

Provincial Development Activities 2018-2019

2018-2019	
General Technical Development Group: Competitive Swimmers. (Age will depend on location)	Technical Camp 1: October 26-28 weekend camp in Gander. 3 water sessions 1 dry, 25 spaces available. Cost \$50 per swimmer. Technical Camp 2: March travel to Goose Bay weekend Camp with 3-4 Pool sessions and 2 dry. Cost \$50 per swimmer. Technical Camp 3: Spring on West Coast. Cost \$50 per swimmer Memorial University to provide Technical Sessions in the Fall and March Cost TBA.
Advanced Development Team Canada Games eligible swimmers; able body, Females born 2006 or later. Males born 2005 or later.	Technical Camp 1 in Gander Oct 26-28 as above with separate pool sessions. Selected off FINA points, 17 male and 17 female including up to 2 para athletes. Attend Core Strength, injury prevention, and IM based training. Parents responsible for travel costs, meals and accommodations. July Training Camp in Bowring Park. 34 swimmers selected off best times from the season include 2 para. Parents responsible for travel costs, meals and accommodations.
Junior Provincial Team: May include Canada Games eligible but targeted at Females born 2004 or later and Males born 2003 or later.	8 swimmers selected off best times to the end of Provincial Championships in March for travel to Age Group International in Etobicoke, ON May 31 to June 2. Approximate cost \$900.
Senior Provincial Team: Targeting Highschool and Varsity swimmers who are training full time. Females born 2003 or earlier Males born 2002 or earlier	8 swimmers selected off best times to the end of Provincial Championships in March for travel to Age Group International in Etobicoke, ON May 31 to June 2. Approximate cost \$900.
Coaches	Coaches encouraged to attend all Provincial Activities and based on participation will receive PD Points. Email swimnltd@sportnl.ca to indicate interest! We will begin posting of results from testing during Provincial Activities. Coaches can use this info as benchmarks and training goals.

Definitions:

General Technical Development Group: This group can include any competitive swimmers in the Province no matter what their experience or skill level. Ideally, we are reaching swimmers 14 and under who's regular training schedule allows for additional technical sessions, however in some programs it will include those 15 and over as well. These swimmers will be reached through large group sessions held in various locations around the province both in drop in sessions and camp settings.

Advanced Development Group: Females born 2006 or later and males born 2005 or later, meeting selection criteria for each specific event, focused on development in line with the Canada Games cycle. Application forms will be required from parents.

Junior Provincial Team: Females born 2004 or later, Males born 2003 or later, meeting selection criteria for the specific event each season. Application forms will be required from parents.

Senior Provincial Team: Females born 2003 or earlier Males born 2002 or earlier, must be fully committed to a minimum of a 10 month training program. Application forms will be required with coaches' signature verifying commitment.