



January 3, 2018

Congratulations to the following swimmers that have been selected to the Junior Distance Freestyle camp.

This camp will be lead 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 Freestyle swimming characteristics & skills
- Improve athlete awareness of streamline, dolphin kick, flip turn, & stroke skills
- Provide examples of progressive training sessions targeting distance freestyle development
- Improve mental skills in the areas of grit and perseverance

Name	Club
Madison Higgs	BKSC
Taylor Parker	BKSC
Reece Sommerfeld	BKSC
Maclaren Burwell	GOLD
Ridley Burwell	GOLD
Kylie Flynn	GOLD
Caeli Granger	GOLD
Brayden Hemeon	GOLD
Ashley Nelson	GOLD
Ana Penner	GOLD
Brook Reiber	GOLD
Neve Ryan	GOLD
Blake Tierney	GOLD
Shanna Tierney	GOLD
Griffin Duncalfe	SCB
Evan Ewert	SCB
Reid Ewert	SCB

Name	Club
Olivia Harvey	MJKFF
Cadence Johns	MJKFF
Reese Koch	MJKFF
Austin Lin	MJKFF
Elizabeth Murphy	MJKFF
Melissa Adelman	ROD
Kianna Coghill	ROD
Marie-Eve Daschuk	ROD
Becky Dean	ROD
Aden Dickinson	ROD
Sloane Kerr	ROD
Olena Rashovich	ROD
Jordan Rodgers	ROD
Cole Roulston	ROD
Mya Thompson	ROD





To: Swim Saskatchewan Coaches

Date/Location: January 6-7th, 2018 – Shaw Centre, Saskatoon

Re: Swim Saskatchewan Junior Freestyle Camp

Athlete Selection:

- Target age range: Girls: 12-15 years old / Boys: 13-16 years old
- Maximum team size: 40 athletes
- All 400m, 800m, and 1500 Freestyle results performed within 2017 will be gathered and ranked
- All athletes with 3 “AA” qualifying times of the 3 distance freestyle events will be selected first.
- If spots remain, all athletes with 2 “AA” qualifying times of the 3 distance freestyle events will be selected second.
- If spots remain, coaches may consult with the Provincial Coach for additional athlete selection based on early/late maturity of athlete & 2017-2018 season results in butterfly

Camp Attendance Requirements:

- **All athletes that attend the camp will need to have been in full training during the week of January 2nd to January 6th, 2018.**
- Coaches will be contacted in December 2017 to confirm qualified athlete registration and if the coach of record would like the athlete to take part in the camp.
- Swim Saskatchewan will then be in contact with the athlete’s family to notify each family of the selection and the camp details. **Deadline for confirmation is Tuesday, December 19, 2017.**
- One coach per club attending the camp would be greatly appreciated. Coach participation may contribute to NCCP professional development points. Please confirm coach attendance with Aaron Maszko, maszko@swimsask.ca
- There will be a swimmer camp fee to offset camp expenses. Please submit payment to “Swim Saskatchewan Inc”, 2205 Victoria Avenue, Regina, S4P 0S4, or through electronic transfer to office@swimsask.ca re: Junior Freestyle Camp **prior to Wednesday, January 3rd, 2018.**
 - For those who live in Saskatoon, or those that do not wish to stay with TEAM SASK, the camp fee will be \$60.00
 - For those who live outside of Saskatoon and would like to stay with TEAM SASK, the camp fee will be \$100.00.

Meals and Accommodations:

- Those staying with TEAM SASK will be staying at the Best Western Blairemore and walking from the pool to the hotel and vice versa on Saturday evening and Sunday morning (dress appropriately)
- All swimmers will have lunch and dinner together on Saturday and Sunday at the Shaw Centre
- All snacks will be provided for the athletes on Saturday and Sunday at the Shaw Centre
- Those not staying with TEAM SASK need to review the below itinerary for athlete pick up and drop off times





Travel:

- All athletes will be responsible for getting themselves to the Shaw Centre in Saskatoon.
- Each coach will be made aware of all athletes selected for the camp from their club. Those looking to car pool should contact their coach for their club list.
- All those who live in Saskatoon or are not staying with the team will be responsible for all of their own travel throughout the weekend.
- Those staying with the team will be dropped off and picked up from the Shaw Centre pool. Athletes will walk to the hotel and back again.

Camp Improvement Goals:

- Improve athlete awareness of world class Freestyle swimming characteristics & skills
- Improve athlete awareness of streamline, dolphin kick, flip turn, & stroke skills
- Provide examples of progressive training sessions targeting distance freestyle development
- Improve mental skills in the areas of grit and perseverance

Team Sask Junior Freestyle Camp ID Clothing:

- All athletes attending the camp will receive a Team Sask latex cap
- All coaches and athlete attending will receive a unique Team Sask camp t-shirt

Team Required Equipment:

- All athletes will be expected to wear a Team Sask training cap if they chose to wear a cap
- Typical training attire (bathing suits, goggles, towels, deck clothing)
- Equipment: two water bottles, pull buoy, fins, snorkel, small paddles, ankle band
- Additional equipment as needed: physiotherapy tape, exercise cords, etc

For those athletes NOT staying with Team Sask:

- Please see the below itinerary for full schedule of events
- All athletes will be having lunch and dinner together to facilitate team bonding
- There is a brief break on Saturday between the classroom session and the second pool sessions. Athletes may travel with those staying at the hotel and rest there, or athletes may be picked up and taken home.

**All athletes are expected to participate in all sessions of the camp.
There are no optional sessions.**

Please be aware of all arrival and departure times.





Team Sask – Camp Itinerary

TIME	Saturday, January 6, 2018	Sunday, January 7, 2018	
6:00	6:00 - 9:30 Travel to Saskatoon / Shaw		
6:30			
7:00		7:00 - 7:50 Awake & Breakfast	
7:30		8:00 - Travel to Pool	
8:00		8:30 - 10:00 Classroom Session 2	
8:30			
9:00			
9:30		9:30 - Arrival at Shaw	
10:00		10:00 - Team Briefing	10:00 - Team Briefing
10:30	10:30 - 12:30 Pool Session 1 "Key Freestyle Skills"	10:30 - 12:30 Pool Session 3 "Key Skills at race pace"	
11:00			
11:30			
12:00			
12:30	12:30 - 13:30 Team Sask Lunch	12:30 - 13:30 Team Sask Lunch	
13:00			
13:30	13:30 - 15:00 Classroom Session 1	13:30 - Camp Debrief	
14:00		13:30 - 14:00 - Athlete Depart	
14:30			
15:00	15:00 - Travel to Hotel / Check In	Travel from Saskatoon Rest and Recovery Prepare for school!	
15:30	15:30 - 16:30 Relax & Recovery		
16:00			
16:30	16:30 - Travel to Pool		
17:00	17:00 - Team Briefing		
17:30	17:30 - 19:30 Pool Session 2 "Key skills w aerobic stress"		
18:00			
18:30			
19:00			
19:30	19:30 - 20:30 Team Sask Dinner		
20:00			
20:30	20:30 - Travel to Hotel		
21:00	21:00 - Lights out		

