



## **ALIA ATKINSON NATIONAL SWIM SQUAD CAMP FOR EXCELLENCE**

### **NATIONAL AQUATIC CENTRE**

**Kingston, Jamaica**

**January 10-12, 2014**

- **Friday January 10<sup>th</sup>**

**3:00pm - 5:00pm - National Squad Training**

**Senior & Junior Squad**

- **Saturday January 11<sup>th</sup>**

**7:00 am- 10 am - National Squad Training**

**Senior & Junior Squad**

**1:00 pm - 2:45 pm**

**Lunch Session followed by Q&A  
with local Coaches and Coach  
Christopher Anderson**

**3:00pm - 5:00pm - National Squad Training**

**All three (3) Squads**

- **Sunday January 12<sup>th</sup>**

**7:00am - 10:00am - National Squad Training**

**Senior & Junior**

**10:15 am - 11:15 am**

**Q & A – Christopher Anderson and Swim Parents**

**11:30 am - 12:30 pm**

**Q&A Discussion Talk with Alia open to non National  
Squad swimmers**

**3:00 pm - 5:00 pm - National Squad Training**

**Senior & Development  
Squads**

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**ACTIVITIES AND GUIDELINES**

- All sessions are mandatory. Swimmers in 5<sup>th</sup> & 6<sup>th</sup> Forms and those sitting GSAT Exams may be excused from maximum of 1 session of the camp only after consultation with Camp Coordinator **Gillian Millwood** [Gillian.s.millwood@gmail.com](mailto:Gillian.s.millwood@gmail.com). Consultation with camp coordinator must be held prior to commencement of the camp.
- The National Squad Camp will be intense but fun. All participants must be in good condition coming into Camp, attending a minimum of 5 sessions per week for Senior, Junior and Development Squad 11 – 14 and 3 sessions per week for Development squad 10 year Olds. This must be confirmed with the camp coordinator by their respective club coaches.
- All Squad members are required to bring their own equipment to the camp i.e. 2 bottles of liquid, Kick board; Pull Bouys; Fins (& Socks) and Paddles. Snorkel would be desirable.