

Training Camp schedule			
Stream	Development	Provincial	Performance
Focus	Strong Emphasis on skill development Progressively refine swimming skills - strokes, turns starts underwater skills Introduction to basic racing principals: pacing strategies, splitting goals etc.	Further develop and mastery of swimming specific skills. Aerobic system development. Maintenance and consolidation of skill speed and flexibility Introduction of mental skills	Refinement of Sport Specific Skills Advanced physical technical and tactical skills
Target group	Learn to Train	Train to train	Train to compete
Camps	Premier Division Fall Camp Premier Division Winter Camp	Provincial Fall Camp Provincial Spring Camp	Winter and Spring training centers Montreal / Toronto
Camp eligibility	Male 11- DOB 2002 12- DOB 2001 13- DOB 2000 Female 10- DOB 2003, 11 - DOB 2002 12 - DOB 2001 Athletes who qualify for provincial camp are not eligible for development camps	Male and Female 12 yrs. and over (DOB 2001 or earlier) Registered Varsity swimmers are not eligible for provincial camp.	Male and Female 14 yrs. and over (DOB 1999 or earlier)
Camp selection	Top three from each zone in the SNC power ranking during qualifying period.	Fall camp: Top ten Open Long course (previous season) Spring Camp: Top ten Open Short course (current season)	Eastern National qualifying standard

Camp format	Fall and Winter development camps held in each of the three premier zones (North , Central, South)	Provincial wide camps - one Location Day camps and Inter provincial camp and meet.	Training camp will be arranged in consultation with head coach and National training center coach. Expected time is Christmas and March break.
Suggested skills	<ul style="list-style-type: none"> *Kick-variety of body position, with/without board, variety of styles *streamlines(front or back) * turns-approach and speed *Body position *Timing in strokes(also breathing) *Sculling-variety of positions * Underwater kicking skills 	<ul style="list-style-type: none"> *IM training/sets *Turns(speed, rotation, distance) *Stroke stability-core power *Stroke analysis *Dives and relay takeovers 	As needed to further develop individual swimmer's skills