

## Olympic Training Camp at Dover Leisure Centre

The East Invicta Committee organised an Olympic Training Camp at Dover Leisure Centre on the 28th/29th December. Each day, swimmers had two land training sessions and two pool training sessions.

The camp was run by David Hemmings, who is National Centre Coach at the British Swimming Performance Centre in Loughborough. David was supported by Joe Litchfield winner of three golds and one silver at the 2021 European Championships. In 2022. Dan Waddingham led the land work. Dan is head of Strength and Conditioning at Millfield School.

Attending the camp from Hythe Aqua Swimming was Faye Newman, Sebastian Reid and Millie Roche. Emi Duffy was due to take part but due to being unwell was unable to attend.







