



PATHWAYS SCHOOL GURGAON ADVANCE SWIMMING INTERNATIONAL CAMP THAILAND 2024

26-05-2025 TO 10-06-2024

"DIVING INTO GROWTH: STUDENT & PARENT REFLECTIONS"



**PATTANA SPORTS
RESORT CHONBURI
THAILAND**

Saisha Renjen-MYP-1 Student

The Thailand Swimming Camp was an enlightening and an enriching experience. I benefitted from it in more ways than one. I learnt to interact with students of other grade enhancing my social skills and being open minded. I took care of my team members showcasing ATL skill of self-management.

My morning and evening swimming training sessions with Coach Paul Hardman was productive as it helped me enhance my swimming techniques. Another highlight for me was exploring the culture of Thailand with my team of swimmers and my teachers. Altogether, I cherish my first sports camp and hope to be a part for more camps!



Rashi and Vidur (Parents of Saisha Renjen & Arshia Renjen)

The camp's rigorous training sessions were impressive, pushing the kids to their limits while maintaining a fun and engaging environment. It was wonderful to see them enjoying the process of building both their swimming skills and their character. Each day, while they were tired when they spoke with us but undeniably happy and excited and raring to go the next day, a testament to the camp's excellent balance of hard work and enjoyment. An example that stood out for me was the triathlon- after 16.5kms, we did not hear them complain one bit but were excited.

The sessions with coach Paul were very appreciated and the girls have come back with individualized feedback, and they look at their notes as they continue their training back home in India. Saisha very excitedly told us that in a 10 day camp she was able to reduce her 100m free style time from 2:08 to 1:49 mins - thanks to the sheer focus on the technique.

Dinesh Bansal (Parent of Atharv Bansal-MYP-5)

Dear Dr. Gogia and Kasturi Ma'am

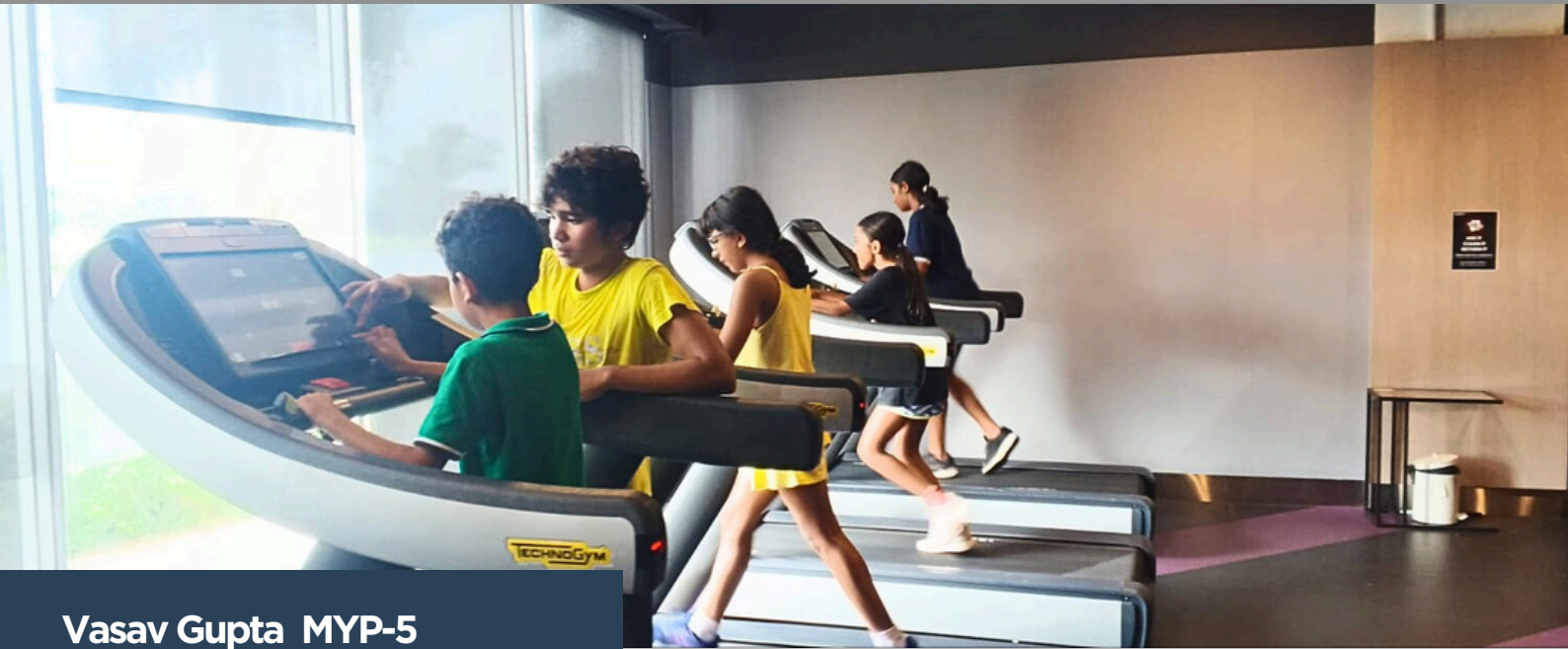
After witnessing my son's return from a 10-day swimming sports camp in Thailand, I am incredibly proud. The transformation in his maturity is remarkable. He has become more disciplined and focused, waking up early and sticking to a well-structured routine. The rigorous training in Thailand instilled a sense of responsibility and dedication that extends beyond swimming. It's heartening to see him prioritize tasks efficiently and manage his time better. This camp has not only enhanced his physical abilities but also taught him the value of perseverance and hard work. I am thrilled to see these positive changes, knowing they will greatly benefit both his athletic pursuits and academic endeavours. This experience has truly set a strong foundation for his future successes.

Thank you

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Vasav Gupta MYP-5 Student

My 10 days in Pattana Sports Resort were not only full of new experiences and learnings, but also helped me grow as an athlete both physically and mentally. The strict disciplines of waking up every morning for an intense 2-hour swim, getting proper nutrition, going to the gym, resting, swimming for the second time in the day at 4pm, taking ice baths, and then ending the day off by 9 P:M, have gone to show me that with proper focus and the willingness to become better, I can always improve. And that if just with 2 weeks of proper discipline towards the sport I was able to improve as much as I did, I can improve drastically by giving a few more months towards the same.

When talking about the facilities, The Pattana Facilities were a few of the major factors that played a role in making this camp the way it was. With a 50-Meter Olympic Sized Pool along with a world-class gym (Energylab) helped me grow as an athlete physically. The faculty and staff of this resort played an equally big role in the same. Whether it was preparing meals as per our nutritionist, taking care of us during our swims, or responding to our late calls asking for bottles of water. We were always kept safe and healthy by the same.

But of course, the facility and campus weren't the only factor that helped us grow. Dr. Manish Gogia, Ms. Kasturi Dutta, and Mr. Paul Hardman who flew all the way from Australia were the number one reason I was able to improve. We could always count on Dr. Manish and Ms. Kasturi to make sure the team ate enough food and behaved well. We could always Count of Coach (Mr. Paul) to push us past our limits towards that extra mile so that we could drop time on our hard 100m Sets of so we could come 1 step close to achieving a close to perfect technique. During our morning session we would record videos from different angles of our stroke execution along with our dives. From these video analysis sessions a few of my biggest takeaways included:

- I must work on softer arm entry in water when doing butterfly
- Hot showers right before a race are vital for muscle activation (faster speed)
- I must grab the water with a high elbow underwater pull when performing freestyle
- I must work on continuous kick.

In conclusion the Thailand Swimming Camp 2024 in Pattaya were one of the most exciting and thrilling camps I have been too. I developed both physically and mentally as an athlete and became a much better swimmer.

Ankita Tanwar Goel & Arpit Goel (Parents of Ziann Goel - PYP 3)

Sending my 7-year-old to the advanced training swimming camp in Thailand was one of the best decisions we've made as parents. The camp was exceptionally well-organized, with every detail meticulously planned, ensuring a smooth and enriching experience for both the children and their parents.

The coaching team was outstanding, providing top-notch training that significantly enhanced my child's swimming skills. Over the course of the camp, Ziann witnessed remarkable improvements in his technique, endurance, and confidence in the water. The personalized attention and tailored training plans helped him overcome previous challenges and develop a love for the sport.

The Pathways teachers were equally commendable, taking great care of the children and ensuring they felt comfortable and supported throughout the camp. They not only focused on physical training but also on mental well-being, instilling a sense of discipline and teamwork among the young swimmers.

We are deeply grateful to the entire team for their dedication and hard work in fostering our child's growth as a swimmer. This experience has been invaluable, and we look forward to participating in future camps.

Anubha and Nitin (Parents of Viraj Chopra)

We wanted to drop a note of thanks for all the planning and dedication that went into organizing the swimming camp in Thailand. Viraj came back extremely happy and energized, having learnt great techniques from Mr. Paul and other coaches. For an 11-year-old to manage independently away from home, while also honing his swimming, is not easy without unwavering support from teachers like yourselves. Thank you for taking care of the kids and helping them become confident individuals!

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Neha & Saurabh **(Parents of Yuvika Sharma) MYP 1**

Dear Manish Sir & Kasturi Ma'am,

I wanted to drop a note for a HUGE THANK YOU for leading the Swimming Camp to Thailand in Jun'24. Congratulations to both of you for a successful camp. It was everything we imagined it to be, and then some more! Please also pass on our gratitude to Coach Paul Hardman - his efforts to mingle with the kids and to coach them are much appreciated. Yuvika misses him :)

I would also like to bring out some key highlights from my perspective as a parent (this is by no means exhaustive):

1. The planning and sharing of updates through the day was much appreciated - especially as we were sending kids alone for the first time on an international trip. It really made us feel like we were there, not missing anything! Thank you for sharing those!

2. The arrangements and special features on different days were superb! The cultural performance was mesmerizing (as we saw through the videos), the fire show was such a treat, the sight seeing day was such fun, as was the barbecue dinner :) There was always something to look forward to at the end of a hard workout.

3. The special focus on swimming skills was incredible! Yuvika has got back many notes on what all she needs to incorporate and bring into muscle memory. We look forward to the training translating into results in the coming months, through improved timings. Her shoulders already feel stronger from the intense camp drills!

Further, the triathlon sessions were especially fun! It brought a great break to the routine.

4. I would especially like to thank Manish Sir for taking extra time with Yuvika during meals. Ensuring she is getting sufficient nutrition, spending time sitting with her while she was still eating, when everyone else was done.

PS: Yuvika says that an ice cream is still due from Manish Sir! 😊

5. Lastly, keeping a check on their health and mood - that was most critical. Your experience in having done this before was evident! We appreciate the transparency in sharing the most minor of concerns with us (Pain in ankle during running, Constipation etc). We appreciate that you didn't hide this from us, thinking that we are so far away and will unnecessarily get worried. The trust that was built through such transparency is imperative! Thanks a lot.

It gave us a lot of comfort to know that Yuvika was in good hands. She learnt many life skills through the camp and we would certainly be keen to sign up for it again next year. Once again, thank you so much for going the extra mile in taking such good care of the kids.