

ESSC Easter Swimming Camp 2017

in Bangkok (Chulalongkorn University 朱拉隆功大學)

Venue: Chulalongkorn University (<http://www.chula.ac.th/en/>) Swimming Pool (50m)

Duration: 17 to 21 April

Sessions: 8 Sessions (AM: 6-8am; PM: 3-5pm)

Aims: To develop and strengthen the competition skills of 4 strokes and IM

Practice contents:

- 17/4 (PM only): Drill of Free Style & Back Stroke and Full Stroke; Start, Finish and Turning skills;
- 18/4 (AM & PM): Drill of Free Style & Breast Stroke and Full Stroke; Start, Finish and Turning skills;
- 19/4 (AM & PM): Drill of Free Style & Butterfly and Full Stroke; Start, Finish and Turning skills;
- 20/4 (AM & PM): Drill and Practice of Individual Medley Turning;
- 21/4 (AM only): Individual Medley; Racing Games; Friendly Competition with local swimmers (TBC)

Training Fee:

HKD3,000 per swimmer

(includes coaching fee, pool rental, snorkel, paddles, competition fee if any)

Coaches: Mike & Lawrence

Fees Not included: Air Ticket, Accommodation, Meals and Transportation

Accommodation Suggested:

1. Hotel in the University (we could book it for you)
2. Hotels near Chulalongkorn University (Suggestion: Ibis Hotel which is close to MTR Station)