in shallow water



Swimming between the docks

Follow-up visit

Plans are under way to return to Long Island by the end of August to:

- Secure a more permanent site for swimming without the jellyfish
- Conduct another Coach's Training
- Run at least 2 more swimming lessons
- Set up an Administration and Coaching Team
- Set up a suggested weekly Swim Lesson plan



Tim and Snorkel visit the kids