



Hoddesdon's Chris Smith
meets
Olympian Michael Rock
at the
Herts ASA Talent Camp

Chris Smith finished in 4th place at the Hertfordshire County Championships BAGCAT's competition earlier this year, March 2010. The top 4-5 swimmers of each age group were invited to Haileybury Sports Centre to attend a Talent Swim Camp coordinated by TotalSwimming on Sunday 11th July. This year's Olympic Swimmer was Michael Rock who made his Olympic debut at the Beijing 2008 Olympic Games. He was a member of the 4 x 100 medley relay team which finished. He also swam in the 200m butterfly finishing 12th, and 27th in the 100m butterfly. At the 2009 World Championships in Rome, he finished 7th in the 200m butterfly, and 13th in the 100m butterfly where he swam a new British record. At the British Championships he took gold in both the 100m and 200m butterfly for the second consecutive year.

The format of the day started with a land training session with emphasis on building core strength and streamlining. This was followed by demonstrations in the pool by Michael Rock and again he emphasised how important it is to keep good posture and a strong core whilst swimming especially on the streamlining. After lunch Michael gave a motivation talk to the swimmers and then Total Swimming videoed the swimmers underwater and everyone took a personal cd back home.

