

Trinity Fellowship

Education Ministry since 1994
Genesis Academy Christian School, Pre-K thru 12th Grade
Sports Ministry since 1997
Team Genesis & LOVE Swimming

Trinity Fellowship Church Sports Ministry Swim Camp Program Descriptions

○ *Endurance Swim Camp*

The Endurance Camp Swim Program is multi-tiered program serving both the recreational and the fitness swimmer and the competitive swimmer. You have to be in shape to swim fast and the purpose of the Endurance Swim Camp is to **condition** the competitive swimmer so that they can swim their fastest. For the Recreational & Fitness Swimmer the purpose of the Endurance Camp is to provide a **total body workout** to develop and maintain the swimmer in peak overall physical condition. The Endurance Swim Camp Program helps all swimmers get ready for the hard stuff that comes later in regular swim practice. For swimmers who participate in other sports the Endurance Camp Program really conditions them and helps to protect them from injuries. The program teaches at a pace that enables the swimmers endurance system to develop. The program progressively trains the swimmer to be able to handle a longer, harder level of endurance swimming to give them deep conditioning. The Endurance Camp Program cycles through 3 main training, energy and heart rate categories which enables the swimmers body to learn and adapt to different kinds of stress. Attending each training session is important to keep the swimmer from getting out of synch within a cycle. Being that good attendance is critical to conditioning which is the main contributor for race fitness and enables the swimmers body to learn to be its best, a swimmer should try to never miss a training session. All swimmers receive a Certificate of Participation and have the opportunity to earn further certifications. Endurance Swim Camp only develops and focuses on ones Endurance. Endurance Swim Camps are for ALL swimmers ALL Abilities age 6 years & up.

○ *Winter Training Swim Camp*

The Winter Training Swim Camp Program is conducted each December during the last 2 weeks and offers up to 10 sessions. This Camp has one main purpose, and that is produce outstanding performances during the Short-Course Championship Swim Season which begins in January and can go thru April. It is a structured program with timelines that focus on progressively extensive physical and mental training via the following: (1) ***Mental Preparation Classes***, (2) ***Swimming Workouts to produce maximum yardage***, (3) ***Physical Training*** and (4) ***Running, Walking and Biking*** sessions.

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“Love one another. As I have loved you, so you must love one another.” John 13:34

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○ Winter Training Swim Camp Continued

The Mental Preparation sessions include Bible & Devotional Studies, Goal Setting, Imagery, Self-Talk, Concentration, Team Building, Self-Confidence, Physical and Mental Energy, Behavior Assessment Tools and Adventures in Growth with motivational sessions. The Swimming Workouts mainly consist of aerobic work which to improve basic strength and provide some power training. We also improve the ability for speed and do a little speed work. The Physical Training includes progressions (as tolerated) of push-ups, sit-ups, pull-ups, dips, bands, balls and swim stretches. The Running Session includes progressions (as tolerated) of running, and walking an average of 1-2 miles per session. Our Winter Training Swim Camp Program encompasses all 6 areas of USA Swimming Progressions for Athlete Development; Competitive Performance, Biomechanics, Physiology, Character Development & Life Skills and Psychological Skills. We not only work to develop an athlete's talent and skill set specifically for Championship Swim Season, we continuously foster water safety education and waterproofing of our swimmers and those that they encounter in the water.

○ Pre-Season Swim Camp

Our Pre-Season Swim camp is offered 2 times each year and each one last approximately 2 weeks or 10 sessions to give swimmers a low-stress jump start on the upcoming Swimming Season once in August of each year for the Short-Course and once in March of each year for the Long-Course Swim Season. It consists of swim conditioning work plus dry land training for strength and swim education classes to help swimmers achieve success and mental excellence so that they can physically assimilate faster and better to their Competitive Swimming Seasons Training and Competition Schedule. Pre-Season Swim Camp is for all swimmers ages 4 and up.

○ Championship Training Swim Camp

Our Championship Training Swim Camp is intensive and its purpose is to provide the maximum training opportunity available to swimmers participating in State, Regional and National Swim Meets during the Long-Course Season which begins in June and ends in August each year. This Camp exemplifies a constant rehearsal of each swimmers events to get them ready for their Championship Swim Meet. We solidify our swimmers aerobic base right at the beginning of the Camp, all the time rehearsing their events. Immediately following verification of their base we immediately take them into our speed training program which consist of 3 parts: (1) first we improve their ability for speed so that we can develop their speed and then, (2) we do speed training and then, (3) we train them to take out their race while rehearsing over and over again their specific events. We technique each swimmers dive, breakout, stroke, kick and racing attitude. The Camp last up to 7 sessions.

To Sign-up for any of our Swim Camps please contact us at:

573-358-7727 Office/Fax or 573-366-0410 Cell

Email: chico@il.net or our

Team Website: www.loveswimming.org for the Registration & Sign-up Forms

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