



October 18, 2017

Congratulations to the following swimmers that have been selected to either the North or South Youth Camp. These camps are led by Swim Sask Provincial Coach Aaron Maszko with club coaches assisting. The goals of the camp are as follows: Improve athlete awareness of world class swimming skills & technique, improve athlete awareness of streamline, dolphin kick, open turn, flip turn technique and improve nutritional habits while competing on the road.

| North Camp | |
|--------------------|-------|
| JOHNSON, Elizabeth | BKSC |
| SOMMERFELD, Reece | BKSC |
| BROTEN, Mikaela | GOLD |
| BURWELL, Ridley | GOLD |
| CADERMA, Chloe | GOLD |
| CLARK, Alyssa | GOLD |
| EARL, Natalie | GOLD |
| HAHN, Rachel | GOLD |
| KELLN, Lucas | GOLD |
| MAGUS, Sophia | GOLD |
| MAMER, Jacob | GOLD |
| MOURRE, Rebeka | GOLD |
| NGHIEM, Andrew | GOLD |
| NORMAN, Ava | GOLD |
| OLSZYNSKI, Mateya | GOLD |
| PARK, Elena | GOLD |
| PENNER, Ana | GOLD |
| RYAN, Neve | GOLD |
| VONG, Nathan | GOLD |
| WILDE, Dayanara | GOLD |
| WULFF, Ana | GOLD |
| ZHANG, Kevin | GOLD |
| ZHANG, Tony | GOLD |
| DECK, Keianna | LASER |
| DIAZ, Zadie | LASER |
| DUECK, Bria | LASER |
| KOPP, Kathleen | LASER |
| MACHIN-BRUA, Kade | LASER |
| OLORENSHAW, Jill | LASER |
| PEACE, Samantha | LASER |
| PEACE, Sydney | LASER |
| RIFFEL, Evan | LASER |
| WEILAND, Avery | LASER |
| YUZDEPSKI, Nicklas | LASER |
| Shakotko, Ayla | MRSC |
| URPHY, Liam | PASS |

| South Camp | |
|---------------------|-------|
| BOUVIER, Maren | FS |
| DOUVILLE, Ava | FS |
| KOVACS, Aliz | FS |
| LAWRENCE, Elizabeth | FS |
| LEWIS, Marin | FS |
| WARAWA, Grace | FS |
| JOHNS, Chloe | MJKFF |
| LIEW, Danael | MJKFF |
| BOTTRELL, Ben | ROD |
| CAI, William | ROD |
| CLARK, Mackenzie | ROD |
| DICKINSON, Jada | ROD |
| FLUTER, Katelyn | ROD |
| HARLOS, Ava | ROD |
| KERR, Sloane | ROD |
| KRENBRINK, Haydyn | ROD |
| MANZON, Samantha | ROD |
| MCLEOD, Sophie | ROD |
| MESSIER, Nolan | ROD |
| MUFTAH, Arkum | ROD |
| RONDEAU, Anna | ROD |
| STEWART, Benjamin | ROD |
| THOMPSON, Mya | ROD |
| WAGNER, Samuel | ROD |
| ZHU, Michael | ROD |
| CARLETON, Jo | SCB |
| DUNCALFE, Griffin | SCB |
| EWERT, Evan | SCB |
| EWERT, Reid | SCB |
| POTTER, Lucas | SCB |
| SLETTEN, Leah | SCB |
| BULYCH, Anna | YSSC |
| BULYCH, Matlyn | YSSC |
| KOLMAN, Sarah | YSSC |
| KOZAK, Ella | YSSC |
| KUCHERHA, Ostap | YSSC |





To: Swim Saskatchewan Youth Coaches

Date/Location: North Teams – Saturday, October 28th, 2017 – Saskatoon Shaw Centre
South Teams – Sunday October 29th, 2017 – Regina Lawson Sportsplex

Re: Swim Saskatchewan Youth Camp

South Teams: FS / MJKFF / ROD / RYMM / SCB / YSSC
North Teams: BKSC / MRSC / PASS / GOLD / LASER

Athlete Selection:

- Girls born in 2005 or later, boys born in 2004 or later
- The sum of an athlete's 2017 LC times in the 200m Free and 200m IM will be ranked.
- The top 40 ranked swimmers in the North, and top 40 ranked swimmers in the South will then be selected to participate in the camp.
- In the event that the above selection points do not fill the 40 available spaces, then those athletes that did not swim one of the two 200m events will have their time converted from SC results (2%)
- These athletes will then be added to the selection rankings until a maximum team size of 40 is reached

Camp Improvement Goals:

- Athlete: Improve athlete awareness of world class swimming skills & technique
- Athlete: Improve athlete awareness of streamline, dolphin kick, open turn, flip turn technique
- Parent & Athlete: Improve nutritional habits while competing on the road.

Required equipment/items for the camp:

- Athletes will be expected to bring their own nutritious lunch and snacks
- Water bottle
- Warm clothing for classroom sessions
- Goggles/Suit/Towel (Swim Sask will be providing latex caps)

Camp Itinerary:

North Camp – Saskatoon Shaw Centre, Saturday October 28th, 2017
South Camp – Regina Lawson Sportsplex, Sunday October 29th, 2017

| | |
|-------------|--|
| 8:45-9:00 | Arrival and check-in, lobby classroom |
| 9:00-9:15 | Welcome, introductions, ice breaker |
| 9:15-10:00 | Biomechanics: "What does good swimming look like" |
| 10:00-10:30 | Snack + prepare for pool session |
| 10:30-12:30 | Pool session: Streamline / Turns / Dolphin Kick |
| 12:30-13:30 | Prepare for classroom session + lunch |
| 13:30-15:00 | Nutrition Session: For <u>Parents and Athletes</u> |
| 15:00- | Debrief and depart |

