

County Development Camps 2026

Report

Camp dates:

Saturday, 21-Feb-26
Saturday, 18-Apr-26
Saturday, 23-May26

Venue:

Haileybury Collage
Haileybury,
Hertford, SG13 7NU

Programme Sponsor	Bryan Thompson (County Chair)
Programme Lead	Richard Thornton (Hertford)
Lead Skills Coach	Karl Fenwick (Verulam)
Skills Coaches	Marc Desmuelles (Verulam)
	Tony Rogers (Hemel)
	Daniel Tschuma (Hatfield)
	James Woodward (CoStA)
	Joe Collins (Cheshunt)
	Claire Walker (Cheshunt)
Team Manager	Geeya K (Hatfield)

Overview

The Hertfordshire County Development Camps (CDC) selects the top 36 swimmers in their 12th year and is based on their 200 IM times. The 36 are further refined to ensure an even gender split and further segregated to ensure an even balance of swimmers who are currently 12 vs those swimmers who are turning 12 within the same year.

The CDC took place over 3 separate day long 'Camps' and leveraged existing training material made available by County and SE, this was enriched with interactive quizzes where the swimmers could answer questions using their mobile phones.

Each Camp consisted of two, 90min pool sessions (morning and afternoon) with a different focus during each session.

Camp 1

Classroom Focus

Why do I swim / The Athlete Pathway / Athlete Culture

Pool Focus

Land training plus underwater phases & turns

Land training centered around RMAP fundamentals, educating the swimmers in different techniques and the importance of a land-based warm-up pre-training or competition.

In the pool the primary focus was on developing the underwater dolphin kick and improving turns, with the emphasis that good underwater phases are essential to being a competitive swimmer.

Camp 2

Classroom Focus

Nutrition & Hydration

Pool Focus

Land training & Kicking

As we had some good weather, we were able to use the outdoor facilities for our land training session. The primary focus in the water was kicking drills for each of the 4 strokes.

Camp 3

Classroom Focus

Training Zones

Pool Focus

Land training was again conducted outside due to the glorious weather.

The focus in the pool was around training intensities, as to align with what we had learned in the classroom.

Summary

Firstly, the kids were fantastic. They all came with the right attitude and were full of enthusiasm and motivation. They quickly bonded with each other and you could see they were excited to reunite at the subsequent camps. Energy was high in the classrooms, and they all appeared to enjoy the sessions and the interactive quizzes. They all thought the focus of the classroom sessions was relevant, and they all agreed they had learned a lot of things which they can take forward into their swimming journey.

The team of staff (many who had returned from previous years) were fantastic and they each established a great rapport with the kids.

For each of the pool sessions we rotated the kids and also the coaches so that children would swim within a different group and could learn from the different skills coaches.

During Camp2 we distributed the CDC 2026 T-Shirts to all the swimmers, and these were well received and added to their feeling of exclusivity at being selected for the CDC.

After each Camp, the programme Lead (Richard Thornton) created a collage of pictures from throughout the day and wrote a summary of activities. This was then shared with each club for them to forward onto the parents of the attending swimmers (and/or to use within their club as they saw fit).