

EAST INVICTA OLYMPIC TRAINING CAMP

The East Invicta Swimming Association which is comprised of East Kent Swimming Clubs sponsored an Olympic Training Camp, on the 28th & 29th December at Dover Leisure.



The event was attended by swimmers from across East Kent Swimming Clubs and was run by David Hemmings who is the National Centre Coach at the British Swimming Performance Centre in Loughborough. Hythe Aqua had five swimmers attending who really enjoyed the two days of land training, technique work in the pool and motivational talks.

A big thank you to Scott Walker from the East Invicta Committee who arranged the event. Hythe swimmers pictured. In addition Seb Reid attended who is missing from the photo.

