

## Youth Camp

### **DATE/LOCATION:**

Saturday January 6<sup>th</sup>, 2024  
Lawson Sportsplex, Regina, SK.

### **Assessment Fee:**

\$35

### **CAMP OBJECTIVE:**

To bring Sask age group athletes and coaches together to train in a fun and competitive environment and to demonstrate high technical skill during aerobic training. The camp will include 2 pool sessions and 2 classroom sessions for the athletes and coaches. The camp will focus on starts, IM turns, and finishes.

### **SWIMMER ELIGIBILITY AND TEAM SIZE:**

Top 12 - 14 and under female athletes and top 12 - 15 and under male athletes. Age as of December 31<sup>st</sup>, 2023.

### **SELECTION PROCESS**

The top 12 female and top 12 male athletes will be ranked based on their cumulative added short course times in the 100 freestyle, 100 backstroke, 100 breaststroke, and 100 butterfly from the 2023-24 season. If an athlete does not have a short course this season, their LC time from the 2022-23 season will be used, with a conversion of 3% faster than the posted LC time.

A series of major competitions will occur throughout the month of December. As a result, many of the athletes targeted for this camp will be setting career best results after the selection date. The Provincial Coach reserves the right to select any athlete who demonstrates exceptional performances during the month of December.

### **Travel**

Parents will be responsible for their athlete's travel to and from the facility for the camp. Coaches attending the camp will be responsible for their own travel to and from the camp. Athletes are expected to pack their own nutritious lunch for the midday break.

### **Coaches**

A representative from each club with a selected athlete is expected to attend. Any coach that wishes to attend that does not have an athlete selected are also welcome to attend. Clubs will be asked to provide the names of the coaches attending 2 weeks prior to the camp's start date.

### **Selection Dates**

Athletes and coaches selected will be notified November 27<sup>th</sup> of their selection. The deadline to confirm attendance will be December 5<sup>th</sup>.

# SWIM SASKATCHEWAN



## Itinerary

7:45am Activation / Pool setup

8:00am – 10:00am Pool session #1

10:30am - 11:30am Classroom Session#1

11:30-12:15 Lunch

12:15-1:30 Classroom Session #2

2pm- 4pm Pool Session #2