



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 TEAM Camps – Able Bodied Athletes **OUTLIERS CAMPS**

Dates:

- ✓ **Oct 23-24 (Outliers – 1 night accommodation at Holiday Inn Toronto East)**
- ✓ **Feb 12-13 (Outliers – 1 night accommodation at Holiday Inn Toronto East)**

Selection & Eligibility Criteria

Selection and eligibility is based on the following:

1. **2017 Canada Games age eligibility: Y.O.B – (Female 2002 & younger) & (Male 2001 & younger).**
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 or Special Olympics World Games.
3. A top 5 placing per gender, in Ontario, in an Olympic event based on the single Y.O.B. age category per gender stated above.
4. Selected swimmers must to attend all sessions in **BOTH camps** for which they are selected to remain eligible for Canada Games programing.
5. There is a **mandatory participation** fee of \$150 per swimmer, total, for both camps.

Identified able-bodied swimmers list attached

Numbers: Each camp will have 20-30 swimmers depending on the camp

Activities: Starts/Turns/Dry Land/ Synchro Work/ Wall Climbing/ 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 OSA Bio-mechanics expert – Amber Hutchinson

3:30-6:00 pm

Activities (Competition Pool)

Lanes 0/1

Starts w/ Biomechanist

UW camera/screen

Lanes 2

Underwater Kick

Lanes 3

Syncro Skills

Lanes 4

Turns

UW camera/screen and cart

On Deck

Video Play Back (2 screens)

6:15-7:15 pm

Dinner (Q&A with Previous Games athlete)



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7:20 pm Depart for evening

Saturday

8:20 - Meet on deck

8:30 – 9:00 am Daily Briefing & On Deck Activation

Saturday AM -

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 – 2:00 pm **Lunch** Catered in utilizing the **Leadership Room** of the Deck

- Nutrition/Sport Psychology talk

2:00-4:30 pm Two Non Swimming Activities—the squad broken into 2 groups of 10-15
60 minutes of Wall Climbing **(Rock wall)**
40 minutes Yoga/ 20 minutes of R&R—Rotate **(Studios – TBD)**

4:30-5:00 Fueling Station/Training Briefing

Saturday PM –

5:00 – 7:00pm Training **(Competition Pool)**

7:00 – 8:00pm Dinner **(Leadership room)**

Depart for Home

Identified able-bodied swimmers list attached.

Outliers - MALE YOB 2001 & Younger

RANK	NAME	AGE	YOB	CLUB	PROV	DATE	EVENT - LC	EVENT	TIME	FINA POINTS
WESTERN										
1	Hunt, Nolan	13	2001	HAC	Ontario	7/29/2015	CANAGE	1500 FREE	17:45.0	547
2	Fauteux, Nicholas	14	2001	ROW	Ontario	7/31/2015	CANAGE	100 FREE	01:01.5	531
3	Bracho, Canek	13	2001	CW	Ontario	7/31/2015	CANAGE	50 FREE	25.84	529
4	Hickey, David	14	2001	LAC	Ontario	7/5/2015	Ontario Provincials	200 BACK	02:22.1	489
HURONIA										
1	Hart, Rowan	13	2001	BTSC	Ontario	8/1/2015	CANAGE	200 BREAST	02:41.1	489
NORTH WEST										
1	Mastromatteo, Gabe	13	2002	KSS	Ontario	7/31/2015	CANAGE	200 BREAST	0:02	686
NORTH EAST										
1	Boyd, Thomas	13	2001	SLSC	Ontario	7/4/2015	Ontario Provincials	100 FREE	55.95	589
2	Smith, Everett	14	2001	SLSC	Ontario	6/6/2015	Jeno Tihanyi		02:21.4	495
EAST										
1	Gilpin, Jacob	14	2001	EBSC	Ontario	8/2/2015	CANAGE	200 IM	02:18.7	555

Outliers - FEMALE YOB 2002 & Younger

RANK	NAME	AGE	YOB	CLUB	PROV	DATE	EVENT - LC	EVENT	TIME	FINA POINTS
WESTERN										
1	Baird, Hannah	12	2002	CW	Ontario	7/31/2015	CANAGE	400 FREE	04:43.0	660
2	Meharg, Amy	12	2003	SWA	Ontario	7/31/2015	CANAGE	800 FREE	09:39.2	620
3	O'Connor, Tatum	13	2002	GHAC	Ontario	7/3/2015	ManSask	100 BACK	01:06.6	593
4	Meklensek, Tori	13	2002	CW	Ontario	5/1/2015	Hicken	200 FREE	02:15.7	576
5	Sekaric, Isidora	12	2002	WEST	Ontario	7/31/2015	CANAGE	100 FREE	01:02.8	569
6	Chapman, Sarah	12	2002	CW	Ontario	7/12/2015	CANAGE	400 FREE	04:49.0	564
7	Gatral, Madelyn	12	2002	WAC	Ontario	7/2/2015	CANAGE	100 BACK	01:10.4	563
8	Sasseville, Genevieve	12	2003	CYPS	Ontario	7/31/2015	CANAGE	50 FREE	28.79	559
9	Smallegange, Kenna	12	2003	BAD	Ontario	7/31/2015	CANAGE	800 FREE	10:00.2	557
10	Richard, Sophie	12	2002	CW	Ontario	6/13/2015	WOSA Regionals	800 FREE	10:12.2	525
11	Polito, Leah	13	2002	LAC	Ontario	6/6/2015	WOSA Regionals	200 BACK	02:33.8	524
11	Willis, Avery	11	2003	CW	Ontario	7/31/2015	CANAGE	400 IM	05:32.8	524
13	Klosler, Erica	13	2002	SWA	Ontario	6/7/2015	WOSA Regionals	200 FLY	02:37.6	461
HURONIA										
1	Lewitt, Caroline	12	2003	MUSAC	Ontario	2/31/2015	CANAGE	100 BACK	01:09.6	581
NORTH WESTERN										
1	Peterson, Natalie	12	2002	KSS	Ontario	2/21/2015	Western Canadians	200 BACK	02:24.4	634
2	Puhalski, Lindsay	13	2002	TBT	Ontario	7/5/2015	ManSask	400 FREE	05:21.9	579
3	Hunt, Zoe	12	2002	TBT	Ontario	7/3/2015	ManSask	200 BREAST	02:56.0	499
NORTH EASTERN										
1	Nordquist, Hannah	12	2003	SLSC	Ontario	7/31/2015	CANAGE	100 BREAST	01:19.0	543
2	Banton, Paige	12	2002	NSAC	Ontario	7/31/2015	CANAGE	200 BREAST	02:52.4	530
EASTERN										
1	Chubaty, Lily	13	2002	KBM	Ontario	6/6/2015	Eastern Champs	100 FREE	01:03.0	563
2	Andersen, Sara	13	2002	ROCS	Ontario	5/8/2015	Festival of Spring	200 BREAST	02:53.8	518