



**2009-2010
TRAIN TO COMPETE
Provincial Swim Camps
Host: McMaster University**

Camp 1: October 2 to 4, 2009.

Eligible Swimmers

Females

3 Females born 1996
3 Females born 1995
3 Females born 1994

Males

3 Males born 1995
3 Males born 1994
3 Males born 1993

Camp 1:

Method of Application:

Club Coach Submission.

Qualification Period:

April 1, 2009 to August 31, 2009.

Submission Deadline:

Friday, September 4 at 12 Noon, 2009.

Camp 1: Submission Details

Club coaches must list the Event, the LC time and the Current FINA Long Course Ratings for their swimmer.

Submissions must be based on the sum of FINA points accumulated from two (2) different 200 meter events, plus the (1) 400 IM.

All Submissions must be received by Kelly Steeves by Friday September 4 at 12 Noon (EST), 2009:
kelly@swimontario.com

The 3 highest scoring swimmers, submitted in each gender and in each year of birth, will be selected for the October 2009 Camp.

Camp 2: April 9 to 11, 2010.

Eligible Swimmers

Females

3 Females born 1996
3 Females born 1995
3 Females born 1994

Males

3 Males born 1995
3 Males born 1994
3 Males born 1993

Method of Application: Club Coach Submission.
Qualification Period: September 1, 2009 to February 28, 2010.
Submission Deadline: Friday, March 5 at 12 Noon, 2010.

Camp 2: Submission Details

Club coaches must list the Event, the SC time and the Current FINA Short Course Ratings for their swimmer.

Submissions must be based on the sum of FINA points accumulated from two (2) different 200 meter events, plus the (1) 400 IM.

All Submissions must be received by Kelly Steeves by Friday, March 5 at 12 Noon (EST), 2010:
kelly@swimontario.com

The 3 highest scoring swimmers, submitted in each gender and in each year of birth, will be selected for the April 2010 Camp.

Swimmers selected to Camp 1 (October 2009) are ineligible for Camp 2.

CAMP STAFF

Camp Leader: Dean Boles, Swim Ontario Provincial Mentor Coach.

Staff Coaches: All clubs of attending swimmers must designate 1 coach to attend the camp or the swimmer's invitation could be revoked.

Team Managers (2): Senior Team Manager Appointed by Swim Ontario.
Assistant Team Manager - by Application to Swim Ontario.
Minimum requirements: Satisfactory Police Criminal Record Check; excellent communication and organization skills, willingness to work with Team Leader, Coaches and Athletes.

- Swim Ontario reserves the right to adjust the team selection complement as needed in order to deliver the camp within its resources and mandate.

CAMP DETAILS

Camp Focus:

- Training to compete.

Schedule & Travel Info:

- Tentative timelines are:
- Friday travel to Hamilton (if possible swim in your home environment in the am).
- Team lunch, introductions and review of camp schedule.
- Friday afternoon: Pool & Dryland training sessions, outdoor adventure activity.
- Saturday: Pool & Dryland training sessions and team building activity.
- Sunday morning: Pool training and breakfast.
- Sunday departure is estimated at approximately 12:30 pm.
- Invited athletes transportation will be coordinated via Swim Ontario once the camp complement of athletes and coaches is confirmed.

Swimmers Invited to the Camp:

- There will be a \$100 per swimmer camp fee.
- All meals, transportation and accommodation for invited swimmers will be subsidized by Swim Ontario. (Some incidental costs not covered by Swim Ontario).
- You must bring all of your own training equipment, pull buoy, band, paddles, and fins, kick board, etc...

Staff Coaches with swimmers at the camp

- Are expected to attend the camp.
- **Swim Ontario will subsidize each coach of an invited swimmer to the amount of \$200.00. Your club is responsible for the remaining expenses.**

Ontario Coaches without swimmers and Regional Directors

- Are encouraged to attend.
- Are responsible for their own expenses.
- Are responsible for making their own travel and accommodation arrangements.