

# Swim camps prove a master stroke



LEIGHTON Buzzard Swimming club swimmers have been making good use of half-term week by attending swim camps.

Twelve swimmers travelled to Eyemouth on the South East Coast of Scotland for an intensive week of swimming tuition that included twice daily technique training sessions in the pool, land training and lectures on setting goals, nutrition and stroke transition.

The pool sessions included tuition by Coaches Luke Dormer and Emma Gilbert on all of the strokes and how to perfect dives turns and finishes while achieving the maximum potential for events.

Times for each stroke were taken at the beginning of the week and on Friday afternoon a gala was held to see how all the tips had improved the times for each swimmer

All managed to improve personal best times in strokes – some in all strokes.

Tim Casterton, Vice chairman of the club said: "We are looking forward to our next gala now to see how much swimmers have improved and we expect some great results."

Swimming, is by nature, not a very social sport and this week was also used as a bonding session for the squad.

Favourite events were body boarding in Coldingham bay (with at least one seal watching!), meals at Chinese and Indian restaurants and a party on Friday night which included great karaoke performances and a disco.

Tim added: "It was great to see both younger and older swimmers mixing and getting to know each other on a social basis and having a great time as club members."

Four other Leighton Buzzard swimming club swimmers travelled a little further to a training camp in Malta.

They were trained in the 50M National Pool by ASA Coach Laurie Dormer.

Other sessions took place in the Millennium Pool.

Spare time between the intensive sessions was spent sight seeing and eating around Malta.

If you are interested in joining Leighton Buzzard Swimming Club please contact Joanne on 01296 – 688761 or see the website at [www.lbsc.org](http://www.lbsc.org). If you are interested in next year's camp please visit [www.lauriesswimweek.co.uk](http://www.lauriesswimweek.co.uk)