



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.

2015-16 Canada Games ID Camps – Para Swimmers – Toronto Pan Am Sports Centre

Dates:

- ✓ **Oct 16-17 (Para Swim)**
- ✓ **Jan 22-23 (Para Swim & Special O)**

Selection Criteria

Selection and eligibility is based on the following:

1. **2017 Canada Games age eligibility: YOB Between 1992 & 2004**
2. Senior National Team Athletes are not eligible for the Canada Games*
 - Athletes that have held an SR1, SR2 or SR card (as defined by Sport Canada's Athlete Assistance program) at any time;
 - Athletes that have competed for any nation at any Pan American Games, Commonwealth Games, Olympic Games, FISU Games, Pan Pacific Championships, Senior World Aquatic Championships, Paralympic Games, IPC Swimming World Championships, Para Pan American Games or Special Olympics World Games.
3. Swimmers must be qualified for Can Ams in 2 events
4. Selected swimmers must attend all sessions in BOTH camps for which they are selected to remain eligible for Canada Games programming.
5. There is a **mandatory participation** fee of \$150 per swimmer, total, for both camps.

Numbers: Each camp will have approx. 20 swimmers attending the two camps

Activities: Starts/Turns/Dry Land/Synchro Work/Yoga/Water Training

FRIDAY

2:45 pm

Arrival

3:00-3:30pm

Camp Briefing & On Deck Activation

In groups of 4-6 swimmers/ 4 Stations/ 25 minute duration/ 5 min Change over

With Shane Esau

3:30-6:00 pm

Activities (Competition Pool)

Lanes 0/1
Lanes 2
Lanes 3
Lanes 4
On Deck

Starts w/ Biomechanist
Underwater Kick
Synchro Skills
Turns
Video Play Back (2 screens)

UW camera/screen

UW camera/screen and cart



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- 6:15-7:15 pm** Dinner (**Q&A with Previous Games athlete**)
- 7:20 pm** Depart for evening
- Saturday**
- 8:20 -** Meet on deck
- 8:30 – 9:00 am** Daily Briefing & On Deck Activation
- 9:00 – 11:30am** More skill training.... Practice.... Starts/turns sculling skills learned on Friday (**Competition Pool**)
- 11:30am – 12:30pm** Strength & Conditioning Body core work and Shoulder stability
With OSA Strength Coach Steve Topham
- 12:30 – 1:30 pm** **Lunch** Catered in utilizing the **Leadership Room** of the Deck
- Nutrition/Sport Psychology talk
- 1:30-4:00 pm** 40 minutes Yoga/ 20 minutes of R&R—Rotate (**Studios – TBD**)
Plus a team building activity - TBD
- 4:00-4:30** Fueling Station/Training Briefing
- 4:30-6:30pm** Training (**Competition Pool**)
- 6:30 – 7:30pm** Dinner (**Leadership room**)

Depart for Home



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Identified swimmers

Coaches – if you feel someone is missed off this list, please contact [Lindsay Taylor](mailto:lindsay.taylor@swimontario.com)

Megan Sherwin	VVAC	Victoria Grzincic	VVAC
Skylar Tierney	BTSC	Rene Hart	KYPAC
Jessica Tinney	VVAC	Olek Wolski	LSC
Michelle Tovizi	VVAC	Aidan Elliot	ROW
Cassidy Tran	KYPAC	Cameron McCuaig	ROW
Gabby Baird	GMAC	Harley Bolton	KYPAC
Tara-Anne D'Souza	MSSAC	Matthew Cabraja	COBRA
Emily Sayeau	KYPAC	Robert Hampson	KYPAC

Additional swimmers may be added after they qualify for Can Ams in two events.

The following swimmers are not eligible for Canada Games as per the Selection Criteria (item 2), however, they are eligible to participate in the camps if they wish. They **do not** have to attend both camps.

Camille Berube	GO
Abi Tripp	KYPAC
Tess Routliffe	STARS
Meagan Michie	GO
Nydia Langill	DUCKS
Julia Longo	GCAC
Gordie Michie	STJJ
Adam Purdy	LAC
Zach Zona	NHAC
Misha Mykitiuk	TSC
Alex Elliott	ROW
Devin Gotell	LAC
Chris Tsonos	KYPAC

Please notify Lindsay Taylor (lindsay@swimontario.com) and Darin Muma (darin@swimontario.com) if your swimmers will be attending by September 30, 2015