



Excellence, Integrity, Innovation, Collaboration

DISCOVER ALBERTA 2019-2020

Purpose: A single day competitive training session (which may include classroom learning) for both athletes and coaches. Goal outcomes are to create a fun and competitive environment and to demonstrate a high-end expectation of aerobic training in the general preparation phase of physical development and seasonal preparation. The overarching goal is to provide a distinct uplift in experience beyond a normal daily training environment.

Dates: Fall 2019 and Spring 2020

Location: Calgary and Edmonton, however these camps may run in different communities.

Participation Fee: \$30.00 per camp

Eligibility:

Females age 12 & under and males age 13 & under who are registered with an Alberta club program attending the Spring or Summer Championships are eligible. Age will be based on first day of the selection competition.

Athlete Selection:

All finalists from the 12 & under female and 13 & under male age groups from any individual event from the selection competition will be selected for this opportunity. Swimmers who achieve a final equivalent, meaning Top 8 or Top 10 in a time final event, will be selected.

Additional swimmers may be invited at the discretion of Swim Alberta. The criteria may include but is not limited to, technical swimming ability, improvement in the past season, 400m freestyle performance or consideration for injury. Following the selection competition, coaches who wish to provide a swimmers name for consideration must contact Swim Alberta.

Selection Competitions:

Fall 2019 - Summer Championships, July 4-7, 2019

Spring 2020 - Spring Championships, March 19-22, 2020

Staff Selection:

One Head Coach for each camp will be selected by Swim Alberta. One Team Manager will be selected by Swim Alberta.

*Each club with a selected swimmer MUST send a coach to the camp. In addition to being an excellent learning opportunity, personal coaches are required to assist and help make the camp safe and successful.