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Camp sharpens swimmers' skills

Roxanna Thompson
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ACHO DENE KOE/FORT LIARD - A group of young swimmers in Fort Liard are more proficient in the pool thanks to a recent camp.

NWT Swimming held a two day competitive swim camp in the hamlet from July 2 to 3 as part of their summer camp program. The organization is sending coaches to a variety of communities with pools throughout the summer to offer camps.

Jane Mooney, the technical director for NWT Swimming, said the goal of the camps is to increase the number of swim program participants territorially.

In each community the camp will be tailored to the participants' needs. Some of the camps will focus on the basics of swimming while others will prepare swimmers for races, Mooney said.

In Fort Liard, coach Christina McAdam helped swimmers improve their four competitive swim strokes which are the front crawl, back crawl, breaststroke and butterfly. Fifteen youth between nine and 13-years-old took to the pool during the camp.

"They did really well," said McAdam.

"There's lots of talent in Fort Liard. They just need a bit of guidance."

Offering the camps in small communities like Fort Liard that have a seasonal pool is important, she said because it's hard for youth to remember the swimming concepts throughout the year.

"It's trying to promote swimming around the North and give the kids the skills they need," said McAdam.

Taresha Berreault, one of the participants, enjoyed the camp.

"It was fun," she said.

Berreault, 10, said she learned two new strokes, the breaststroke and the



Swimming coach Christina McAdam gives a demonstration in the Fort Liard swimming pool during a competitive swimming camp while students Tyrone Berreault, left, Christian McLeod, Naomi McLeod, Angel Kotchea, Taresha Berreault, Ethan McLeod and William Newbury watch. - photo courtesy of Caitlin Jaffray

butterfly. Her favourite was the butterfly, which she said isn't very hard.

"You get to go underwater," she said.

Tyrone Berreault, 9, said he also had a good time at the camp.

Tyrone's favourite stroke is the front crawl. It's easy, he said.

Both Taresha and Tyrone have already signed up for the hamlet's swim team. The team, which is eight swimmers strong, is preparing for the Mackenzie Regional Swim Meet that will be held in Hay River from August 14 to 16.

