EXPERT SWIMCAMP SWIMMING

CHECKLIST FOR PARENTS

12 questions to ask when choosing a swim camp

Every autumn parents ask me how they can tell whether a swim camp is any good. The websites look alike, and you only see the differences when you ask the right questions. Ask these 12 questions to every organiser you are considering, including us. Tick the box when you got a clear and concrete answer.

Tip: ask your questions by email, so you have the answers in writing.

		CAMP 1	CAMP 2	CAMP 3
TRAINING AND COACHING				
01	**Who leads the training sessions, and is that person there all week?** The coach's background, with the group all week	☐	☐	☐
02	**What does a full camp day look like?** A schedule with times	☐	☐	☐
03	**How does the camp fit into my child's season?** Talk to your child's own coach	☐	☐	☐
04	**Where will they swim, and when is the pool reserved for the group?** Times and lanes for the group	☐	☐	☐
SUPERVISION OUTSIDE THE POOL				
05	**Who is responsible outside the water?** Clear roles, in the evening too	☐	☐	☐
06	**Where do the staff sleep?** In the same place as the children	☐	☐	☐
07	**How do I stay in touch as a parent during the camp?** One fixed point of contact	☐	☐	☐
08	**How does the camp handle dietary needs and personal information?** Asked in advance, shared with care	☐	☐	☐
THE CAMP ITSELF				
09	**Who is the camp for, and how are the groups formed?** Age, level and a group that fits your child	☐	☐	☐
10	**What exactly is included, and what is not?** A complete list	☐	☐	☐
11	**Who is the organiser, and how long have they been doing this?** Experience and track record	☐	☐	☐
12	**What does my child take home?** Concrete feedback to keep training with	☐	☐	☐

Watch how they answer

Do you get a quick, concrete answer, or only general phrases? Are you being pushed to decide right now? A good camp gives you time to compare.

If you still have doubts after the answers, that is an answer too.

Notes

Our answers for May Camp 2027

You are welcome to ask us these questions too. These are our answers, so you know what to expect from us.

01 Who leads the training sessions, and is that person there all week?

Every camp is led by an Olympic or national champion.

02 What does a full camp day look like?

On a full camp day there are two swim sessions of two hours and two dryland sessions. The day starts at 09:00 with the first dryland session.

03 How does the camp fit into my child's season?

The camp runs from 25 April to 1 May 2027. Always discuss it with your child's own coach, who knows their season best.

04 Where will they swim, and when is the pool reserved for the group?

We swim in a heated 50 metre pool at the resort in Piombino.

05 Who is responsible outside the water?

Besides the coaches there are staff members and a photographer or videographer. Staff are on hand day and night. I am there all week as organiser and coordinator.

06 Where do the staff sleep?

At the Residential Camp the staff sleep at the same resort. Boys and girls sleep separately. Lights go out at 22:00, followed by an evening round past the rooms.

07 How do I stay in touch as a parent during the camp?

I am the point of contact between coaches, staff, parents and children. Parents stay in touch through our own app, which has a chat for parents.

08 How does the camp handle dietary needs and personal information?

We ask about food and points of attention in advance. There is a vegetarian option (€10 extra per day), and other dietary needs can be discussed on request.

09 Who is the camp for, and how are the groups formed?

For competitive swimmers aged 10 to 18. We form the groups around what your child needs: age, preferred stroke, speed and shared technique goals. Slower swimmers get a fitting group too.

10 What exactly is included, and what is not?

You choose between the Day Camp and the Residential Camp. Residential means 6 nights full board. At the Day Camp your family stays at the resort itself and meals are an option. Every swimmer gets an Arena swimsuit or brief with their own name and an official camp shirt.

11 Who is the organiser, and how long have they been doing this?

Expert Swimcamp has been running camps since 2023, in Spain and Italy. We are an official partner of Arena.

12 What does my child take home?

Video analysis throughout the camp. Starts are filmed and discussed straight away, underwater footage later in the group or one to one. Every swimmer takes an analysis home.

After May Camp 2026, our swimmers were on average 1.3 seconds faster on the 100 metres freestyle.

May Camp 2027 in Piombino, Italy

- Sunday 25 April to Saturday 1 May 2027
- Competitive swimmers aged 10 to 18
- Day Camp or Residential Camp

See the programme and the options

expertswimcamp.com/may-camp-2027

Do you have a question that is not on this list? Send it to info@expertswimcamp.com, I am happy to answer it.

Mike de Bruijn
Organiser and coordinator, Expert Swimcamp