

GAMECOCK SWIM CAMPS

SOUTH CAROLINA

2022 Overnight Camp Sessions

Boys & Girls Ages 10-18

Overnight: \$750 / Day Camper: \$650

- Camp I Elite Training Camp: 6/5 – 6/9
- Camp II Session II: 6/12 – 6/16
- Camp III Session III 6/19 – 6/23

Overnight & Day Week Camp focuses on training energy systems and developing training and racing skills. Campers are grouped by age and ability for custom instruction. Each day focuses on one of the four strokes with technique sessions in the morning and workout/technique sessions in the afternoon. Groups will train twice per day for two hours each session. In addition, campers can participate in dryland training. They will receive education from our nutritionist and weight room coaches, including a warm up and warm down routine. The South Carolina staff has developed Conference Record Holders, Conference, NCAA, International, and Olympic Champions!

2022 Speed/Power Camp

Boys & Girls Ages 10-18: \$400

- Speed Camp I: 5/21 – 5/22
- Speed Camp II: 6/10 – 6/11

South Carolina Swimming is excited to announce the first training camp that focus on ELITE SPRINTING! During this jam-packed two-day camp, our staff will coach and demonstrate proper sprint technique, stroke mechanics, tempo training, and speed & power development for ELITE Sprinters. Campers will also learn how to use all power equipment associated with developing POWER & SPEED!

2022 Summer League Tune-Up

Boys & Girls Ages 10-18: \$200

- Camp I: 5/7 – 5/8
- Camp II: 5/14 – 5/15

The first Summer League Tune-Up camp focusing on teaching the basics to kick off your season! During this jam-packed two-day camp, our staff will coach and demonstrate proper technique, stroke mechanics, starts, and turns. Campers will also play games and meet the Gamecock staff.

2022 Short/Long Axis Camp

Boys & Girls Ages 10-18: \$400

- Long Axis Camp: 4/23 – 4/24
- Short Axis Camp: 6/18 – 6/19

Our Long Axis Camp focuses on freestyle and backstroke technique, while our Short Axis Camp focus on butterfly and breaststroke technique. During these jam-packed two-day camps, our staff will coach the proper techniques, stroke mechanics, tempo training, and speed & power development for fast swimming. Campers learn to use all power equipment associated with enhancing sprint abilities!



SOUTHCAROLINASWIMCAMPS.COM
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