

# 2014 Summer Swim Camps

with Olympic Coach: Gary Vandermeulen

Name of Session	Inclusive Dates	Venue	Head Coach
Summer Camp 1	July 14 - 18	Glenalmond College	Gary Vandermeulen
Summer Camp 2	August 4 - 8	Glenalmond College	Gary Vandermeulen

## Camp General Information:

Each camp has two streams; development camp for 8-12yrs old and performance camp for 12 - 18 Year olds. Parents of under 12's need to speak to Gary before enrolling into the residential camp to discuss their previous experience in being away from home. It is possible to come to the camp if you are a triathlete or a masters swimmer. Some swimmers younger than 12 may be more suited to the performance camp. Please email for suitability. We are introducing a *half-day camp* due to increased demand for this service.

## Summer Camp fees:

- **£300 Full Day-campers. Advanced booking £270 by 01-03-2014**
- **£150 Half-day camper. Advanced booking £135 by 01-03-2014 (new for 2014!)**
- **£410 Residential-camper. Advance booking £380 by 01-03-2014**
- **£360 Residential-coach . Advance booking £330 by 01-03-2014**
- **£300 Residential-parent. Disclosure required, flat rate; board/room.**

Sheppard Swim School swim camps are run by Olympic Coach Gary Vandermeulen, five-time Olympic swimmer Alison Sheppard MBE 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.

## Swim Camp Programme:

### ***Competitive swimmers***

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. Swimmers will learn world-class technique instruction devised by Olympic Coach Gary Vandermeulen. Camps will include a coach to swimmer ratio of 1:6. Each day will include 2 x 90min in the pool, proper nutrition guidance, circuit training containing swimming related exercises, games hall games, shoulder stabilization exercises, relaxation skills, group coach 'chats' to improve swimming knowledge and motivation, and often a visit from other sports personalities dependant on availability. Campers receive a logbook to record all of the daily activities and are encouraged to write out new swimming drills to ensure that when they return to their home clubs they can continue to improve upon their new skills. 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. Swimmers without current times will be permitted to play the game but will not be able to take the winning prize if they win. This is because the game is easily won if based on an easy pace time.

### ***Developmental swimmers (half day or full day non residential):***

Each day includes: challenging and fun swimming sessions appropriate to their ability. These sessions are more aimed at acquiring new skills and less about increasing distance. Developmental swimmers do not swim at the same time as the Competitive swimmers and have the pool for their own skills. The dryland part of the programme is the same with some variations dependant on age.

Swimmers do not need to be on a swim team but must be able to swim 400m without stopping. It is not appropriate for the development swimmers to play the Race Pace Game, but they do get to play a version of it that is dependent on stroke technique rather than times. This camp is appropriate for swimmers in the pre-competitive programme of Sheppard Swim School (Bronze, Silver and Gold).

The half day camp does not include lunch. The full day camp includes lunch.

### **Residential-Camper (8:00 a.m. Monday - 6:00 p.m. Friday)**

- 5 Day Camp Curriculum
- MEALS: 4 Breakfasts (Tues – Fri). Note no meal Monday morning. 5 Lunches (Mon-Fri). 4 Dinners (Mon-Thur). Note no meal Friday evening.
- 2 swimming sessions per day, plus additional classroom, games hall dry-land, circuit training, stretching instruction.
- ‘Swim Guru’ Whiteboard Talks (topics include nutrition, racing strategies, historical international races of note, and mental skills training)
- Evening organized activities (movies, group games). Lots of fun in evenings!
- Swim Camp Kit (includes camp T-shirt)

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

- 5 Day Camp
- 5 daily Catered Lunches. Day campers are not provided with Breakfast or Dinner, however breakfast's can be purchased at start of camp for £40 (£10 per day).
- 2 swimming sessions per day, plus additional classroom, games hall dry-land, circuit training, stretching instruction.
- ‘Swim Guru’ Whiteboard Talks (topics include nutrition, racing strategies, historical international races of note, and mental skills training)
- Evening organized activities (movies, group games). Lots of fun in evenings!
- Swim Camp Kit (includes camp log book, T-shirt or swim kit bag, swim cap)
- Daily schedule can change ‘ad hoc’, it is the responsibly of the parents to check the schedule prior to departure each day.

### **Half-day Camper 7:00 a.m. - 12:00 noon daily (drop-off and pick up each day)**

- 5 Day Camp Curriculum (it is permissible to have a 3 day camp, please email for more info)
- Half-Day campers are not provided with meal and should bring their own snacks.
- 1 swimming session per day, plus additional classroom and games hall dry-land
- ‘Swim Guru’ Whiteboard Talks in the classroom session (topics include nutrition, racing strategies, historical international races of note, and mental skills training)
- Daily schedule can change ‘ad hoc’ due to the fact that other lets are ongoing at the College at the same time, we share the facilities and it is possible for changes. It is the responsibly of the parents to check the schedule prior to departure each day for the next days’ events.

#### **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). There is a discount for advance bookings which is available only when we receive the deposit.

We accept cards, cheques and Paypal. To pay by cheque, make payable to: Sheppard Swim School. To pay by card please call us on 01786461260. We can send you a Paypal invoice to pay online.

#### **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. The Sheppard Swim School reserves the right to cancel a camp if there are fewer than 15 participants. In the case of a cancellation, fees will be refunded.

**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 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. It is not possible to stay in the residences prior to the camp.

**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 coach directly by phone, however Glenalmond College does not have good mobile reception so a text may be better. A contact number will be provided on the first day of the 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 per room, however it is possible to pair up swimmers if they wish. If necessary we will assign swimmers to double rooms, roommate requests should be indicated on the General Information Form.

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.

Registration is not complete until we have received the form and the non-refundable deposit; at which time an e-mail will be sent confirming the swimmer's registration. Registration within two weeks prior to the start of the camp will be charged a £20.00 administrative fee due to the requirements that we must fulfill for numbers for catering.

**Child Protection Policy:**

We require all of our staff, parents and chaperones to have a PVA (or Enhanced Disclosure Scotland certification). The residential organizations of the camps have girls and female staff on one floor, and boys and male staff on another floor. We will provide a minimum of one female staff at all camps.

**Sleeping Arrangements:**

Swimmers are required to bring their own duvet or sleeping bags and they stay in the dorms of the College which include single rooms, double rooms and quad rooms. Boys and Girls are separated by floor. It is likely that swimmers can share rooms with friends; however this may not be possible in every occasion. Parents are allowed to stay with the camp in the dormitories but will require an Enhanced Disclosure check. The fee for parents accompanying swimmers is £200 per person and must be paid in advance. Fees are based on *per bed not per room*. This fee includes meals. Early arrival is not possible.

**Chaperones:**

Open to parents of participating swimmers on each of the competitive camp and the development camp. Experience working with large groups of children essential. A sense of humor is required. Proof of a valid Enhanced Disclosure or PVA scheme Disclosure (or relevant country Police Check) is required. First aid certification is a definite asset. A camp discount is provided for your child. You will be required to pay your own 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. A sense of humor is required.

**Coaches:**

Open to ANY swimming coaches. A deposit is required. Some chaperoning duties will be required if your more than five members of your team is in attendance. Proof of a valid Enhanced Disclosure or PVA scheme Disclosure (or relevant country Police Check) is required. A 'Sheppard Swim School CPD certificate' will be provided at the end of the camp. Parents volunteering as a chaperone will receive a 15% discount on their swimmers camp fees. **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.**

**Parents:**

Open to parents of participating swimmers. A deposit is required. Some chaperoning duties may be requested to assist with basic running of camp. For example assisting with snacks and clean up. Proof of a valid Enhanced Disclosure or PVA scheme Disclosure (or relevant country Police Check) is required. Unfortunately additional children not in the camp **cannot** attend as they are unsupervised by our staff.

**Private Swimming Lessons:**

Parents are able to book 1-2-1 lessons in the evenings at a rate of £20 per 30minutes. This will be organized in the final two weeks prior to the camp and will be based on coach availability. Priority will be given to those swimmers who book first.

**Glenalmond College:**

Glenalmond College is a beautiful campus situated in a valley next to the Almond River. This campus is often called the 'Harry Potter' school by swim campers because of its beautiful stone built buildings which began as Trinity College in 1844. The swimming pool is a 4 lane 25m pool with large viewing area. During the camp we use a variety of facilities including classrooms, TV lounge, movie room, brew rooms for hot drinks, Games Halls, fields and various other facilities.

Please mail this PAGE to us:

**Sheppard Swim School**  
**3 Bobbin Wynd**  
**Cambusbarron**  
**Stirling, FK7 9LZ**

## **2014 General Information Form:**

CAMP DATE:     14-18 JULY      4 - 8 AUGUST

DEPOSIT ENCLOSED:  £100 (to guarantee place.)

Swimmer's name:.....

Parent Name:.....

Your email address (print carefully) .....

Your postal address:.....

Postcode: .....

Telephone No: .....

Mobile Phone No: .....(emergency contact)

Child's Date of Birth: \_\_\_/\_\_\_/\_\_\_     Age: \_\_\_     Gender: \_\_\_

Club coach name (optional): \_\_\_\_\_ Club name: \_\_\_\_\_

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

I would like to register my interest in private lessons in the evenings for my child

### **SWIMMING TIMES 25m:**

<b>STROKE:</b>	<b>FREESTYLE</b>	<b>BACKSTROKE</b>	<b>BREASTSTROKE</b>	<b>BUTTERFLY</b>
<b>100m TIME:</b>				
<b>200m (if avail):</b>				

## **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:

Your deposit must be included, this guarantees your place. First come first served basis. Confirmation on receipt of payment via email.