



Excellence, Integrity, Innovation, Collaboration

DISCOVER ALBERTA 2022-23

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.

Location: Calgary and Edmonton, however these camps may run in different communities as well. Specific locations will be communicated at a later date once confirmed.

Participation Fee: \$30.00 per camp

Eligibility:

Females aged 12 & under, and males aged 13 & under who are registered with an Alberta club program and attended Summer Provincials of the previous swim season for fall selection or attended the Swim Alberta Provincial Championships are eligible. Age will be based on first day of the selection competition. All participants need to adhere to any provincial, municipal, facility as well as Swim Alberta COVID-19 requirements. Swim Alberta requirements can be found on the [Swim Alberta Website](#).

Athlete Selection:

All 'A' 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 an 'A' final equivalent, meaning Top 10 in a time final event, may 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 name for consideration must contact Swim Alberta by end of day Oct. 15 2022 if they wish to put a name(s) forward.

Selection Competition:

Fall: Swim Alberta Summer Provincials, July 28-31, 2022

Spring: Swim Alberta Provincial Championships, Mar. 2-5, 2023

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 PD learning opportunity, personal coaches are required to assist and help make the camp safe and successful.