

EAST INVICTA TRAINING CAMP 2024

SATURDAY 28th December 2024

0745-0805	Studio 3	Arrive / Register	
0805-0830	Studio 3	Intro to Camp & Divide into Groups	
0830-0945		Group A - Pool Session 1 Freestyle technique - developing efficiency on freestyle	Group B - Land Session 1
0930-0945		Transition	
0945-1130		Group B - Pool Session 1 Freestyle technique - developing efficiency on freestyle	Group A - Land Session 1
1130-1145		Transition	
1145-1245	Studio 3	Workshop 1 - Tobi Sijuade - 'My Journey from East Invicta Swimmer to the Paris Olympics'	
1245-1300	Studio 3	LUNCH + Transition	
1300-1430		Group B - Pool Session 2 Starts and Turns	Group A - Land Session 2
1430-1445		Transition	
1445-1545		Group A - Pool Session 2 Starts and Turns	Group B - Land Session 2
1545-1600		Transition / Wrap Up / Depart	

EAST INVICTA TRAINING CAMP 2024

SUNDAY 29th December 2024

0800-0845	Studio 3 /Sports Hall	Arrive, Register, Intro to Day (0800-0830) - Sports Hall	Parents workshop (0800-0840) - Studio 3
0845-0945		Group A - Pool Session 3 The importance of undualtion: Breastroke, Butterfly and the 5th stroke	Group B - Land Session 3 (0830-0930)
0945 - 1000		Transition Group A	
0945-1115		Group B - Pool Session 3 The importance of undualtion: Breastroke, Butterfly and the 5th stroke	Group A - Land Session 3
1115-1130		Transition	
1130-1245	Studio 3	Workshop 2 - Grant Turner, Olympian 'Process driven: Hardwork beats talent, when talent doesn't work hard' & Callie-Ann Warrington, Paralympic medal winner	
1245-1300		Transition	
1300-1415		Group B - Pool Session 4 Butterfly speed and relay takeovers	Group A - Land Session 4
1415-1430		Transition	
1430-1530		Group A - Pool Session 4 Butterfly speed and relay takeovers	Group B - Land Session 4
1530-1600		Transition / Wrap Up / Depart	