



HP & BOOT& CG#3 CAMP Provincial camp
Saint John NB

HP camp - Thursday January 5 - Sunday January 8 2016

Boot camp - Friday January 6 - Sunday January 8 2016

Location: Canada Games Aquatic Center, Saint John NB

Registration fee: \$250 - invoiced to clubs as per camp refund policy

Selection Criteria:

High Performance camp - Mandatory camp for High Performance swimmers.

Boot& CG#3 camp selection criteria

- Thirty Male Thirty Female
 - 30 spots from Eligible Canada Games swimmers: Male YOB 2001-2004 Female YOB 2002-2005 Selected from the 2016-2017 combined Short course top 15 list. Para: S1-S14 must be between 13-25 and meet 2017 Canada Games eligibility requirements.
 - Remaining 30 spots from top 40 male and female ranked by FINA from all events from the 2016-2017 (current season). Swimmers whose name appears on the selection list may make application to the camp. Acceptance to the camp will be on a first received, first accepted basis.
 - De-qualification: Registered Varsity swimmers are not eligible for the Provincial camps
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Important Dates

Dec 07 2016 List of swimmers qualifying for the camp will be posted to the website.

Dec 16 2016 Deadline for registration forms, **must include the name of attending coach**

Dec 21 2016 Withdrawal deadline- see camp refund policy.

***One coach from every attending club must attend and be named on the registration forms**

Schedule

| | Time | Jan HP camp | Location/Lanes required |
|------|------------------------|--|---|
| | Thursday Jan 05 | HP swimmers only ; 9 swimmers | |
| | 1:00-2:00pm | HP athletes check in | Hilton Hotel lobby |
| | 2:00-4:00pm | classroom w Aaron Maszko testing data | Kennebecasis room , Hilton |
| 2 hr | 4:30 - 6:30 pm | LC pool session | 2 LC lanes |
| | 8:00 - 9:00 | team meeting | Chaperone room |
| | | | |
| | Friday Jan 06 | | |
| 2 hr | 6:00am - 8:30 am | LC Pool session | 2 LC lanes |
| 1 hr | 11:00am - 12:00pm | Dry land session Yoga with Vanessa Duncan Mindfulness, stretching <u>Coaches encouraged to attend</u> | Whole multipurpose room |
| | 12:00 -12:30- | Lunch | Chaperone room |
| | 12:30- 2:30 | Classroom session - Aaron Maszko Video de-brief | Kennebecasis room, Hilton |
| | | Boot Camp and CG#3 Boot camp swimmers arrive total 40 swimmers | |
| | 3:00-4:00pm | Boot and CG#3 camp athlete check in | Hilton Hotel lobby |
| 2 hr | 4:30 - pm - 6:30 pm | LC Pool session | competition pool (whole pool) |
| | 7:00pm- | Dinner | Chaperone room |
| | | | |
| | Saturday Jan 7 | | |
| | 6:00am - 8:30 am | LC Pool session | 4-6 LC lanes |
| | 11:00am - 12:00pm | Dry land session Yoga with Vanessa Duncan Swimmers <u>Coaches Q& A with Aaron Maszko</u> | Yoga -Whole multipurpose room CGAC meeting room. |
| | 12:00 -12:30- | Lunch | Chaperone room |
| | 12:30- 2:30 | Classroom session with Nutritionist | Kennebecasis room, Hilton |
| 2 hr | 4:30 - pm - 6:30 pm | LC Pool session combined session with Boot & CG#3 and HP swimmers with Aaron Maszko | competition pool (whole pool) |

| | | | |
|--|-----------------|-----------------------|--|
| | 7:00pm- | Dinner | Chaperone room |
| | | | |
| | Sunday Jan 8 | | |
| | 8:30 - 10:30 am | LC Pool session | 4 LC lanes |
| | 10:30-11:00 am | Wrap up - Marta Belsh | CGAC |
| | 11:00 AM | swimmer pick up | Pick up swimmers at Canada Games aquatic center. |

This will be a parent supported camp. Swimmers are responsible for their travel to and from the camp. Registration fee includes: 8 hours pool time, 2 hours dryland training, 2 hour classroom, hotel accommodations for Jan 6 and 7. Dinner on Friday & Breakfast, Lunch and Supper on Saturday, Breakfast on Sunday.

Registration fee \$250.00 Registration fee will be invoiced to clubs based on the registration as of the withdrawal deadline December 21 2016.

Please send completed registration forms with registration fee cheque to the Swimming New Brunswick office by the December 16 2016 deadline.

Registration form follows:



HP & BOOT CAMP & CG#3 Provincial camp

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Registration Form

Swimmer Name

Swimmer email

Club

Age and Date of Birth

Medicare #

Allergies

medications

Parent email

Parent phone/cell

Club coach who will be attending the camp * at least one coach from every attending club must accompany their swimmers. A COACH MUST BE LISTED FOR THE REGISTRATION FORM TO BE COMPLETE

Coach Name :

Photo Release:

I hereby grant to Swimming New Brunswick the right to photograph my dependent while participating at the Provincial Fall Camp and use the photo and or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication purposes in newspapers, website or newsletter. I recognize, nevertheless, that I can, at any time, ask Swimming New Brunswick to withdraw these consents

YES

NO

Parent/Guardian Signature:

Date: _____

Please mail/email /Fax the registration form and to:

Swimming New Brunswick
900 Hanwell Rd Suite 13
Fredericton NB E3B 6A2
Fax 506 451 1325
Email/Courriel : swimnb@nb.aibn.com

Deadline for receipt of registration form is December 16 2016.

Withdrawal deadline is December 21 2016