



## **Advanced Development Team October Selection Criteria October 26-28<sup>th</sup> Gander Technical Camp**

This camp is focused on IM based technical skills and developing good training habits. The camp includes three pool sessions and one dryland session based on injury prevention and core strength. This event includes at a minimum the following:

Friday October 26<sup>th</sup> 7:00-8:40pm

Saturday October 27<sup>th</sup> 9:00-10:30am Dryland

Saturday October 27<sup>th</sup> 5:15-7:00pm

Sunday October 28<sup>th</sup> 10:00-11:30am

Parents are responsible for accommodation, transportation, and meals for their swimmer.

### **Selection Criteria:**

**Up to 16 Females:** The highest-ranking girls born 2006 or later, with a minimum of 650 FINA points combined from three events excluding any 50-meter event or 100 IM will be selected. Best times from October 1, 2017 - August 31, 2018 may be used for calculation.

**Up to 16 Males:** The highest-ranking boys born 2005 or later, with a minimum of 630 FINA points combined from three events excluding any 50-meter event or 100 IM will be selected. Best times from October 1, 2017 - August 31, 2018 may be used for calculation.

**Up to 2 Para Swimmers** will be selected. Either gender must be between ages 13 and 25 as of January 1<sup>st</sup> 2021. Please submit attached application form. Selection will be made with Head Coaches discretion.

Please complete the attached application form and submit to [swimnltd@sportnl.ca](mailto:swimnltd@sportnl.ca) by October 6<sup>th</sup>.

Selection Criteria for the July camp will be similar to that above, requiring a minimum of 720 FINA points.

Coaches: If you are interested in assisting please email [swimnltd@sportnl.ca](mailto:swimnltd@sportnl.ca)



Please submit this application by October 6<sup>th</sup> to [swimnld@sportnl.ca](mailto:swimnld@sportnl.ca)

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

Date of Birth: \_\_\_\_\_

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

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

Parents Name: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact number: 1 \_\_\_\_\_ 2 \_\_\_\_\_

Any Medical conditions which coach should be aware of:

Allergies or Dietary Concerns:

Other Notes:

Please complete the following, swimmers can only use one event either short course or long course. For example, you can not use 100 free short course and 100 free long course. FINA points should be taken from Team Aquatic Supplies Power Rankings found at:

<https://registration.swimming.ca/powerranking.aspx>

Event:	Best Time	Course	FINA Points
1.			
2.			
3.			

Total FINA Points: \_\_\_\_\_