

Regional Camps – South West Region

On Sunday 10th July 2022 the DSS-GB South West mini day camp took place at Cheltenham Ladies College who kindly offered their facilities for the day. Eight DSS-GB swimmers attended the camp along with three new swimmers who attended for an introduction to competitive swimming session. The swim session took place from 12 noon - 2,00pm where the swimmers received excellent coaching from four coaches on their strokes, turns and starts.

Following the swimming session the camp moved to the air-conditioned function room for a lunch break. The swimmers then participated in the land training session: first they participated in Yoga with Tracey, working on movement, stretching, breath work and relaxation. This was followed by a very lively Zumba session led by the DSS-GB male swimming captain- Thomas. The swimmers thoroughly enjoyed the camp and look forward to the next one in September.



