



**October 2010**

## **TRAIN TO COMPETE CAMP**

**Location: University of Western Ontario**

**Camp 1: October 8 to 10, 2010.**

### **Eligible Swimmers**

#### **Females**

3 Females born 1997  
3 Females born 1996  
3 Females born 1995

#### **Males**

3 Males born 1996  
3 Males born 1995  
3 Males born 1994

### **Camp 1:**

**Method of Application:** Club Coach Submission.  
**Qualification Period:** March 31, 2010 to August 31, 2010.  
**Submission Deadline:** Friday, September 10 at 12 Noon, 2010.

### **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 10 at 12 Noon (EST), 2010:**  
[kelly@swimontario.com](mailto:kelly@swimontario.com)

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

### **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:** Team Manager Appointed by 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 London (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 1 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).
- Bring all of your own training equipment, pull buoy, band, paddles, and fins, kick board, etc...

### **Coaches with swimmers at the camp**

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

**Camp 2: April 8 to 10, 2011 at University of Western Ontario; Details are TBC.**

**October 2010 Train to Compete Camp at UWO**

Swimmer	Club	Coach of Record	1. 200m Event	Time	FINA	2. 200m Event	Time	FINA	3. 400 IM Time	FINA	Total	
<b>Males Born 1996</b>												
<b>Males Born 1995</b>												
<b>Males Born 1994</b>												

**Club coach:**

**Club coach phone and email:**

Coach must submit: 1-Event, 2-Time, 3-FINA points, in appropriate boxes above; Add FINA scores together.

The 3 highest FINA scoring men born 96, 95, & 94 will be invited to the October 2010 camp.

All qualification times must have been done in a Sanctioned LC meet between March 31, 2010 & August 31, 2010.

Record event, time and FINA points in appropriate boxes above.

Email submission to Kelly Steeves by 12 Noon Friday, September 10, 2010 to [kelly@swimontario.com](mailto:kelly@swimontario.com)

**October 2010 Train to Compete Camp at UWO**

Swimmer	Club	Coach of Record	1. 200m Event	Time	FINA	2. 200m Event	Time	FINA	3. 400 IM Time	FINA	Total	
<b>Females Born 1997</b>												
<b>Females Born 1996</b>												
<b>Females Born 1995</b>												

**Club coach:** \_\_\_\_\_ **Club coach telephone and email** \_\_\_\_\_

Coach must submit: 1-Event, 2-Time, 3-FINA points, in appropriate boxes above; add FINA scores together.

The 3 highest FINA scoring women born 97, 96 & 95 will be invited to the October 2010 camp.

All qualification times must have been done in a Sanctioned LC meet between March 31, 2010 & August 31, 2010.

Record event, time and FINA points in appropriate boxes above.

Email submission to Kelly Steeves by 12 Noon Friday, September 10, 2010 to [kelly@swimontario.com](mailto:kelly@swimontario.com).