

camp schedule for September 2016- August 2017 - Tentative schedule; dates, times and fees to be confirmed.

## Pre Trial camps

### October 2016

#### **Canada Games camp #1 & HP camp #1 skills camp - Short course , 8 lane pool**

High Performance camp October training session -  
Mandatory for HP swimmers

Canada Games Camp #1 selection criteria

20 Females DOB 2000 and later

20 Males DOB 2001 and later

Selected from top twenty rankings from all individual events from the SC& LC 2015-2016 season

Schedule

3 hours SC pool time HP and CG separate

1 hour classroom HP and CG will rotate classroom and dryland sessions.

1 hour dryland

### December 2016

#### **High performance camp Thursday - Sunday with Tom Rushton - Long course Saint John CGAC**

##### **Registration fee \$375?**

Mandatory for HP swimmers

Thursday December 2016

7:00pm - 8:00PM Check in at the Hilton Hotel

8:00PM Team meeting

Friday December 2016

8:00 - 10:00 AM LCM Pool session CGAC

11:00 AM - 1:30 PM Classroom and Lunch Shark room

1:30 PM - 2:30 PM Dryland yoga with Vanessa Duncan MPR

3:00PM - 5:00PM SCM Pool Session CGAC

Saturday December 2016

8:00 - 10:00 AM LCM Pool session CGAC

12:00 PM - 2:30 PM Lunch and Classroom Shark room

3:00 PM - 4:00 PM Dryland yoga with Vanessa Duncan MPR

4:15 PM - 6:15 PM SCM Pool session CGAC

7:00 PM - 8:30 PM VIP dinner with Athletes Kings county room

Sunday December 2016

9:00 AM - 11:00 AM LCM Pool session CGAC

11:30 AM - 1:15 PM Lunch and classroom Sharp room

3:00 PM - 4:00 PM dryland yoga with Vanessa Duncan MPR

4:15 PM - 6:15 PM SCM pool session CGAC

6:30 PM Swimmer pick up

### **Canada Games Camp #2 - Long course CGAC as part of the HP camp**

#### **Registration fee \$ 40?**

Either Saturday or Sunday LC with HP camp

Selection criteria:

20 Females DOB 2000 and later

20 Males DOB 2001 and later

Selected from top twenty rankings from all individual events from the SC& LC 2015-2016 season

Schedule

9:00 AM - 11:00 AM LCM Pool session CGAC

11:30 AM - 1:15 PM Lunch and classroom Sharp room

3:00 PM - 4:00 PM dryland yoga with Vanessa Duncan MPR

4:15 PM - 6:15 PM SCM pool session CGAC

6:30 PM Swimmer pick up

Will try to have separate dryland and classroom sessions for HP and CG.

## **January 2017**

### **Boot camp**

#### **High performance January training camp Friday - Sunday**

#### **Registration fee \$230**

Mandatory for HP swimmers.

Friday January

8:00pm athlete drop off Hilton Saint John

8:00 - 9:00 team meeting

Saturday Jan

6:00am - 8:30 am LC Pool session X LC lanes

9:00 am - 12:00pm Dry land session Whole multipurpose room

12:30- 2:30 Lunch and classroom Kennebecasis room Hilton

4:30 - pm - 6:30 pm LC Pool session competition pool ( whole pool)

7:00pm-8:30pm Team Dinner tba

Sunday Jan

8:30 - 10:30 am LC Pool session LC lanes

11:00 AM swimmer pick up

**Canada Games #3 - Long course at CGAC as part of the High performance January training camp  
Registration fee \$40**

Selection criteria:

20 Females DOB 2000 and later

20 Males DOB 2001 and later

Selected from top twenty rankings from all individual events from the SC& LC 2015-2016 season

Schedule: Saturday with HP swimmers

6:00am - 8:30 am LC Pool session X LC lanes

9:00 am - 12:00pm Dry land session Whole multipurpose room

12:30- 2:30 Lunch and classroom Kennebecasis room Hilton

4:30 - pm - 6:30 pm LC Pool session competition pool ( whole pool)

## March 2017

**Canada Games camp #4 Short course 8 lane pool**

Registration fee \$40?

March Break camp for CG potential swimmers only

Selection criteria:

20 Females DOB 2000 and later

20 Males DOB 2001 and later

Selected from top twenty rankings from all individual events from the 2016- 2017( current) season

Schedule

2 hr LC Pool session

1 hr Dry land session

12:30- 2:30 Lunch and classroom

2hr LC Pool session

## Post-Trial camps

No registration fees

Parent /club will be reimbursed for transportation to camp

## June 2017

**June camp #5 - Two weeks following trials - Short course**

Schedule:

2 hr LC Pool session

1 hr Dry land session

12:30- 2:30 Lunch and classroom

2hr LC Pool session

**June camp #6 - four weeks following trials. Monday following with the Summer cup. To include open water swimming Long course CGAC**

Sunday Hotel stay

Monday

Open water in am for open water swimmers

2 hrs pool LC

Classroom

2 hrs pool LC

## July 2017

### **July camp #7 - six weeks following trials Long course CGAC**

Schedule

2 hr pool session

Hotel stay

2 hr LC Pool session

1 hr Dry land session

12:30- 2:30 Lunch and classroom

2hr LC Pool session

### **July camp #8 - eight weeks following trials Long course CGAC**

Schedule

2 hr pool session

Hotel stay

2 hr LC Pool session

1 hr Dry land session

12:30- 2:30 Lunch and classroom

2hr LC Pool session