

SWIM SASKATCHEWAN



**Better Lives
Through Swimming**

SUPPORTED BY:



Swim Sask Junior Butterfly Camp November 17, 2018

Congratulations to the following swimmers that have been selected to the Swim Sask Junior Butterfly Camp. These camps are led by Swim Sask Coaches under the leadership of Aaron Maszko, Technical Coordinator.

<u>Swimmer</u>	<u>F/M</u>	<u>Club</u>
Burwell, Ridley	F	GOLD
Daschuk, Marie-Eve	F	ROD
Furmanic, Ana	F	GOLD
Harvey, Olivia	F	MJKFF
Higgs, Madison	F	BKSC
Johns, Cadence	F	MJKFF
Mulatz, Stella	F	FS
Park, Elena	F	GOLD
Rotheisler, Kylie	F	FS
Bottrell, Ben	M	ROD
Bouvier, Landon	M	FS
Brough, Matthew	M	ROD
Duncalfe, Griffin	M	SCB
Hemeon, Ethan	M	GOLD
Tierney, Blake	M	GOLD
Wagner, Samuel	M	ROD



Junior Butterfly Camp November 17, 2018

Moose Jaw Kinsmen Sportsplex

Athlete Selection

- Target age range: Girls YOB: 2003 to 2006 / Boys YOB: 2002 to 2005
 - Maximum team size: 20 athletes (ideally 10 Girls, 10 Boys)
 - All LCM 100m & 200m butterfly results from 2018 will be ranked and added together for each athlete
 - Only summed results that meet the Saskatchewan “AA” standards in the 100 & 200 Fly when summed will be considered (athlete times added up must be less than the AA standards added together)
1. Athletes will be selected in rank order based on their 100 & 200m summed results from the 2 peak performance windows of March-April and July-August up to a maximum of 10 spots per gender.
 2. If spots remain available, then athletes will be selected in rank order based on their 100 & 200m summed results from the 2018 season.
 3. If spots remain available, then those spots may be filled by those athletes not already selected to the team from the opposite gender, up to a total team size of 20 athletes
 4. If spots remain available, then these spots may be filled by the Swim Saskatchewan Technical Coordinator by application from the home coach, provided the athlete has a recorded result in the 100 and 200m butterfly during the 2018 LCM season

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
- Assess butterfly efficiency and provide periodic efficiency test



Swim Saskatchewan – 2205 Victoria Ave, Regina, Saskatchewan, S4P 0S4 – 306-780-9291 -
www.swimsask.ca

SUPPORTED BY:





Junior Butterfly Camp Itinerary

14:00-14:15	Arrival and Check-in, lobby classroom
14:15-14:30	Welcome, Introductions, Ice Breaker
14:30-15:30	Butterfly Biomechanics Workshop & Snack
15:30-16:00	Activation & Pool Set-up
16:00-19:00	Training Sessions, Break & Snack
19:00	Debrief & Depart

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
- Warm clothing and extra towel for between pool sessions
- Snorkel and Fins
- Goggles/Suit/Towel (Swim Sask will provide latex caps)
- Specific Nutritious snack (Swim Sask will provide basic snacks)

