



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.

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

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.

GTA (Central Region) MALE YOB 2001 & Younger

RANK	NAME	AGE	YOB	CLUB	PROV	DATE	EVENT - LC	EVENT	TIME	FINA POINTS
CENTRAL										
1	Yang, Ray	14	2001	ESWIM	Ontario	7/31/2015	CANAGE	200 FLY	02:08.5	653
2	Huang, Owen	14	2001	MAC	Ontario	5/31/2015	AGI	400 FREE	04:14.9	643
3	Loewen, Riley	13	2001	ESWIM	Ontario	7/31/2015	CANAGE	100 FREE	55.86	592
4	Lau, Alvin	13	2001	MST~	Ontario	7/30/2015	CANAGE	400 IM	04:53.6	572
5	Milanovich, Alexander	13	2002	ESWIM	Ontario	7/31/2015	CANAGE	100 BREAST	01:10.5	569
6	Placek, Ethan	13	2001	WD	Ontario	7/1/2015	Ontario Provincials	100 FREE	56.62	568
7	Anderchek, William	14	2001	OAK	Ontario	5/24/2015	Sunlife Grand Prix	1500 FREE	17:35.0	562
8	Bernard, Graysen	13	2002	TSC	Ontario	7/31/2015	CANAGE	400 IM	04:57.7	556
9	Hull, Aidan	14	2001	TSC	Ontario	5/28/2015	AGI	1500 FREE	17:40.9	553
10	Wang, Colin	13	2001	MSSAC	Ontario	8/2/2015	CANAGE	400 FREE	04:28.9	548
11	Hull, Aidan	14	2001	TSC	Ontario	5/28/2015	AGI	1500 FREE	17:40.9	553
12	Bulban, Nicholas	14	2001	RHAC	Ontario	7/31/2015	CANAGE	100 BREAST	01:11.5	545
13	Suen, Matthew	14	2001	MST~	Ontario	7/31/2015	CANAGE	200 FREE	02:05.3	539
14	Kennedy, Julian	13	2001	NYAC	Ontario	7/30/2015	CANAGE	400 IM	05:02.2	525
15	Lim, Seungwan	14	2001	APEX	Ontario	7/4/2015	Ontario Provincials	200 FLY	02:20.0	505
16	Luo, Gabriel	13	2001	NYAC	Ontario	5/10/2015	NYAC	100 BREAST	01:13.7	499
17	Li, Dylan	14	2001	OAK	Ontario	7/30/2015	WESTERNS	100 BACK	01:05.8	492
18	Daley, Ethan	14	2001	AJAX	Ontario	7/3/2015	Ontario Provincials	100 FLY	01:03.3	487
18	Antonen, Eric	13	2001	NYAC	Ontario	7/31/2015	CANAGE	200 FLY	02:21.7	487
20	Wright, Erik	13	2001	TSC	Ontario	12/14/2014	NoelCAMO	200 BREAST	02:42.7	476

GTA (Central Region) FEMALE YOB 2002 & Younger

RANK	NAME	AGE	YOB	CLUB	PROV	DATE	EVENT - LC	EVENT	TIME	FINA POINTS
CENTRAL										
1	Henderson, Hanna	13	2002	MSSAC	Ontario	7/31/2015	CANAGE	100 BACK	01:06.4	670
2	Wright, Lauren	12	2002	MSSAC	Ontario	7/31/2015	CANAGE	100 FLY	01:04.3	660
3	Thorpe, Claire	13	2002	AJAX	Ontario	5/10/2015	NYAC Performanc	50 FREE	27.94	612
4	Falcon, Mya	12	2002	AJAX	Ontario	4/11/2015	CANAGE	100 BACK	01:08.3	616
5	Myburgh, Emma	12	2002	MST~	Ontario	7/31/2015	CANAGE	100 BREAST	01:16.7	593
6	Jung, Hye Won	12	2002	JDSS	Ontario	7/2/2015	Ontario Provincials	50 FREE	28.66	567
7	Gupta-Baltazar, Kira	13	2002	VAC	Ontario	5/3/2015	Hicken	200 FREE	02:17.1	559
8	McColl, Casey	12	2002	NEW	Ontario	7/31/2015	CANAGE	400 FREE	04:51.5	552
9	Muizelaar, Serena	12	2003	MSSAC	Ontario	7/31/2015	CANAGE	200 BREAST	02:50.4	549
10	Tabrizi, Aysan	13	2002	ESWIM	Ontario	7/4/2015	Ontario Provincials	800 FREE	10:06.5	540
11	Manzella, Bridget	13	2002	MSSAC	Ontario	5/1/2015	Hicken	100 BREAST	01:19.6	530
12	Lo, Jasmine	12	2002	APEX	Ontario	5/30/2015	AGI	400 IM	05:33.4	521
13	Edwards, Hunter	13	2002	DUCKS	Ontario	6/13/2015	CRLC Champs	200 BREAST	02:57.6	485