

# SWIM SASKATCHEWAN



**Better Lives  
Through Swimming**

## Swim Sask Junior Distance Camp January 4-6, 2018

Congratulations to the following swimmers that have been selected to the Swim Sask Junior Distance Camp. This camp will be led by Guest Coach Brad Dingey, High Performance Centre Victoria, NextGen Program and Swim Sask Coaches under the leadership of Aaron Maszko, Swim Sask Technical Coordinator.

Swimmer	Club	Swimmer	Club
Adelman, Melissa	ROD	Kerr, Sloane	ROD
Bottrell, Ben	ROD	Knudsen, Jordan	ROD
Brough, Matthew	ROD	Koch, Reese	MJKFF
Burwell, Ridley	GOLD	Kozak, Ella	YSSC
Cai, William	ROD	Krenbrink, Haydyn	ROD
Carleton, Jo	SCB	Lin, Austin	MJKFF
Daschuk, Marie-Eve	ROD	Magus, Sophia	GOLD
Duncalfe, Griffin	SCB	Mulatz, Stella	FS
Ewert, Evan	SCB	Nghiem, Andrew	GOLD
Ewert, Reid	SCB	Park, Elena	GOLD
Furmanic, Ana	GOLD	Ryan, Neve	GOLD
Granger, Caeli	GOLD	Sommerfeld, Reece	BKSC
Gurash, John	FS	Stewart, Benjamin	ROD
Harlos, Ava	ROD	Tierney, Blake	GOLD
Harvey, Olivia	MJKFF	Tierney, Shanna	GOLD
Heggstrom, Hannah	GOLD	Waldenberger, Kate	MJKFF
Higgs, Madison	BKSC	Zhang, Tony	GOLD
Johns, Cadence	MJKFF		
Johns, Chloe	MJKFF		

SUPPORTED BY:



# Swim Sask Junior Distance Camp January 4-6, 2018

Shaw Centre, Saskatoon



## Athlete Selection

- Target age range: Target age range: Girls YOB: 2003 to 2006 / Boys YOB: 2002 to 2005
- Maximum team size: 40 athletes (ideally 20 girls & 20 boys)
- All LCM results in 400m, 800m, and 1500 Freestyle as well as 400m IM performed in March/April 2018, as well as July/August 2018 will be collected and sorted by distance for primary selection
- All LCM & SCM results in 400m, 800m, and 1500 Freestyle as well as 400m IM performed in January 2018 to December 2018 will be collected and sorted by distance for secondary selection
- All athletes with 3+ “AA” qualifying times from the months of March-April, July-August of 2018 will be selected first, and then all athletes with 2 “AA” qualifying times from these months
- If spots remain, all athletes with 3+ “AA” qualifying times from January to December of 2018, either LCM or SCM will be selected, and then all athletes with 2 “AA” qualifying times from 2018
- If spots remain, coaches may consult with the Swim Sask Technical Coordinator for additional athlete selection based on early/late maturity of athlete.

## Camp Attendance Requirements:

- All athletes that attend the camp will need to have been in full training up to December 22<sup>nd</sup> and resumed full training between December 27<sup>th</sup> and January 4<sup>th</sup> (a short 1- or 2-day break around New Year’s is okay).

## Camp Improvement Goals

- Improve athlete & coach awareness of world class Freestyle swimming characteristics & skills
- Improve athlete & coach awareness of streamline, dolphin kick, flip turn, & stroke skills
- Improve athlete & coach awareness of pacing strategies for training and racing
- Provide examples of progressive training sessions targeting distance freestyle 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





## Camp Itinerary

TIME	Friday, January 4, 2019	Saturday, January 5, 2019	Sunday, January 6, 2019
6:00		Breakfast + Walk to Pool	Breakfast + Walk to Pool
6:30			
7:00		Session 2 Briefing	Session 4 Briefing
7:30			
8:00			
8:30		Pool Session 2	Pool Session 4
9:00			
9:30			
10:00		Post Pool Debrief	Post Pool Debrief
10:30		Lunch	Lunch
11:00		Depart for Hotel	Athlete/Coach Pick Up
11:30			
12:00	Travel to Saskatoon Drop-off baggage at Blairmore Hotel Arrive at Shaw Centre	Athletes: Rest & Recovery Coach: Rest & Recovery	Athlete/Coach Baggage from hotel & departure
12:30			
13:00		Post Lunch-Pre-Pool Snack	
13:30		Walk to Pool	
14:00	Welcome & Introductions	Session 3 Briefing	
14:30	Session 1 Briefing		
15:00			
15:30	Pool Session 1	Pool Session 3	
16:00			
16:30			
17:00	Post Pool Debrief	Post Pool Debrief	
17:30	Dinner at Shaw	Dinner at Shaw	
18:00	Depart for Hotel	Depart for Hotel	
18:30	Coaches meeting	Coaches meeting	
19:00	Designing a Workout	Progressive Training	
19:30	Athletes: Social time	Athletes: Social time	
20:00	Athletes: Own Room	Athletes: Own Room	
20:30	Coaches: Social time	Coaches: Social time	
21:00	Lights out	Lights out	

**All athletes are expected to participate in all sessions of the camp. There are no optional sessions.  
Please be aware of all arrival and departure times.**

## Required equipment/items for the camp

- All athletes will be expected to wear a Team Sask training cap if they chose to wear a cap
- Typical training attire (bathing suits, goggles, towels, deck clothing & shoes)
- Equipment: two water bottles, pull buoy, fins, snorkel, small paddles, ankle band
- Additional equipment as needed: physiotherapy tape, exercise cords, etc

