

April 2009 - Train to Compete Camp - Hamilton

4 x 50 Swim Add Up 200

First Name	Last Name	CLUB	Stroke	Time	Time	Time	Time	Total
Mika	Spencer	OAK	IM	:36.00	:36.90	:45.10	:31.10	2:29.10
Tessa	Deinson	GGST	IM	:36.00	:38.00	:42.00	:32.00	2:28.01
Erin	Assman	OAK	IM	:36.20	:36.00	:45.90	:34.00	2:32.11
Isabella	Oliveras	MSSAC	IM	:35.50	:35.30	:47.10	:31.60	2:29.00
Jayden	Jackson	CT33	IM	:36.20	:34.90	:47.60	:34.00	2:33.01
Laura	Ruttan	NKB	IM	:33.10	:35.80	:40.00	:31.70	2:22.00
Marta	Bento	ESWIM	IM	:36.70	:37.90	:46.80	:31.50	
Bridget	Coley	HAC	FLY	:35.30	:34.00	:33.80	:33.40	2:16.50
Allie	Duff		IM	:35.90	:35.70	:45.20	:32.20	2:28.06

First Name	Last Name	CLUB	Stroke	Time	Time	Time	Time	Total
Zac	Zadona	EWSIM	IM	:33.00	:32.00	:42.00	:30.00	2:17.00
Dustin	Dwyer	TRENT	FR	:28.00	:27.00	:28.40	:28.00	1:51.40
James	Middlebrook	COBRA	FL	:32.10	:31.70	:31.70	:30.80	2:05.30
Miguel	Lozano	OAK	FR	:27.50	:28.10	:28.20	:28.50	1:52.30
Ross	Phillips	GGST	IM	:33.00	:35.30	:39.90	:30.00	2:18.20
Brody	Dyson	OAK	BK	:32.10	:31.90	:31.50	:30.90	2:06.40
Sean	Domingo	TSC	IM	:33.70	:35.70	:38.00	:28.70	2:14.00
Shane	Baxter	NKB	IM	:30.20	:30.90	:39.60	:29.10	2:09.70
Scott	Buttenham	HAC	BK	:33.00	:33.00	:32.00	:32.00	2:10.00

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12 x 50 Kick Add Up

First Name	Last Name	CLUB	Kick	Time	Time	Time	Time	Time	Time	Total
Mika	Spencer	OAK	BACK	:46.00	:47.00	:46.00	:45.00	:45.00	:45.00	4:34.00
Tessa	Denison	GGST	FLY	::	::	::	::	::	::	3:44.00
Erin	Assman	OAK	FLY	:46.20	:45.70	:46.50	:46.70	:48.00	:49.10	4:42.10
Isabella	Olivera	MSSAC		:46.60	:47.40	:47.00	:46.00	:47.50	:43.40	4:38.90
Jayden	Jackson	CT22		:47.80	:49.70	:48.10	:48.20	:49.20	:48.40	5:09.40
Laura	Ruttan	NKB	FREE	:41.70	:42.20	:42.60	:42.40	:43.00	:43.00	4:25.00
Marta	Benko	ESWIM	FREE	:47.00	:47.00	:47.20	:46.90	:48.10	:47.20	4:43.80
Bridget	Coley	HAC	FREE	:46.00	:45.40	:43.90	:45.30	:45.80	:45.30	4:33.70
Allie	Duff	EBSC		:45.20	:47.20	:45.70	:44.70	:45.60	:46.30	:43.00

First Name	Last Name	CLUB	Kick	Time	Time	Time	Time	Time	Time	Total
Zac	Zadona	EWSIM	BACK	:48.00	:47.00	:49.00	:45.00	:44.00	:46.00	4:34.60
Dustin	Dwyer	TRENT	FREE	:38.00	:38.00	:37.00	:34.90	:35.00	:36.90	3:43.90
James	Middlebrook	COBRA	BACK	:43.00	:40.90	:41.90	:40.70	:40.50	:41.60	4:05.00
Miguel	Lozano	OAK	FLY	:36.70	:38.00	:40.70	:39.00	:40.60	:38.30	3:53.60
Ross	Phillips	GGST	BREAST	:51.60	:52.50	:51.80	:53.00	:53.50	:54.30	5:23.60
Brody	Dyson	OAK	BACK	::	::	::	::	::	::	5:35.00
Sean	Domingo	TSC	BREAST	:42.10	:41.60	:42.40	:42.50	:44.00	:43.30	4:51.60
Shane	Baxter	NKB		:51.00	:51.10	:53.50	:48.60	:48.10	:45.50	5:52.00
Scott	Buttenham	HAC	FREE	:41.00	:41.80	:40.70	:41.00	:41.60	:40.80	4:05.90

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10 x 50 Swim - PB+10 - Descend 1-10 and Hold Stroke Count - Descend DPS Score = St.Count+Time
Record time and stroke count for every 50. Goal is to descend time and hold stroke count. DPS Score + SC + Time

First Name	Last Name	CLUB	Stroke	SC1	SC2	SC3	SC4	SC5	SC6	SC7	SC8	SC9	SC10	Time	Time	Time	Time	Time	Time	Time	Time		
Mika	Spencer	OAK	FREE	42	42	43	42	43	44	41	42	42	44	:38.00	:37.00	:36.00	:35.00	:34.00	:33.00	:33.00	:32.00	:30.00	
Tessa	Denison	GGST	FLY	28	28	27	27	28	27	28	27	28	0	:.36	:.36	:.36	:.36	:.36	:.35	:34.90	:35.10	:36.00	..
Erin	Assman	OAK	FLY	25	26	25	26	26	26	25	25	26	26	:37.80	:38.70	:36.90	:36.00	:36.90	:37.00	:37.30	:37.00	:36.10	:36.70
Isabella	Olivares	MSSAC	BACK	44	44	48	49	42	45	45	47	45	47	:.38	:.38	:.36	:.37	:.37	:.37	:.37	:.37	:.37	:.36
Jayden	Jackson	CT33	BACK											:.40	:.39	:.37	:.36	:.36	:.35	:.35	:.35	:.35	:.35
Laura	Ruttan	NKB	BREAST	20	21	21	21	21	21	22	21	22	22	:45.00	:44.00	:42.90	:43.00	:43.40	:42.00	:41.00	:40.00	:40.00	:39.00
Marta	Benko	ESWIM	FLY	32	31	30	32	31	29	31	32	30	30	:42.00	:42.00	:37.00	:38.00	:38.00	:37.20	:37.40	:36.10	:36.00	:36.40
Bridget	Coley	HAC	FLY	26	26	26	26	25	26	26	26	25	26	:38.00	:37.30	:37.30	:36.00	:36.00	:35.50	:34.00	:34.50	:33.80	:33.90
Allie	Duff	EBSC	FREE	40	40	40	40	41	39	39	38	39	40	:40.70	:40.00	:37.90	:39.30	:38.10	:37.40	:37.00	:36.70	:36.10	:35.10

First Name	Last Name	CLUB	Stroke	SC1	SC2	SC3	SC4	SC5	SC6	SC7	SC8	SC9	SC10	Time	Time	Time	Time	Time	Time	Time	Time		
Zac	Zadona	ESWIM	BACK	41	44	44	45	45	46	45	46	46	47	:40.00	:38.00	:36.00	:35.00	:35.00	:35.00	:34.00	:32.00	:31.00	:31.00
Dustin	Dwyer	TRENT	FREE	46	46	43	45	44	46	43	45	47	47	:33.00	:34.00	:33.90	:33.50	:32.10	:31.80	:30.60	:30.80	:29.80	:29.60
James	Middlebrook	COBRA	BACK	26	26	27	27	27	28	28	30	31	31	:39.00	:37.00	:35.80	:35.00	:33.00	:32.10	:32.10	:31.50	:31.50	:31.00
Miguel	Lozano	OAK	FLY	23	24	23	24	24	23	24	25	26	26	:36.00	:36.00	:35.00	:34.00	:33.00	:32.00	:32.00	:31.00	:31.00	:30.40
Ross	Phillips	GGST	BREAST	21	21	22	22	22	23	23	24	24	23	:40.00	:40.00	:41.20	:39.40	:39.20	:40.20	:38.00	:40.00	:40.00	:40.00
Brody	Dyson	OAK	BACK	34	36	40	43	41	45	45	46	46	48	:40.20	:39.30	:35.50	:36.40	:36.00	:35.00	:34.40	:33.00	:32.90	:31.80
Sean	Domingo	TSC	BREAST	20	21	20	19	21	20	20	22	20	21	:43.20	:41.90	:41.50	:39.70	:39.50	:38.50	:37.90	:37.50	:37.70	:37.10
Shane	Baxter	NKB	BACK											:39.00	:37.00	:34.70	:36.10	:34.90	:33.20	:32.80	:33.00	:34.00	:33.00
Scott	Buttenham	HAC	FLY	24	24	24	24	24	24	24	24	24	24	:38.00	:39.00	:37.00	:37.00	:36.40	:35.00	:34.50	:33.40	:33.10	:32.80

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10 x 50 Swim - PB+10 - Descend 1-10 and Hold Stroke Count - Descend DPS Score = St.Count+Time
Record time and stroke count for every 50. Goal is to descend time and hold stroke count. DPS Score + SC + Time

First Name	Last Name	CLUB	Stroke	SC1	SC2	SC3	SC4	SC5	SC6	SC7	SC8	SC9	SC10	Time	Time	Time	Time	Time	Time	Time	Time	Time	
Mika	Spencer	OAK	FREE	32	33	33	33	34	34	34	34	34	35	:.38	:.35	:.35	:.35	:.33	:.33	:.33	:.32	:.32	:.31
Tessa	Denison	GGST	FREE	34	33	30	28	27	29	30	30	31	32	:.36	:.36	:.36	:.34	:.34	:31.60	:31.60	:30.90	:30.30	:29.70
Erin	Assman	OAK	FREE	32	32	32	33	33	33	33	34	34	35	:37.60	:36.50	:36.00	:34.60	:32.90	:33.70	:32.90	:32.00	:32.10	:31.10
Isabella	Olivares	MSSAC	FREE	30	32	34	33	37	37	38	37	38	39	:.36	:.36	:.34	:.34	:33.90	:32.60	:32.80	:31.10	:30.40	:29.80
Jayden	Jackson	CT33	FREE	14	14	15	15	14	16	17	17	18	18	:.36	:.35	:.35	:.35	:34.60	:34.40	:33.50	:32.60	:32.20	:32.20
Laura	Ruttan	NKB	FREE	35	34	34	33	34	33	34	35	35	35	:.36	:.36	:.36	:.35	:.35	:34.10	:33.60	:33.10	:32.90	:31.90
Marta	Benko	ESWIM	FREE	40	41	42	40	42	40	42	43	42	43	:37.10	:.36	:34.50	:34.70	:33.70	:32.40	:32.60	:31.00	:32.10	:31.60
Bridget	Coley	HAC	FREE	32	32	32	33	33	34	34	34	35	35	:.36	:.36	:.35	:.34	:32.80	:.32	:31.60	:31.30	:.30	:29.50
Allie	Duff	EBSC	FREE	41	37	36	35	36	36	38	38	39	38	:36.70	:36.50	:.36	:35.40	:34.10	:32.90	:32.80	:31.30	:30.10	:30.10

First Name	Last Name	CLUB	Stroke	SC1	SC2	SC3	SC4	SC5	SC6	SC7	SC8	SC9	SC10	Time	Time	Time	Time	Time	Time	Time	Time	Time	
Zac	Zadona	ESWIM	FREE	27	28	28	31	34	35	36	38	38	40	:.37	:.34	:.32	:.32	:.30	:.30	:.30	:.30	:.30	:.30
Dustin	Dwyer	TRENT	FREE		30	33	32	33	35	35		35	37	:35.35	:.33	:.32	:.31	:30.30	:29.60	:29.90	:28.20	:27.60	:27.60
James	Middlebrook	COBRA	FREE	25	25	26	27	28	28	29	29	30	30	:34.30	:32.50	:32.50	:31.90	:30.60	:29.60	:29.40	:28.60	:27.90	:27.30
Miguel	Lozano	OAK	FREE	28	28	28	28	29	29	29	29	30	30	:31.90	:33.20	:32.50	:32.00	:29.90	:29.20	:27.70	:27.50	:26.60	:26.10
Ross	Phillips	GGST	FREE	30	29	29	27	28	30	29	29	30	32	:.31	:.34	:.34	:33.80	:.33	:31.50	:.31	:30.10	:30.30	:29.60
Brody	Dyson	OAK	FREE	36	32	32	34	33	35	31	36	38	39	:.35	:.33	:.32	:.31	:32.80	:31.10	:30.50	:29.60	:.29	:28.90
Sean	Domingo	TSC	FREE	29	28	28	27	27	26	28	27	29	28	:33.30	:33.30	:32.40	:32.50	:33.10	:31.30	:30.60	:30.10	:29.70	:28.80
Shane	Baxter	NKB	FREE	14	15	15	16	16	16	16	18	18	18	:.33	:32.70	:32.30	:30.60	:29.50	:29.60	:28.80	:27.40	:28.70	:.30
Scott	Buttenham	HAC	FREE	32	33	33	32	33	33	34	36	37	39	:37.60	:34.40	:35.60	:33.20	:31.80	:31.10	:.30	:29.60	:29.30	:28.80

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20x100 Best time plus :20 Every fifth SC

First Name	Last Name	CLUB	HR	Stroke	SC1	SC2	SC3	SC4	SC5
Mika	Spencer	OAK	180	FREE	80	84	82	82	
Tessa	Denison	GGST	180	FREE	3638	3638	3638	3839	3940
Erin	Assman	OAK	190	FREE	4242	4142	4141	4141	4142
Isabella	Olivares	MSSAC	190	FREE	44	45	48	50	
Jayden	Jackson	CT33		FREE	37	40	43		
Laura	Ruttan	NKB	160	FREE	3837	3940	4141	4142	4142
Marta	Benko	ESWIM	130	FREE	90	94	92	96	100
Bridget	Coley	HAC	180	FREE	4344	4344	4344	4444	4445
Allie	Duff	EBSC	155	FREE	41	41	41	41	40
Zac	Zadona	ESWIM		FREE	4242	4242	4242	4242	4242
Dustin	Dwyer	TRENT		FREE	30	34	30	31	
James	Middlebrook	COBRA	180	FREE	30	30	32	32	34
Miguel	Lozano	OAK	180	FREE	32	33	31	34	
Ross	Phillips	GGST	160	FREE	3838	3838	3839	3938	3940
Brody	Dyson	OAK	180	FREE	84	82	83	80	81
Sean	Domingo	TSC		FREE	3536	3636	3735	3538	3837
Shane	Baxter	NKB	200	FREE	34	35	36	36	38
Scott	Buttenham	HAC	190	FREE	4242	4444	4546	4647	4546

April 2009 - Train to Compete Camp - Hamilton

9x100 Kick Every 3rd Fast Timed

First Name	Last Name	CLUB	Stroke	Time	Time	Time	Total
Mika	Spencer	OAK		1:46.00	1:47.00	1:44.00	5:17.00
Tessa	Dennison	GGST		1:40.00	1:38.00	1:35.00	4:13.00
Erin	Assman	OAK		1:42.70	1:42.50	1:43.00	5:09.20
Isabella	Olivares	MSSAC		1:39.00	1:40.00	1:37.00	4:56.00
Jayden	Jackson	CT33		1:47.00	1:46.00	1:47.00	4:40.00
Laura	Ruttan	NKB		1:31.00	1:29.90	1:29.50	4:29.00
Marta	Benko	ESWIM		1:43.00	1:42.00	1:42.00	1:44.10
Bridget	Coley	HAC		1:38.00	1:35.00	1:35.00	4:48.00
Allie	Duff	EBSC		1:42.00	1:44.30	1:36.20	4:52.30

First Name	Last Name	CLUB	Stroke	Time	Time	Time	Total
Zac	Zadona	ESWIM		1:31.00	1:31.00	1:29.00	4:31.00
Dustin	Dwyer	TRENT		1:33.00	1:29.00	1:28.00	4:31.00
James	Middlebrook	COBRA		1:37.40	1:36.60	1:37.70	4:50.00
Miguel	Lozano	OAK		1:27.30	1:27.10	1:26.10	4:20.50
Ross	Phillips	GGST		1:47.00	1:47.50	1:44.10	5:23.61
Brody	Dyson	OAK		1:51.00	1:53.00	1:51.00	5:35.55
Sean	Domingo	TSC		1:40.20	1:38.50	1:33.90	4:52.20
Shane	Baxter	NKB		1:49.80	1:47.30	1:39.00	5:15.00
Scott	Buttenham	HAC		1:32.40	1:30.21	1:29.69	4:31.00

April 2009 - Train to Compete Camp - Hamilton**Dive 100**

First Name	Last Name	CLUB	Stroke	Time
Mika	Spencer	OAK	FREE	1:03.00
Tessa	Dennison	GGST	FLY	1:10.00
Erin	Assman	OAK	FREE	1:09.50
Isabella	Olivares	MSSAC	BACK	1:12.00
Jayden	Jackson	CT33	BACK	1:11.00
Laura	Ruttan	NKB	FREE	1:05.06
Marta	Benko	ESWIM	FLY	1:15.00
Bridget	Coley	HAC	FREE	1:03.20
Allie	Duff	EBSC	BACK	1:11.80

First Name	Last Name	CLUB	Stroke	Time
Zac	Zadona	ESWIM	BACK	1:06.00
Dustin	Dwyer	TRENT	BACK	1:05.00
James	Middlebrook	COBRA	BACK	1:06.50
Miguel	Lozano	OAK	FREE	:57.70
Ross	Phillips	GGST	FREE	1:03.00
Brody	Dyson	OAK	BACK	1:05.21
Sean	Domingo	TSC	FREE	1:00.20
Shane	Baxter	NKB		
Scott	Buttenham	HAC		

April 2009 - Train to Compete Camp - Hamilton**300 Timed Kick**

First Name	Last Name	CLUB	Stroke	Time
Mika	Spencer	OAK	FREE	4:57.70
Tessa	Dennison	GGST		4:50.00
Erin	Assman	OAK	FLY	5:35.60
Isabella	Olivares	MSSAC	FREE	4:55.60
Jayden	Jackson	CT33		4:52.00
Laura	Ruttan	NKB	FLY	4:38.00
Allie	Duff	EBSC	FREE	4:57.00
Bridget	Coley	HAC	FREE	4:47.90
Marta	Benko	ESWIM		

First Name	Last Name	CLUB	Stroke	Time
Zac	Zadona	ESWIM		4:43.16
Dustin	Dwyer	TRENT	FREE	4:06.46
James	Middlebrook	COBRA	FREE	4:39.46
Miguel	Lozano	OAK		4:15.15
Ross	Phillips	GGST		
Brody	Dyson	OAK		5:13.00
Sean	Domingo	TSC	BREAST	4:58.20
Shane	Baxter	NKB		5:20.00
Scott	Buttenham	HAC	FREE	4:31.00