



HWI

HARRY WRIGHT
INTERNATIONAL

SWIM CAMP

SUMMER CAMP UPDATE

5-10 August
West Island School
Hong Kong

ABOUT

HARRY WRIGHT INTERNATIONAL



The origins of HWI go back to 1972 when Captain Howard Ernest ("Harry") Wright began to coach Hong Kong's YMCA swim team in preparation for its regular competitions with the Manila YMCA team.

Having completed a distinguished career with the British Army, Captain Wright began a second career as a swim coach and over the course of nearly 30 years trained hundreds of young Hong Kong children, guiding many into the international arena HWI was Captain Wright's means of providing a way in which talented swimmers in Hong Kong could aspire to compete locally, regionally and internationally.

Today, more than three decades on, HWI continues to provide a competitive but fun environment in which to develop swimming skills to the highest standards and to produce swimmers of the highest calibre.

HWI is very much a 'family' company; with Captain Wright's daughter Jayne Wright the Director of Swimming.

OUR OLYMPIANS



HWI has had a number of swimmers who have gone on to become professional swimmers, competing at the highest level.



CHEAH, Geoffrey - (Hong Kong) 2016
FARGUS, Joanna - (Great Britain) 2000
FONG, Alex - (Hong Kong) 2004
HAUGHEY, Siobhan (Hong Kong) - 2016
HUNG, Celeste - (Hong Kong) 1988
LI, Arthur - (Hong Kong) 1988, 1992, 1996
MEICHTRY, Dominik - (Switzerland) 2008
MOSSE, Anthony - (New Zealand) 1988
MUNK, Annemarie - (Hong Kong) 1988
NG, Fenella - (Hong Kong) 1984, 1988, (Rowing) 2000
ROBERTSON, Karen - (Hong Kong) 1976
RUTHERFORD, Andrew - (Hong Kong) 1992
TODD, Duncan - (Hong Kong) 1992
WILSON, Hannah - (Hong Kong) 2004, 2008, 2012
WONG, Kathryn - (Hong Kong) 1984



TODD SCHMITZ

HEAD COACH COLORADO STARS

U.S. OLYMPIC COACH 2012, 2016



Todd Schmitz was the 2012 U.S. Olympic Assistant Coach to the women's swimming team. Todd is currently the Head Coach of the Colorado Stars swimming team.

U.S. Olympic swimmer Missy Franklin is one of the many talented swimmers that has come out of Todd's successful swimming programme.

Todd Schmitz coached Missy Franklin since she was 6; the two have grown up together. Throughout her career, under the tutelage, of Todd she has won several Fina World Titles, 5 Olympic Gold Medals, 1 Olympic Bronze Medal on top of breaking several World Records.

Todd puts an emphasis on swimmers avoiding burnout, rather than pushing young athletes to the limit. Todd emphasises swimmers to find a balance between school, social life, and swimming. He has an undeniable passion for coaching, and teaching swimmers.

The Colorado STARS is a year-round, coach-owned USA Swimming Club team, located in the southeast part of the Denver metro area. The team began in 1999 and is arguably one of the best and most competitive swim teams in Colorado, winning numerous state, zone, sectional, national and Olympic titles. [Click here to see our achievements.](#)

The team has approximately 200 swimmers that range in age from 6 through college. STARS swimmers aspire to reach their full potential in our program that offers not only top quality swim training, but a genuine concern for each athlete's emotional and social development.

We accept a limited number of new swimmers each year with tryouts generally held in late July.

The Colorado STARS team has clearly defined training groups and a specific coach for each training group. Led by Head Coach, Todd Schmitz, the STARS coaching staff is highly professional, experienced and stable.



SCHEDULES

PERFORMANCE CAMP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:40 - 08:00	SWIM ACTIVATION AND REGISTRATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION	ACTIVATION & SWIM SESSION 06:45 - 09:00
08:00 - 10:00	SWIM SESSION: BUTTERFLY TRAINING SESSION & U/WATER KICK	SWIM SESSION: BACKSTROKE TECHNIQUE AND STARTS	SWIM SESSION: BREASTSTROKE TECHNIQUE AND TURNS	SWIM SESSION: FREESTYLE TECHNIQUE AND UNDER WATER KICK	SWIM SESSION: IM, STARTS AND TURNS	DEBRIEF 09:00 - 09:15
10:00 - 10:15	TRANSFER TO CLASSROOM	TRANSFER TO CLASSROOM	TRANSFER TO CLASSROOM	TRANSFER TO CLASSROOM	TRANSFER TO CLASSROOM	
10:15 - 11:00	SNACK, REFLECTION, TEAM BUILDING	SNACK, REFLECTION, VISUALISATION	SNACK, REFLECTION, CHARACTER CULTURE	SNACK, REFLECTION, LEADERSHIP	SNACK, REFLECTION, GOAL SETTING	
11:00 - 13:00	PHYSICAL ASSESMENT/ STRENGTH AND CONDITIONING AND RECOVERY	INNER EDGE PSYCHOLOGY BY KAREN LO	PHYSICAL ASSESMENT/ STRENGTH AND CONDITIONING AND RECOVERY	TOUCH THE WALL MOVIE	PHYSICAL ASSESMENT/ STRENGTH AND CONDITIONING AND RECOVERY	
13:00 - 14:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
13:45 - 14:45	GOAL SETTING	ACTIVATION	NUTRITION & HYDRATION	STRESS STRATEGIES	RECOVERY	
15:00 - 17:00	POOL SESSION	POOL SESSION	POOL SESSION	POOL SESSION	POOL SESSION	
17:00 - 17:10	DEBRIEF	DEBRIEF	DEBRIEF	DEBRIEF	DEBRIEF	

DEVELOPMENT CAMP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:30 - 10:00	SWIM ACTIVATION AND REGISTRATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION	SWIMMING ACTIVATION
10:00 - 11:30	POOL SESSION: FREESTYLE	POOL SESSION: BACKSTROKE	POOL SESSION: BREASTSTROKE	POOL SESSION: BACKSTROKE	POOL SESSION: BACKSTROKE
11:30 - 12:00	TRANSFER TO CLASSROOM & LUNCH	TRANSFER TO CLASSROOM & LUNCH	TRANSFER TO CLASSROOM & LUNCH	TRANSFER TO CLASSROOM & LUNCH	TRANSFER TO CLASSROOM & LUNCH
12:00 - 12:30	GOAL SETTING	INNER EDGE PSYCHOLOGY BY KAREN LO	CLASSROOM	TOUCH THE WALL MOVIE	CLASSROOM
12:30 - 13:30	DRYLAND	DRYLAND	DRYLAND	TOUCH THE WALL MOVIE	DRYLAND
13:30 - 15:00	POOL SESSION 2	POOL SESSION 2	POOL SESSION 2	POOL SESSION 2	POOL SESSION 2
15:00 - 15:10	DEBRIEF	DEBRIEF	DEBRIEF	DEBRIEF	DEBRIEF

PLEASE NOTE THAT EVERYTHING IN THIS UPDATE BOOKLET IS STILL SUBJECT TO CHANGE. A FINALISED VERSION WILL BE SENT OUT CLOSER TO THE START OF THE CAMP.

PLEASE MAKE SURE THAT YOU HAVE ALL OF THE FOLLOWING EQUIPMENT AND BRING TO THE CAMP EACH DAY

PERFORMANCE EQUIPMENT LIST

Kick Board	Ankle Band
Pull Buoy	Mesh Bag
Arena Pro Tech Fin or DMC Elite	Goggles
Fins	2 Drinks Bottles
Finis Agility Paddles	Yoga Mat
TYR Hand Paddles Or StrokeMaker	Skipping Rope
Paddles	Tennis Ball
Snorkel	Foam Roller

TRAINERS OR RUNNING SHOES FOR DRYLAND ACTIVITIES

DEVELOPMENT EQUIPMENT LIST

Kick Board	Goggles
Pull Buoy	2 Drinks Bottles
Arena Pro Tech Fin or DMC Elite	Yoga Mat
Fins	Skipping Rope
Snorkel	Tennis Ball
Ankle Band	Foam Roller
Mesh Bag	

TRAINERS OR RUNNING SHOES FOR DRYLAND ACTIVITIES

CONFIRMED PROVIDERS

HANNAH WILSON



Hannah Wilson is a former HWI swimmer and three time Hong Kong Olympic Swimmer - Athens 2004, Beijing 2008, and London 2012.

Hannah has two World University Games Gold Medals, and an Asian Games Bronze Medal.

She has been a HK Record Holder in many Butterfly & Freestyle events.

Hannah started her journey in the HWI Learn To Swim programme, and made her way through the Competitive stream, to Berkeley University as a representative of the Hong Kong Olympic team.

Hannah regularly returns to HWI to run with clinics and give back to our younger swimmers. She has a strong passion for coaching and has invaluable advice to pass onto the next generation of swimmers in Hong Kong.

KAREN LO



Karen Lo is the founder of Inner Edge Limited, and the first Certified Mental Performance Consultant of the Association of Applied Sport Psychology in the greater China area.

Karen was a member of the HK National Swimming Team for 7 years.

Karen will educate swimmers in attaining wellbeing in their careers, and how to manage the demands of school and social life alongside their performance ambitions.

Karen has worked with numerous National Sport Associations within Hong Kong.

CAMP SWIM CAP



CAMP T-SHIRT



7 Steps To A Great Swim Camp

At the Harry Wright Swimming Camp we would like all swimmers involved in the camp to have a memorable and positive experience. We hope that the 7 steps below will help in creating these positive experiences.

1) MAKE SURE YOU HAVE EVERYTHING PACKED.

Yes, I know this seems obvious, but it is something you can't check too many times. Use the packing list that was sent out prior to the camp to ensure that you haven't forgotten anything! Don't leave it to someone else, make sure that you take responsibility and pack your own bag the whole week!

2) DON'T BE SHY.

You may or may not know everyone on the camp, and that's a good thing, you get to meet new people! Jump straight in, don't be shy, and talk to people from the get go and you'll be fine. Introduce yourself to the other swimmers, and within a few questions you'll have a whole new group of friends. You know that we all have one thing in common on the camp - we're all swimmers - why not start by asking where your new friend swims or goes to school!

3) HAVE A PLAN FOR WHAT YOU ARE GOING TO EAT.

Check out the Athlete Plate handouts, and the online recipe box, that were sent out before the camp which can guide you on what you should be eating each day. Everyone is slightly different and so will have different nutritional needs, but one thing is for sure you need to replace all the calories that you burn! Don't forget that you'll have two swimming sessions, and various dryland activities everyday, so you'll need breakfast, lunch, and at least two snacks.

Plan out your meals, and balance your indulgences with healthy foods.

4) DON'T GET INVOLVED IN SHENANIGANS.

This also seems obvious, but trust me, it happens more than you might expect. Anything that seems like it is a little shady, or could even possibly lead to you getting in trouble for being near it, you should steer clear of. If worse comes to worst, tell your coach, and make it clear that you were NOT involved. It's not "snitching", it's keeping yourself and other innocent teammates from getting blamed, and possibly keeping the guilty from getting hurt.

5) TAKE EVERY OPPORTUNITY YOU GET TO LEARN SOMETHING NEW.

This includes the opportunity to have fun! The more that you take part in the fun, the better the memories will be, and the less time you will be able to spend thinking or complaining about how much you hurt from practice that day. When a coach is talking to you, especially our lead coach Todd, make sure you listen. Soak up all the knowledge you can. You might just learn the new technique that with practice, moves your swimming to a new level. The dryland is just as important as the wet, mental skills, nutrition, and goal setting can take you to the next level.

6) GO TO BED EARLIER THAN YOU THINK YOU SHOULD.

Yes, I am aware you probably aren't going to try to fall asleep at 8:00 every night, but do yourself a favour and don't stay up until 1:00 the next morning. This way, you will have enough energy to participate in the day's activities without feeling awful. You'll see in the camp training log a sleep reflection log so that you can see the difference on each day.

7) RELAX.

Changes to the schedule will be made, not everything is going to go your way. That's just part of life, so embrace the changes, you never know what might happen. In the end, you are at the camp to have fun and learn something new, but that is going to be hard to do if you are stressed out. So relax, go with the flow, and have a great time. Good Luck!