

## 2020 Special Enrichment Camp – ISB Panther Swim Camp; Experience the “Panther Way”

**Dates:** Monday, June 15 - Friday, June 19

**Time:** 7:30am to 1:00pm, Monday to Friday

**For:** Students entering Grades 2 - 12 in August (minimal swim skills needed)

The ISB Panther Swim Team is one of the top International School swim teams in Asia. The Varsity boys’ team has been ranked in the top 5 three years in a row by the world organization of International school swimming. Our age group team has been consistently one of the top teams in Bangkok International swimming.



So, it is exciting to announce that for the first time ever; ISB would like to extend this training and sense of teamwork to our summer school program.



The daily program will consist of age-appropriate in-pool training and technique training. This will include daily video sessions where the swimmers will be recorded during their skill development.

We will also be training swimmers in the area of strength and conditioning

(swimming dryland), athletic nutrition and overall swim team wellness.

Aside from swim training we will be learning and enjoying other aquatics activities including kayaking, snorkeling, water polo, and underwater hockey.

The week will culminate with an in-house “fun meet” to see just how much you have learned.

