

# WINNING SPIRIT RACING CAMPS

IN YOUR OWN POOL - SAMPLE FORMAT - CREATE YOUR OWN OFF MENU

## FRIDAY

- B Camp guidelines and activities
- SR Race the Olympian-Fastfeet Descending
- AG Turns Stroke and IM - Contests
- Families "Be The Best You Can Be" slideshow

## SATURDAY

- SR Experiencing Training Categories
- SR Breakfast Olympians Fly
- AG Experiencing Training Categories
- B Olympians Fly Patterns-Underwater
- B Butterfly Skills Station Circuit
- SR Visualization/Relaxation Test and Drills
- AG Time Management - B Lunch -
- B UW Video taping-Salmon Run
- B 7 Starts - Breakouts - Exchanges Timed
- B Olympians Back Patterns-Underwater
- B Backstroke Skill Station Circuit
- SR Boomer Balance Drills - Sculling
- SR Teammanship/Values

- SR Relating Training to Goals

*Parents- College Scholarships/Recruiting*  
*Q and A – What Coaches and Parents Want*  
*Swimmers – Build Your Own Sundae Contest*

## SUNDAY

- SR Beat the Clock Challenge Set
- SR Aussie Analysis (Tempo/Pulse/Time)
- B Games and Gimmicks
- B Olympians Breaststroke-Pattern- U/W
- B Breaststroke Skill Station Circuit
- AG Handling Stress and Clock Reading
- B Nutrition-Race Analysis
- B Games and Gimmicks
- B Lunch/Olympians Above Water
- B U/W Video taping-Salmon Run
- B Olympians Freestyle-Pattern U/W
- B Freestyle Skill Station Circuit
- SR Swim Faster Than You Can
- SR Q and A "Moving to the Next Level"
- Families Dinner "Everyone's Important"

# CAMP DETAILS

**CAMP COST** - The week-end swimmer camp-fee is generally \$125 for Seniors and \$70 for Age Groupers with a minimum of 40 swimmers with a handbook, T-shirt, camp racing cap, contest prizes. Teams provide transportation and lodging.

**SET-UP** - Phone, email, or Fax to; (800) 380-SWIM (7946) and list potential week-end dates that fit your meet calendar. Summer camps may run during the week. You will receive a Course Description flyer which explains options from which to choose training, educational, and fun activities. Some teams combine or share travel for two camps nearby.

**COACH** - Bob Steele – Has presented coaching information to over 40,000 coaches in clinics and camps worldwide. He has coached at all levels with 19 swimmers world ranked in 41 events, two American record holders, five NCAA II Team Championships with seven record holders at Cal State-Bakersfield, six National Independent Titles and 9 NCAA I Top Twenty finishes at Southern Illinois and Northwestern and a four-time NCAA II Coach of the Year. Retired after 46 years of coaching, he conducted USA-S Team Excellence Camps as a member of the USA-Swimming Master Coach/Consultant for over 160 teams having a world ranked H.S. age swimmer. He was recognized by The ASCA for contributions to coaching. His book GAMES-GIMMICKS-CHALLENGES for Swimming Coaches is popular with swimmers, and coaches worldwide. He has made presentations for FINA, LSC's, Federations, Coaches Associations and teams WORLDWIDE....

## COMMENTS

"Thanks for the help. I can't wait for the next practice!"

*"Kids still talk about the sets, games, and challenges from last year's camp!"*

"We put your favorite motto on this year's team T-shirts!"

*"The drills and training were great; however, the best was the motivating, FUN, mental training!"*

"The swimmers named a kick set after you so we now kick BOB's and STEELERS!"

*"You need to write a book and make a "Be The Best" DVD. I'd show it to my son every day!"*

"The way you present things they're really understood. Write a "whys" book!"

*"We had two Y Nat Individual and three Relay Champs because the camp really motivated!"*

"We're doing a Mystery Meet and Sprintstar !"

*"It was the best \$100 I spent in a long time and my son is actually anxious to attend meets!"*

"The creative things I've seen are keepers!"

*"It's so great to have and experienced, recognized coach re-enforce the things we've been trying to teach and use for years!"*

"I wondered what my daughter remembered from Be The Best and she talked for 45 minutes. WOW!"

*"I learned more in two days than I learned in six years"*

"The Race Analysis Circuit really helped me understand what my coach is trying to teach me and how to use it."

*"The Circuit gave me feedback on the best stroke and strategy to use and that's what coach has been working on."*

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# WINNING SPIRIT SWIMMING

## COACHES CLINICS

Clinics are developed from the following menu or new topics are created based upon coach interest and needs. Presentations have been made at; Coaches Clinics, LSC Swimposiums, Foreign Federations, State H.S. Workshops and Team Coaching Staff's.

**ASK FOR TOPICS NOT LISTED – ALL TALKS INCLUDE HANDOUTS and/or WORKSHEETS – PHONE TO DISCUSS THE OPTIONS**

### TOPICS

Olympians Underwater  
Accutraining- Relating Training to Goals  
Training Games and Gimmicks  
Race Analysis on Your Cellphone or Stopwatch - London  
Who Motivates the Coach  
What Coaches of World Ranked Swimmers Do  
Teaching and Training for All Strokes  
What Parents and Coaches Want  
University Scholarships and Recruiting Process  
Turning the Corner on Apathy  
Motivational Systems  
Characteristics of Success and Kids  
Team Building- Recruiting and Retention  
Relaxation and Visualization Drills for Success  
Being A Captain and Leadership  
Goal Setting for Coaches and Swimmers  
7 Starts, Streamlining-Breakouts-Contests  
“Gear-Head” Circuit to Build/Force Correction  
A Funny Thing Happened on the Way to the Pool  
Build A Better Team with the BOD

### POWERPOINT PRESENTATIONS

“Be The Best You Can Be” – 200 slides AG Olympians on skill, fitness, motivation  
Everyone’s Important” the role of swimmers, coaches, parents, officials, opponents in team.  
“Coaches Coaching”- 500 successful coaches  
“Relating Training Times to Goal Times”  
“Dryland Training” – programs team use...  
“Race Analysis on Your Cellphone” – learn from Olympians  
“Olympian’s Underwater” – “Patterns for Racing”  
“Balancing Technique and Yardage”  
“Adapting Training by Age and Ability”  
“Turning the Corner on Apathy”  
“Who Motivates The Coach”

### WATER SESSIONS

Skill Drills for ALL strokes, streamlining, turns  
Training Games – swimmers demonstrate  
Teaching : Starts – Streamlines - Turns – Contests  
Gear-Head Circuit - equipment that develops and changes  
Race The Olympian – Beat The Clock – Reese’s Pieces...



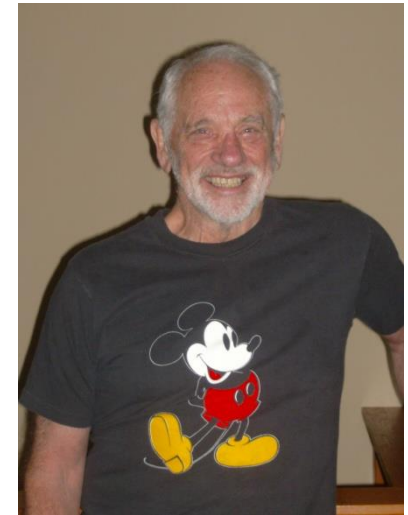
**FUN**



**FRIENDS**



**FITNESS**



**THE COACH**