



Coleman Stewart Swim Camp (CSSC)

Elite + Interactive



What is CSSC?

Every team has different goals, so I'll meet with your coaching staff to build your ideal camp. For reference, a typical camp for elite swimmers (age 12+) will include 2 x 3 hour sessions and cover underwaters, backstroke, butterfly, sprint freestyle, start technique, and some ideas to implement underwater kicking into everyday training. One or both of the sessions will include time to talk with the swimmers to share my story, with time for a Q&A. We'll also review some underwater footage of elite swimmers. For the younger swimmers, the camps typically include 1 x 3 hour session focused on underwater technique, one stroke plus a talk / Q&A session. Bonus: My current sponsors, including TYR, provide items & discounts that I give away during CSSC!

Note: I'm happy to accommodate virtual camps which include video footage analysis and QA sessions via video conference.



Why did I start CSSC?

I'm fortunate enough to travel around the world to compete professionally in the sport I've loved since before I could even put on a swimsuit by myself. One of my goals and passions as a professional swimmer is to spread love for the sport to the next generation. I founded CSSC because through the camps, I'm able to share the experiences and lessons I've gathered – the ups, the downs, and everything in between – throughout my journey to its current stage as a World Record Holder and National Team member. My unique experience and passion for this sport is what elevated me from Underdog to Wolf, and I'm passionate about sharing my learnings with others.



About My Career

During my 2+ decades of competitive swimming, I've trained with all types of swimmers and coaches. While coaching and hosting camps, I've worked with thousands of swimmers at different skill levels all over the world. Whether during training or teaching, my number one goal is to connect with people to relate my experiences and learn from others -- I'm always growing. This growth mindset led to some of my personal achievements: World Record - 100 SCM BK, 2X World University Games medalist, American record holder, and 2X NCAA Champion. While with NC State, I've worked closely with

head coach Braden Holloway to develop new, continually engaging ways to train at the highest level. I love to instill inspiration as I share these learnings and develop new ones during CSSC!



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