



2020 Eastern Canadian Prospects

Objective

To provide skills based training/racing opportunities in preparation for 2021 Canada Games (August 6-21, Niagara Region)

Who

Ontario, Quebec, Atlantic (PE, NF, NS)

Age Eligibility

Male YOB: 2005-2006

Female YOB: 2006-2007

Team Size

24 total athletes

12 male/12 female

TBD Coaches (at least 1 per Province)

Location

Swim Ontario Host	GTA
Accommodations/Meals	Centennial College
Training Venue	TPASC

Lead Coach

Dean Boles, Swim Ontario

Tentative Schedule of Events

Thursday May 14, 2020

TIME	ACTIVITY	LOCATION
TBD	Travel Times TBD	
TBD	Teams Arrive	
1:30pm	Arrival at TPASC	TPASC
2:00-2:45pm	Camp & Training Session Briefing	Leadership Room
2:45-3:15pm	Pre-Pool Activation	On Deck
3:30-5:30pm	Pool, 10 lanes LCM (combined genders)	Pool
5:30-6:15pm	Session Debrief & Stretch/Recovery (on deck)	On Deck
6:30pm	Dinner	TPASC
7:30pm	Check-in	Centennial College
TBD	Athletes in their rooms (as determined by teams)	Centennial College

Friday May 15, 2020

TIME	ACTIVITY	LOCATION
OYO	Breakfast	Centennial College (boxed breakfasts the night before)
6:20am	Depart Centennial College	
6:30am	Arrival at TPASC	TPASC
6:45am	Debrief/Pre-Pool	On Deck
7:30-11:30am	5 lanes LCM; 2 x 105 min pool sessions, split by gender; while one gender is training, the other is doing dryland (TBD) & switch; 15-minute change over to allow for training briefing, etc. (36 swimmers + staff)	Pool OR Leadership Room/ Studio 2/Gym Court
11:30-1:00pm	Lunch	TPASC
1:00-1:30pm	Debrief/Pre-Pool	On Deck
1:30-3:30pm	Pool, 10 lanes LCM (combined genders)	Pool
3:30-4:00pm	Session Debrief & Stretch/Recovery	On Deck
4:00-6:30pm	3 groups of 24- Head to Head Leaders (Tera Van Beilen, Heather Maitland, Zack Chetrat)	Leadership Room/Studio 4/ Studio 2
7:00pm	Dinner	Boston Pizza
TBD	Athletes in their rooms (as determined by teams)	Centennial College

Saturday May 16, 2020

TIME	ACTIVITY	LOCATION
OYO	Breakfast	Centennial College (boxed breakfasts the night before)
6:20am	Depart Centennial College	
6:30am	Arrival at TPASC	TPASC
6:45am	Debrief/Pre-Pool	On Deck
7:30-11:30am	RACING SIMULATION 5 lanes LCM	Pool
11:30-1:00pm	Lunch	Centennial College
1:00-3:30pm	Rest	Centennial College
4:00pm	Arrival TPASC, pool prep	TPASC
5:00-7:30pm	RACING SIMULATION Pool, 10 lanes LCM	Pool
7:30-7:45pm	Session Debrief & Stretch/Recovery	On Deck
8:00pm	Dinner	Boston Pizza
TBD	Athletes in their rooms (as determined by teams)	Centennial College

Sunday May 17, 2020

TIME	ACTIVITY	LOCATION
7:30-9:00am	Breakfast	Centennial College
9:00-9:15am	Check out & load buses	
9:45am	Arrival at TPASC	TPASC
10:00-11:30am	Olympian Chat (2 learning sessions- 1 for Coaches & 1 for Swimmers)	Leadership Room/Studio 4 or 3035
11:45-12:30pm	Debrief/Pre-Pool	On Deck
12:30-2:30pm	Pool, 10 lanes SCM	Pool
2:30-3:00pm	Camp Wrap Up	On Deck
3:00pm	Departure	<i>Receive boxed lunches</i>
TBD	Travel grid will be circulated once complete	