

Sports & Recreation

Freestylin' it at Dalhousie U swim camp

Stephanie Bourgeois improves skills, strokes and technique

by **Natalie Dunleavy**
Northern News Services

Stephanie Bourgeois had never been filmed before, but was glad to bring a tape of herself home from a swim camp held at Dalhousie University in Halifax, July 17 to 21.

The camp invited swimmers of all ages to train with several of the university's varsity athletes, who filmed swimmers to pinpoint areas of improvement.

"You can keep doing what you're doing good and change what you're doing wrong," said the 15-year-old member of the Yellowknife Polar Bear Swim Club.

The weekend's events included dry land and fitness training combined with classes on nutrition, anatomy, and stroke technique, followed by direct in-pool application.

"Mental is a big part of your racing."

"We worked on my arm conditioning a lot, which helped me pull through the water," she said, noting her favourite stroke, freestyle, had already improved.

Bourgeois was surprised by the individual attention paid to the swimmers.

Bryce Tung, who swam in the last Canada Games for Dalhousie University, was one of Bourgeois' instructors. He helped improve Bourgeois' breast stroke.

However, the camp's curriculum did not solely focus on physical aspects of training.

"Mental is a big part of your racing," she said.

Bourgeois said that being mentally focused for your race is as important as being physically ready.

Ian Legaree, Bourgeois' coach, was glad his swimmer

was able to attend the camp.

"They have some pretty high quality coaches and I'm sure we'll be able to use some of the material Stephanie has learned," he said.

Having had the opportunity to visit Dalhousie's campus, Bourgeois wants to attend Dalhousie University after high school, a goal that also pleased her coach.

"One of my goals as a coach is to keep all my swimmers to Grade 12, and encourage them to continue on to university," he said.

Bourgeois looks forward to starting the swim season with her new skills on October 2.

The club will hold its first in-town swim meet on Oct. 27-29. "Being at the camp really motivated me to do better in my swimming," she said.

"Anyone can get as far as they want to get."



photo courtesy of Alexander Legaree

Stephanie Bourgeois, 15, is more motivated than ever after attending a swim training camp at Dalhousie University July 17-21.

Guests an inspiration

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the athletes will be visiting schools throughout the city to meet with kids and share their stories.

will be motivated by hearing the story of a gold medallist at the 2006 Torino Olympics.

Another hot shot name confirmed on the guest list includes Michelle Kelly, who participated in skeleton at the 2002 Salt Lake City Olympics, and bronze medallist at the

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