

# RACE ANALYSIS CAMP CIRCUITS

## ORGANIZATION and ADMINISTRATION

The names are input. The kids names were placed in 5 groups; Free (1) - Free (2) - Back - Fly - Breast and their names were placed on the dryerase board. When they were at the Race Analysis station they stayed there until everyone was timed. When that station finished everyone rotated one station.

The other stations are; Tempo (1 coach), Exchanges (2 coaches required), Streamlining (1 coach), Timed Turns (1 coach). I'll explain how to time so they must have a stopwatch. They will record each swimmers times on multiple attempts trying different methods we'll teach 'em before starting the circuit. We can use extra coaches to time more kids and parents to serve as recorders to get in more reps.

### FRIDAY PM (LTB)

1. 100 Free
2. 100 Back
3. 100 Fly
4. 100 Breast

### SAT AM

5. 200 Free (LTB)
6. 200 Back
7. 200 Fly
8. 200 Breast
9. 200 IM

### SUN AM (using a different technique or strategy)

10. 100 Free
11. 100 Back
12. 100 Fly
13. 100 Breast
14. 200 Free
15. 200 Back
16. 200 Fly
17. 200 Breast
18. 200 IM

### CIRCUIT STATION OPERATIONS

1. Timed Turns – Start watch as head passes the pennants, split on head-drop, split on foot touch and STOP watch when head passes the pennants. Give total time (around 5 sec) and turning time (less than 1.0).
2. Streamlining – First round time from blocks (- 7 sec) and Second/Third round time from push-off (- 9 sec).
3. Exchanges – One coach starts two watches SIMULTANEOUSLY. NEVER stop the watch. One coach splits the hand touching the wall and the other coach splits the feet leaving the block. Tell the swimmer if it was GOOD or a DQ and by how much by subtracting.
4. Tempo – Start the watch and get at least 3 splits giving the swimmer their tempo. They should experiment with different strokes and paces, i.e. 50 – 100 – 200 – 500 – 1650 tempos. Free and Back start on one hand and split every three entries for long axis tempo. Breast – split on EVERY head POP ( head at it's max lift when breathing) Fly – split on EVERY hand entry in front
5. Race Analysis Station – detailed instructions and dexterity required – LATER.

VISIT: /LSC Camps to see how these camps work or email; [fastswimmin@gmail.com](mailto:fastswimmin@gmail.com)