

SWIM SASKATCHEWAN



To: Swim Saskatchewan Junior Coaches
Location: Shaw Centre - Saskatoon
Re: Swim Saskatchewan Junior Camp – December 20 to 22, 2019

Purpose:

- To bring the top Junior Saskatchewan swimmers from around the province together to work on advancing training and racing skills in a challenging training environment, and provide a foundation of sport science education to athletes, coaches, and parents.

Athlete Selection:

- Girls born in 2004, or later, boys born in 2003 or later
- All athlete's 2019 LC results will be ranked using [Swim Saskatchewan's On Track Age Calculator](#).
- The athletes average score will be used, and both girls and boys together.
- The top 30 athletes will be selected in rank order regardless of gender.
- In the event that a spot is declined, the next athlete in line may be contacted. Swim Saskatchewan reserves the right to invite less than 30 athletes.

Note: The number of events the athlete's points is measured on is age dependent. If an athlete is 14 & under or 15 & under for girls and boys respectively, then three events are averaged. If the athlete is a 15-year-old girl, or 16-year-old boy, 2 events are averaged.

Athlete Attendance Requirements:

- Coaches will be contacted in October 2019 to confirm qualified athlete attendance and if the coach of record would like the athlete to take part in the camp.
- Swim Saskatchewan will then be in contact with the athlete's family to notify each family of the selection and the camp details
- All attending athletes will need to complete their online **2019-2020 Swim Sask Team Selection/Athlete Agreement form by October 28th, 2019**, found here: <https://form.jotform.com/92346185058260>
- There will be an assessment fee per swimmer to offset camp expenses. Please submit payment to "Swim Saskatchewan Inc", 2205 Victoria Avenue, Regina, S4P 0S4, or through electronic transfer to office@swimsask.ca by **October 28th, 2019**.
 - For those who live in Saskatoon, or those that do not wish to stay with Team Sask, the camp fee will be \$75.00.
 - For those who live outside of Saskatoon and would like to stay with Team Sask, the camp fee will be \$150.00.
- If, for whatever reason, a selected swimmer would like to decline their selection, please notify Marj Walton as soon as possible, at marjwalton@swimsask.ca so that we can select the next athlete in line.

Coaching Staff and Team Manager Selection and Requirements:

- All attending coaches will need to complete their online **2019-2020 Swim Sask Team Selection/Athlete Agreement form by October 28th, 2019**, found here: <https://form.jotform.com/92346185058260>
- At least one coach from each club with swimmers participating in the camp is asked to be present and willing to assist. Please confirm coach attendance via the above Jot Form link.
- Attending coaches will earn Coaching Association of Canada PD Points, and will be assigned coaching responsibilities throughout the camp.
- Attending coaches will also have the opportunity for post pool meetings and discussion with the invited Lead Coach.





Meals and Accommodations:

- Those staying with Team Sask will be at the Best Western Blairmore and walking from the hotel to the pool and vice versa, Friday afternoon to Sunday morning (dress appropriately)
- All swimmers will have lunch and dinner together Friday through Sunday at the Shaw Centre
- All snacks will be provided for the athletes throughout the camp. Athletes that wish for specific snacks should pack them in advance.
- Those not staying with Team Sask need to review the below itinerary for athlete pick up and drop off times.

Travel:

- All athletes will be responsible for getting themselves to the Shaw Centre in Saskatoon
- Each coach will be made aware of all athletes selected for the camp from their club. Those looking to car pool should contact their coach for their club list.
- All those who live in Saskatoon or are not staying with the team will be responsible for all of their own travel throughout the weekend.
- Those staying with the team will be dropped off and picked up from the Shaw Centre pool. Athletes will walk to the hotel and back again.

Camp Improvement Goals:

- Athletes will have the opportunity to develop both specific technical skills in their favourite events, as well as fundamental skills for a wide range of events and strokes.
- Nutrition Skills: Athletes will learn how to safely prepare and their own meals and snacks by a Registered Dietitian.

Required equipment/items for the camp:

- Water bottle(s)
- Warm clothing for classroom sessions / on deck activation
- Goggles/Suit/Towel (Swim Sask will be providing latex caps)
- Pull buoy, fins, snorkel, small paddles, ankle band
- Additional equipment as needed: physiotherapy tape, exercise cords, etc.

For those NOT staying with Team Sask:

- Please see the below itinerary for full schedule of events
- All athletes will be having lunch and dinner together to facilitate team bonding
- There is a brief break on Saturday between the classroom session and the second pool sessions. Athletes may travel with those staying at the hotel and rest there, or athletes may be picked up and taken home.

Junior Camp Lead Coach:

- [Coach Tina Hoeben of KISU Swim Club and Swimming Canada's Select Coaches Program](#) will be the lead coach for this camp
- Coach Tina will work with Technical Coordinator Aaron Maszko on the content and design of the camp





Junior Camp Itinerary:

TIME	Friday, Dec 20, 2019	Saturday, Dec 21, 2019	Sunday, Dec 22, 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	Parent Education Session: Shopping for your athlete: from 3:00-4:00pm after drop-off	Pool Session 2	Pool Session 4
8:30			
9:00			
9:30		Post Pool Debrief	Post Pool Debrief Lunch Athlete/Coach Pick Up
10:00			
10:30			Nutrition Session: Preparing your own meals & snacks
11:00			
11:30	Self-made Lunch Walk to the hotel		
12:00			
12:30	Travel to Saskatoon Drop-off baggage at Blairmore Hotel Arrive at Shaw Centre	Rest & Recovery Snack	
13:00			
13:30		Walk to the Pool	
14:00			
14:30	Welcome & Introductions Session 1 briefing	Session 3 Briefing	
15:00			
15:30	Pool Session 1	Pool Session 3	
16:00			
16:30			
17:00			
17:30	Post Pool Debrief Dinner at Shaw Depart for Hotel	Post Pool Debrief Dinner at Shaw Depart for Hotel	
18:00			
18:30			
19:00	Coaches meeting Athletes: Social time	Coaches meeting Athletes: Social time	
19:30			
20:00			
20:30	Athletes: Own Room	Athletes: Own Room	
21:00			
21:30	Lights out	Lights out	
22:00			

