



We are delighted to announce that we will be running our previously sold out, outstanding swimming camps which offer the ultimate training experience.

Camp 1	Camp 2	Camp 3	Camp 4
11th April 2018	12th April 2018	30th May 2018	31st May 2018
BUTTERFLY	BREASTROKE	MEDLEY TURNS	BK & FC

These camps will run 08.30-12.45 each day. They will feature technique instruction which will give swimmers the tools to develop their training and racing for future success. Camps include:

Technique Instruction
Underwater Film Analysis
Functional Land Training
Starts, Turns & Finishes

Due to the previous success and fully booked camps of 2017, the RWS coaching team are delighted to once again offer four exciting new camps to focus on all four strokes. Our coaching team have the experience across all strokes and skills, incorporating technique that has produced champions in junior and senior events across the globe, most recently Tom Derbyshire winning Gold in the 1500m at the European Junior Championships in 2016.

Single camp £49 or when all 4 booked together £150

**For more details or to register contact Dave Painter at
dpa@theroyal.school or 07795 512 998**