

Committed to achieving an Olympic and/or World Championship podium performance by an Ontario trained athlete, individually or as a member of a Canadian relay team.

## SWIM ONTARIO - YOUTH TEAM CAMP 1

- CAMP DATES:** December 8-9, 2017
- LOCATION:** Toronto Pan Am Sports Centre (TPASC)  
875 Morningside Ave  
Scarborough, ON
- ACCOMMODATION:** **Hotel for non-GTA participants**  
Holiday Inn - 50 Estate Drive, Scarborough M1H 2Z1
- MEALS & SNACKS:** Meals are as described in the camp schedule on page 3  
Swimmers will be given a per diem by the team manager to purchase food
- TRAVEL** **PARENTS** - Families are required to make their own travel arrangements to TPASC in time for the camp. (*We can meet swimmers at the Guildwood Train Station*)
- **DEPARTURE AND ARRIVAL TIMES NEED TO BE COORDINATED**  
*Please contact Swim Ontario Performance Programs Manager, Darin Muma [darin@swimontario.com](mailto:darin@swimontario.com)*
  - **Swim Ontario will subsidize travel for athletes residing outside the GTA.**
  - Recommended travel methods are (Car, Train – Guildwood station)
  - Thunder Bay athletes/Coach – by air
- CAMP STAFF:**
- LEAD COACH:** Don Burton (SWIM ONTARIO/OSA)  
**BIOMECHANIST:** Amber Hutchinson (SWIM ONTARIO/OSA)  
**TEAM MANAGER:** Joni Maarten-Sanders (WAAC) - 2017 Canada Games Mgr  
**MENTORSHIP COACH:** Stu McLean (TBT)
- **2<sup>nd</sup> position available**

**\*\*HOME COACHES ARE WELCOME AND ENCOURAGED TO ATTEND THE CAMP\*\***

**\*\*ATTENDING COACHES ARE RESPONSIBLE FOR THEIR OWN ACCOMODATION\*\***

**ATHLETE PARTICIPATION FEE: \$50.00**

**\*\*HOME CLUBS WILL BE INVOICED FOR THE ATHLETE CAMP FEE BY SWIM ONTARIO\*\***

## 2017 – YOUTH TEAM CAMP - ROSTER

MEN		
MacPherson, Callum	15	OAK
Tran, David	14	CYPS
Axon, Alexander	14	MAC
Quirie, David	15	NKB
Yang, Bryan	15	MST~
Oswald, Brendan	15	WAC
Jong, Ethan	14	MAC
Sava, Michael	14	RAMAC
Lau, Alvin	15	MST~
Wang, Justin	15	RHAC
Wang, Michael	14	ESWIM
Cox, Mark	14	MUSAC
WOMEN		
Cornish, Hannah	14	USC
Metuzals, Kali	14	SWOTT
Gormley, Breckin	13	CPWD
Nordquist, Hannah	14	SLSC
Lo, Naomie	14	NYAC
Wheeler, Megan	13	PERTH
Johnsen, Hannah	13	TBT
Meharg, Amy	14	WAAC
Joni Maarten- Sanders Stu McLean	Team Manager Coach	WAAC TBT

## DECEMBER CAMP SCHEDULE

<b>Friday Dec 8</b>	<b>Breakfast &amp; Lunch OYO prior to arrival</b>			
	Main Hall (Booster Juice)	12:00 pm	12:30pm	Arrival
	North Room	1:00 pm	2:00 pm	Dryland Activity
	Aquatics Leadership Room	2:00 pm	3:30 pm	Video Classroom Session & <b>Snack</b>
	Comp Pool Deck	3:30pm	4:00pm	Activation
	Comp Pool (south end)	4:00pm	6:00pm	Starts & Skills
	Studio 1	6:00pm	7:00 pm	Recovery Activity (Yoga)
	Hotel & Meals	7:15 pm		<b>Team Dinner</b> (place TBD)
<b>Saturday Dec 9</b>	<b>Breakfast at Home or Hotel</b>			
	Comp Pool Deck	8:30am	9:30 am	Activation
	Comp Pool	9:30 am	11:30 am	Training & Skills
	VIP Room/Food Court	12:00pm	1:30pm	Lunch & Teaching Session TPASC Food court
	Training Pool	2:00pm	4:00pm	Stroke Skills
	Depart for Home – Dinner OYO <b>per diem for out-of-town Swimmers</b>			

This camp opportunity is made possible through Swim Ontario and the OHPSI Program to gain experience of racing elite senior international competition, to become more familiar with and comfortable around travelling as part of a provincial team to prepare for future national team selections.