



SEIC / OFFICIAL PROGRAMME BROCHURE / 2026

Swim Elite International Camps

Yunnan High-Altitude Training
& International Competition Programme

Train Better. Compete Stronger.
Swim Beyond Borders.

YUNNAN, CHINA

APPROX. 1,900 M

TRAIN + COMPETE

ASIA-PACIFIC YOUTH SWIMMING LEAGUE

Representative training imagery



One pathway. Two phases.

A flexible international development experience for ambitious swimmers

THE SEIC EXPERIENCE

APYSL Swim Elite International Camps combine **structured high-altitude training in Yunnan** with **international competition experience**. Coaching, sports science, athlete living, cultural exchange and racing are brought together in one clear performance pathway.

01

TRAIN

High-altitude swim training

02

BUILD

Strength, conditioning and recovery

03

LEARN

Sports science and cultural exchange

04

RACE

International meet experience

Choose the format that fits

COMBINED PATHWAY

Training camp + competition

Preparation, focused training, racing and review in one complete journey.

Subject to intake availability and programme confirmation

STANDALONE PATHWAYS

Camp only or competition only

Select the experience that best matches athlete, family and club goals.

Subject to intake availability and programme confirmation



A focused environment for performance

Yunnan is a recognised high-altitude training destination, offering a disciplined setting for endurance preparation and athlete development.

Facility image supplied in the original programme material

~1,900 m

APPROXIMATE ALTITUDE

50 m

INDOOR RACING POOL

1 BASE

INTEGRATED ATHLETE SETTING

A recognised training destination

The region's high-altitude facilities have welcomed Chinese national and provincial swimming squads, teams from other endurance sports, international athletes and professional clubs, and junior development squads preparing for major competition.

WHY THE SETTING MATTERS

- A different training stimulus within a carefully managed programme
- A team environment designed around training, recovery and focus
- Close access to pool, gym, accommodation and athlete support

Individual responses to altitude vary. Participation requires appropriate assessment and supervision.



Train with purpose

Every session connects technique, conditioning, recovery and racing



TECHNIQUE

Stroke efficiency, starts, turns and race skills

ENDURANCE

Structured in-water work for aerobic foundations

STRENGTH

Dryland preparation that complements pool training

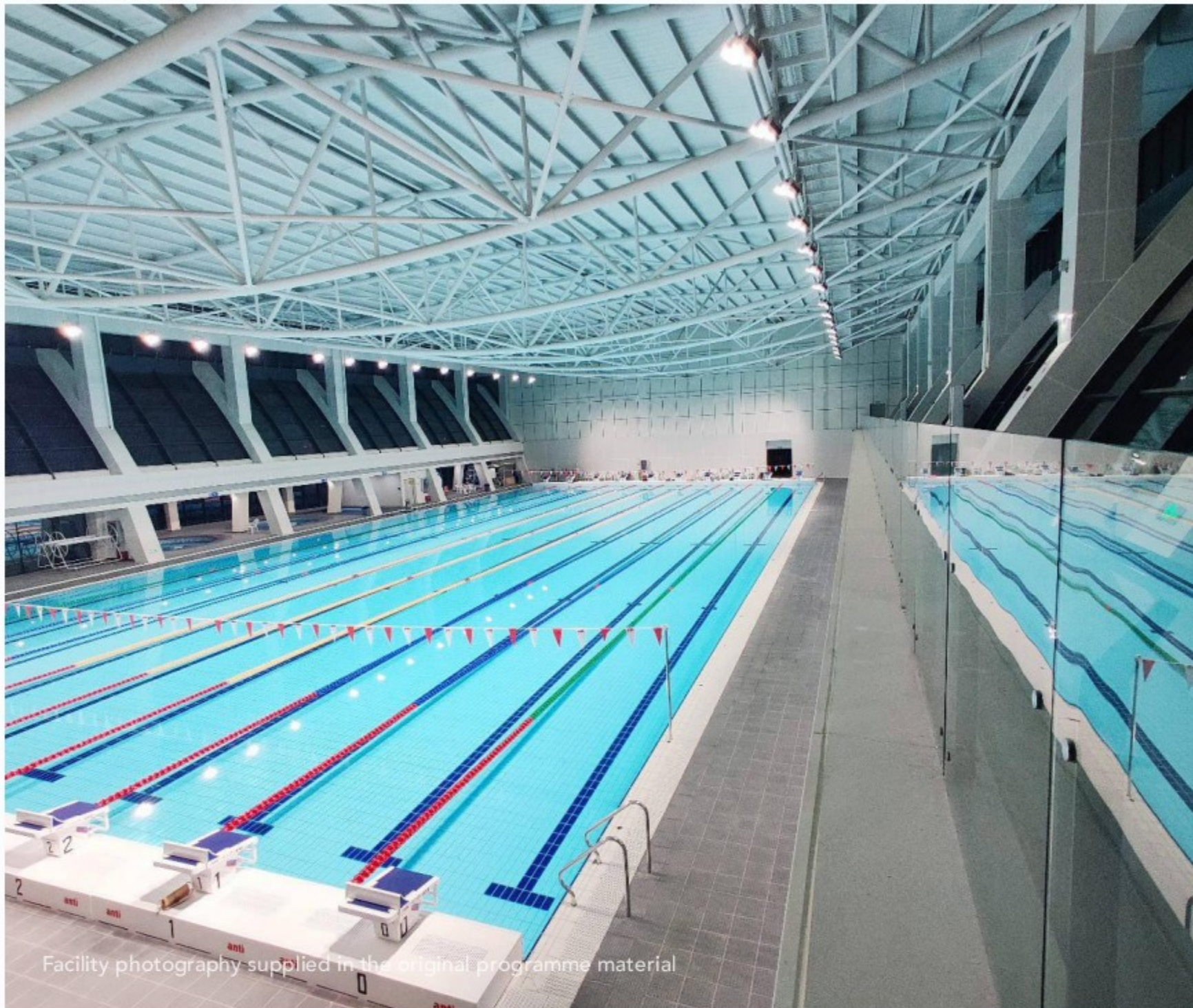
RECOVERY

Mobility, nutrition, rest and performance support

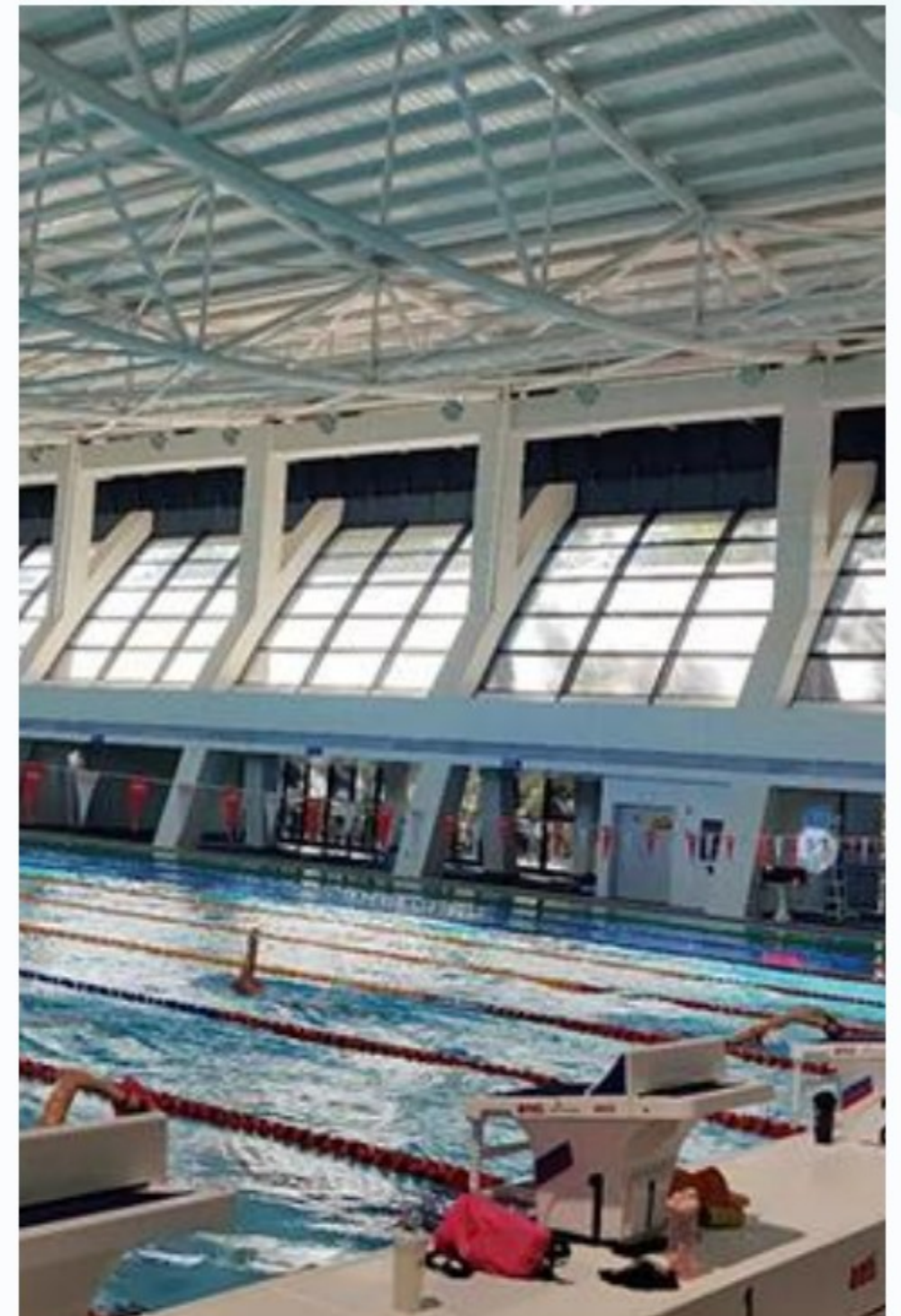


Built for focused swim training

A high-performance environment with the essentials close at hand



Facility photography supplied in the original programme material



POOL ENVIRONMENT

50-metre indoor pool

An Olympic-standard aquatic facility designed to support structured sessions, repeatable training quality and team operations.

HIGH-ALTITUDE SWIMMING TRAINING BASE

What athletes can expect

- Olympic-standard indoor swimming facilities
- A safe, structured and team-oriented atmosphere
- Athlete accommodation close to training venues
- Dedicated strength, mobility and recovery spaces
- Balanced sports nutrition for intensive training
- A concentrated environment with fewer distractions

Build the athlete

Strength and conditioning that supports swimming performance

Facility image supplied in the original programme material

CARDIOVASCULAR

Equipment for structured conditioning work

STRENGTH

Free weights and resistance machines

FUNCTIONAL

Movement, mobility and stretching zones

STABILITY

Core, balance and swimming-specific control

RECOVERY

Rehabilitation and athlete support space

INJURY PREVENTION

Sessions planned to complement pool loads



Live well. Recover well.

A safe, comfortable base for training, rest, study and team connection



Accommodation



Athlete dining

Accommodation

- Twin-share or multi-share athlete rooms
- Air-conditioned rooms with private bathrooms
- High-speed Wi-Fi and laundry facilities
- Meeting and study rooms
- 24-hour security and management
- Close proximity to training venues

Dining & nutrition

- Buffet breakfast, lunch and dinner
- High-protein meal options
- Fresh fruit and vegetables each day
- Carbohydrate-rich recovery meals
- Hydration stations
- Dietary requirements by prior request

ATHLETE-CENTRED LIVING

Meals are planned to support energy replenishment, recovery and athlete health, while the accommodation keeps swimmers close to their team and training environment.



Race internationally

Following the training phase, athletes can test their preparation in an APYSL international swim meet and gain meaningful racing experience across the Asia-Pacific region.

Representative competition imagery

THE MEET EXPERIENCE

- Official race conditions
- International competitors
- Professional meet procedures
- Electronic timing
- Awards ceremony
- Athlete networking opportunities

Why competition matters



VALIDATE

Evaluate training progress, race preparation and technical improvement.



EXPERIENCE

Learn how international meets operate and understand different racing environments.



CONFIDENCE

Build composure and independence while competing away from home.



CONNECT

Meet athletes and coaches from different swimming cultures.



From arrival to review

A simple programme flow that athletes and families can understand



A TYPICAL TRAINING DAY

Structured around performance and recovery

AM	Pool session Technique, endurance or race-specific work
MID-MORNING	Breakfast & recovery Nutrition, hydration and mobility
MIDDAY	Rest, study or education Recovery, sports science and study time
PM	Gym or second pool session Strength, conditioning or in-water progression
EVENING	Dinner & team review Recovery, briefing and preparation for tomorrow

Illustrative only. Coaches adjust the daily rhythm to athlete needs, programme phase and competition schedule.



09 / ATHLETE FIT & OUTCOMES

For swimmers ready to take the next step

WHO SHOULD ATTEND?

Age 12+

- Competitive club swimmers
- High-performance swimmers
- National and state-level athletes
- Junior performance swimmers
- Athletes preparing for national pathways

ATHLETE OUTCOMES

- Improved technical efficiency
- Stronger endurance foundations
- International racing experience
- Greater confidence and independence
- Understanding of high-performance preparation
- A stronger competitive mindset

THE DEVELOPMENT PATHWAY

TECHNICAL DEVELOPMENT

+

HIGH-ALTITUDE TRAINING

+

INTERNATIONAL COMPETITION

+

PERFORMANCE REVIEW & IMPROVEMENT

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Programme dates, eligibility, travel requirements and final inclusions are confirmed for each intake. Athlete suitability is assessed by coaches, and medical or travel clearance may be required.

Representative training imagery