

SWIM SASKATCHEWAN



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Swim Sask Youth Camps October 27 & 28, 2018

Congratulations to the following swimmers that have been selected to either the North or South Youth Camp. These camps are led by Swim Sask Coaches under the leadership of Aaron Maszko, Technical Coordinator.

NORTH CAMP - SAT OCT 27

BENNING, Sami	F	GOLD
BENNING, Zoe	F	GOLD
BERG, Halley	F	LASER
BOTH, Amelia	F	YSSC
CHANG, Lauren	F	GOLD
DIAZ, Zadie	F	LASER
DRAGER, Ava	F	MRSC
FORTIER, Abby	F	GOLD
GENEST, Ian	M	GOLD
HELGASON, Ava	F	PASS
HOFER, Daniel	M	GOLD
KELLN, Lucas	M	GOLD
LEES, Holden	M	GOLD
LYLE, Merieliss	F	GOLD
MAGUS, Isabel	F	GOLD
MAMER, Jacob	M	GOLD
MILDENBERGER, Milayna	F	GOLD
MULLIGAN, Molly	F	GOLD
MURPHY, Liam	M	PASS
NGHIEM, Andrew	M	GOLD
NORMAN, Ava	F	GOLD
PEACE, Samantha	F	LASER
PENG, Hancheng	M	GOLD
REIBER, Kate	F	GOLD
SMITH, Rhett	M	GOLD
SOMMERFELD, Reece	F	BKSC
WIBERG, Luthar	M	PASS
ZHANG, Tony	M	GOLD

CLUB

SOUTH CAMP - SUN OCT 28

<u>CLUB</u>	<u>CLUB</u>	
ANDERSON, Sadie	F	ROD
ARNOTT, Makaya	F	MJKFF
BIRNIE, Brooke	F	FS
BULYCH, Anna	F	YSSC
DICKINSON, Jada	F	ROD
DOUVILLE, Ava	F	FS
DUNCALFE, Amryne	F	SCB
GDANSKI, Madison	F	ROD
GOTTSELIG, Isabelle	F	SCB
GROSS, Cole	M	MJKFF
GROSS, Sarah	F	MJKFF
HARLOS, Ava	F	ROD
HARLOS, Macy	F	ROD
HEGI, Chloe	F	ROD
HILDERMAN, Molly	F	RYMM
JOHNS, Chloe	F	MJKFF
JONES, Ashlin	M	FS
KOLMAN, Annabel	F	RODS
LAMBERT, Joshua	M	MJKFF
LAWRENCE, Elizabeth	F	FS
MANZON, Samantha	F	ROD
MESSIER, Nolan	M	ROD
NORMAN, Adysynth	F	ROD
OLSON, Cadence	F	MJKFF
PURDY, Mateah	F	MJKFF
SAEMANN, Erica	F	SCB
TISSIRA, Soumaya	F	ROD
WALDENBERGER, Kate	F	MJKFF
WARAWA, Grace	F	FS
ZHANG, Galen	M	ROD



Swim Sask Youth Camps October 27 & 28, 2018

Date/Location: North Teams – Saturday, October 27th, 2018 – Saskatoon Shaw Centre
South Teams – Sunday October 28th, 2018 – Moose Jaw Kinsmen Sportsplex

South Teams: FS / MJKFF / ROD / RYMM / SCB / YSSC

North Teams: BKSC / MRSC / PASS / GOLD / LASER

Athlete Selection:

- Girls born in 2006 or later, boys born in 2005 or later
- The sum of an athlete's 2018 LC times in the 200m Free and 200m IM will be ranked.
- The top 30 ranked swimmers in the North, and top 30 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 30 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 30 is reached

Camp Improvement Goals:

- Athlete: Improve athlete awareness of world class swimming skills & technique
- Athlete: Improve athlete awareness of streamline, dolphin kick, turn technique
- Mental Skills: Positive Self-talk, positive imagery & supporting teammates

Swim Saskatchewan Assessment

- Dive 15m timed underwater dolphin kick





Youth Camp Itinerary:

North Camp – Saskatoon Shaw Centre, Sat Oct 27th, 2018

8:45-9:00	Arrival and check-in, lobby classroom
9:00-9:15	Welcome, introductions, ice breaker
9:15-10:00	Biomechanics: “Great underwater, great swimming”
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	Mental Skills Session: For Parents & Athletes
15:00-	Debrief and depart

South Camp – Moose Jaw Kinsmen Sportsplex, Sun Oct 28th, 2018

8:15-8:30	Arrival and check-in, lobby classroom
8:30-8:45	Welcome, introductions, ice breaker
8:45-9:30	Biomechanics: “Great underwater, great swimming”
9:30-10:00	Snack + prepare for pool session
10:00-12:00	Pool session: Streamline / Turns / Dolphin Kick
12:00-12:45	Prepare for classroom session + lunch
12:45-13:00	Walk to Saskatchewan Polytechnic
12:30-13:00	Mental Skills Session for Parents
13:00-14:30	Mental Skills Session: For Parents & Athletes
14:30-	Debrief and depart from Sask Polytechnic

IMPORTANT NOTE FOR SOUTH CAMP: Athlete drop-off will be at the Moose Jaw Kinsmen Sportsplex. Pick-up will be at the Saskatchewan Polytechnic (Main Entrance – 600 Saskatchewan Street and 6th Avenue NW, Moose Jaw). All parents are encouraged to attend the Mental Skills training session.

Required equipment/items for the camp:

- Water bottle
- Warm clothing for classroom sessions
- Goggles/Suit/Towel (Swim Sask will provide latex caps)
- Nutritious lunch
- Nutritious snack

