**Advanced Development Provincial Team Camp**

**July 11-13, 2018**

Swimming Newfoundland and Labrador is offering a 3 day training camp for potential Canada Games (2021) swimmers. This is an opportunity to train with different swimmers and coaches. This camp will help our future Canada Games swimmers fine tune training habits and technique that will be expected of the next Canada Games swimmers.

Parents will be responsible for all transportation for their children.

**Selection Criteria:**

The camp will consist of:

* up to twenty boys born in 2005 or later, and
  + Selection will include the highest ranking boys with a minimum of 630 FINA points combined from three events of the following: 100 free, 200 free, 400 free, 800 free, 1500 free, 100 back, 200 back, 100 breast, 200 breast, 100 fly, 200 fly, 200 IM, 400 IM.
* up to twenty girls born 2006 or later.
  + Selection will include the highest ranking girls, with a minimum of 650 Fina points combined from three events of the following: 100 free, 200 free, 400 free, 800 free, 1500 free, 100 back, 200 back, 100 breast, 200 breast, 100 fly, 200 fly, 200 IM, 400 IM.

Using times, either short course or long course per event, from the 2017-2018 swim season, list FINA points as per Team Aquatic Supplies rankings found at[**www.swimrankings.net**](http://www.swimrankings.net)**.**

**Please list the times on the application form below.**

**Coaches:**

These training sessions will be open to all coaches in good standing with Swimming NL. If you are interested in attending these sessions please contact Chris Roberts [chrisroberts\_17@hotmail.com](mailto:chrisroberts_17@hotmail.com) .

**Schedule:**

**Wednesday, July 11th**

8:30 to 10:30am Pool Bowering Park

10:30am to 11:30am Dryland with run

5:30 to 7:30pm Pool Bowering Park

**Thursday July 12th**

10:30 to 12:15pm Pool Bowering Park

2:30 to 3:30pm pool Mount Pearl Summit

**Friday, July 13th**

8:30 to 10:30am pool Bowering Park

10:30 to 11:30am Dryland with run

5:30 to 7:30pm Bowering Park.

**If you wish to be considered for this team please return this application form via email to**

[**swimnl@sportnl.ca**](mailto:swimnl@sportnl.ca) **by**

**July 2, 2018.**

Athletes Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MCP #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email(s) to be used for event correspondence:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Medical Conditions which coach should be aware of:**

Allergies or Dietary Concerns:

Other Notes:

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**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date of Birth** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Event Bests Time Course FINA points

1.

2.

3.

Total FINA points = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_