



# Holiday Stroke Intensive Program

## **Program Overview**

This 4-Day Stroke Intensive Program is designed for Bundye, Cable, Pre-Squad and Bronze Squad swimmers looking to refine their technique and develop the essential skills required for progression to the Northcote Bronze and Silver Squads.

Swimmers will engage in focused training sessions that enhance stroke mechanics both in the water and on land, using targeted drills to improve efficiency, coordination, and overall performance.

Beyond the pool, dynamic land-based activities will reinforce fundamental movement skills, blending fitness with fun to support well-rounded swimming development. Swimmers will not only sharpen their technique but also deepen their understanding of stroke mechanics in an engaging and supportive environment.

## **Stroke Focus Breakdown**

Each session will target specific technical aspects of a stroke, ensuring swimmers refine key elements for optimal performance:

- Day 1 – Butterfly: Body position, coordination & timing, kick and pull technique
- Day 2 – Backstroke: Shoulder rotation, head position, core stability
- Day 3 – Breaststroke: Coordination & timing, body & head position, pull and recovery
- Day 4 – Freestyle: Elbow & head position, breathing technique, kick and pull efficiency

In addition to these core skills, supporting skills will be introduced to simplify stroke mechanics and enhance muscle engagement for stronger, more efficient stroke.

This program is an excellent opportunity for swimmers to elevate their technique and build confidence in a structured and fun learning environment.



# Holiday Stroke Intensive Program – FAQ

## 1. Who is this program designed for?

This program is specifically for **Bundye, Cable and Pre-Squad and Bronze Squad swimmers** who want to refine their technique and enhance their overall swimming skills.

## 2. What will swimmers learn during the program?

Swimmers will focus on **stroke refinement and technical skills** through structured training sessions. Each day is dedicated to a different stroke

## 3. Do swimmers need to attend all sessions?

No, swimmers can choose specific sessions based on the strokes they want to work on. However, attending all sessions is highly recommended to develop well-rounded technique across all strokes.

## 4. What should swimmers bring?

- Bathing (suitable for training)
- Goggles and a swim cap
- Towel
- Water bottle
- Spare clothes

## 5. How is the program structured?

Each session includes:

- A **technical focus** on one stroke per day
- **In-water drills and exercises** to refine stroke mechanics
- **Land-based training** to improve coordination, strength, and flexibility
- **Expert coaching and feedback** for personalized improvement

## 6. Will this program help with squad progression?

Yes! This program is designed to develop the necessary skills for swimmers aiming to advance to the **Northcote Bronze and Silver Squads**.

## 7. How do I register?

For registration details, please contact **Northcote Aquatic & Recreational Centre** or speak to your coach. **Spots are limited, so early registration is recommended!**