



October 26, 2017

Congratulations to the following swimmers that have been selected to the Junior Butterfly Camp. This camp will be led by Swim Sask Provincial Coach Aaron Maszko with club coaches assisting. The goals of this camp are as follows:

- Improve athlete awareness of world class butterfly swimming characteristics & skills
- Improve athlete awareness of streamline, dolphin kick, open turn, & stroke skills
- Provide examples of progressive training sessions targeting butterfly development

Name	Age	Club
Brandon Nord	15	BKSC
Madison Higgs	13	BKSC
Jenna Weldon	14	FS
Kylie Rotheisler	12	FS
Landon Bouvier	14	FS
Sarah Tank	15	FS
Ana Penner	12	GOLD
Blake Tierney	15	GOLD
Brayden Hemeon	15	GOLD
Kylie Flynn	14	GOLD
Maclaren Burwell	15	GOLD
Ridley Burwell	12	GOLD
Shanna Tierney	13	GOLD
Taylor Hebert	15	GOLD
Bryce Baker	13	LASER
Fahren Baker	13	LASER
Raphael Munoz	13	LASER
Shantaya Arnold	13	LASER

Name	Age	Club
Austin Lin	14	MJKFF
Cadence Johns	13	MJKFF
Danael Liew	13	MJKFF
Mackalie Bates	15	PASS
Ben Bottrell	13	ROD
MacKenzie Clark	12	ROD
Marie-Eve Daschuk	13	ROD
Matthew Brough	13	ROD
Matthew Syrgiannis	14	ROD
Melissa Adelman	12	ROD
Michael McGillivray	14	ROD
Mitchell Brough	15	ROD
Mya Thompson	12	ROD
Noah Wagner	15	ROD
Olena Rashovich	12	ROD
Rebecca Dean	15	ROD
Samuel Wagner	13	ROD
Sloane Kerr	12	ROD
Griffin Duncalfe	13	SCB





To: Swim Saskatchewan Coaches

Date/Location: Sunday, November 19<sup>th</sup>, 2017 – Regina Lawson Sportsplex

Re: Swim Saskatchewan Junior Butterfly Camp

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### Athlete Selection:

- Target age range: Girls: 12-15 years old / Boys: 13-16 years old
- Maximum team size: 40 athletes
- All butterfly results from the 2016-2017 season are ranked
- All athletes within the age range with a 200 Fly LC Swim Sask “AA” will be considered
- If spots remain, all athletes within the age range with a 200 Fly SC “AA” QT will be considered
- If spots remain, all athletes within the age range with a 100 Fly LC “AA” QT will be considered
- If spots remain, all athletes within the age range with a 100 Fly SC “AA” QT will be considered
- If spots remain, coaches may consult with the Provincial Coach for additional athlete selection based on early/late maturity of athlete & 2017-2018 season results in butterfly

### Camp Improvement Goals:

- Improve athlete awareness of world class butterfly swimming characteristics & skills
- Improve athlete awareness of streamline, dolphin kick, open turn, & stroke skills
- Provide examples of progressive training sessions targeting butterfly development

### Team Sask Junior Butterfly Camp ID Clothing

- All athletes attending the camp will receive a Team Sask latex cap
- All coaches and athlete attending will receive a unique Team Sask camp t-shirt

### Required equipment/items for the camp:

- Water bottle
- Goggles/Suit/Towel (Swim Sask will be providing latex caps)
- Warm clothing & extra towel for between pool sessions
- Snorkel & Fins
- Specific nutritious snacks (Swim Sask will be provide basic snacks)





## Camp Itinerary:

### **Junior Butterfly Camp – Regina Lawson Sportsplex, Sunday November 19th, 2017**

13:45-14:00	Arrival and check-in, lobby classroom
14:00-14:15	Welcome, introductions, ice breaker
14:15-15:00	Biomechanics: “What does world class Fly look like”
15:00-15:15	Snack + prepare for pool session
15:15-15:30	Activation & Training session 1 introduction
15:30-16:45	Training session 1
16:45-17:00	Training session 1 debrief + snack, Training session 2 introduction
17:00-18:00	Training session 2
18:00-18:15	Training session 2 debrief and camp debrief
18:15-	Depart

