

# NATIONAL SQUAD CAMP FOR EXCELLENCE NATIONAL AQUATIC CENTRE

Kingston, Jamaica December 27-31, 2014

#### • Saturday, December 27th

6:30 a.m. - 9:00 a.m. All Squads - Presentation by Coach Syreeta: Youth Olympic Games in Nanjing, China

3:30 p.m. - 5:30 p.m. All Squads

#### • Sunday, December 28th

8:00 a.m. - 10:00 a.m. Senior & Junior Squads
Presentation by Coach Gillian: Pan Am Olympic Sports Festival in Mexico
1:00 p.m. - 3:00 p.m. Development Squad - Presentation by Physiotherapist,
Sophia Brown on Injury Prevention

#### • Monday, December 29th

6:30 a.m. - 9:00 a.m. Senior & Junior Squads: - Presentation by Coach Wendy: Coaches Clinic, Colorado, USA

2:00 p.m. - 4:00 p.m. Development Squad

3:00 p.m. - 5:00 p.m. Senior & Junior Squads

#### • Tuesday, December 30th

7:00 a.m. - 9:00 a.m. Senior & Junior Squads – Presentation by Coach Gillian: 1<sup>st</sup> FINA/Doha Youth Development Programme, Doha, Qatar 2:00 p.m. - 5:00 p.m. All Squads

#### Wednesday, December 31<sup>st</sup>

6:30 a.m. - 9:00 a.m. All Squads – Lime Cay (Further details to follow)

### NATIONAL SQUAD CAMP FOR EXCELLENCE ACTIVITIES AND GUIDELINES

The Coaches for the Camp will be: Gillian Millwood – Camp Coordinator, Syreeta Biggs, Wendy Lee, Miguel Jonas, and Rohan Whyte;

The first (1<sup>st</sup>) 30 minutes of Sessions 2, 4 & 6 will focus on I.M. & Butterfly stroke endurance. Sessions 1, 3 & 5 will focus on Start, Turns, Streamline and Pull outs;

The Monday afternoon Session will include a TEST SET – We will require volunteers to serve as Time Keepers. Volunteers please register with the ASAJ office.

## All squad members are required to arrive at the pool ten (10) minutes prior to the beginning of each practice session.

All sessions are mandatory. Swimmers in 5<sup>th</sup> & 6<sup>th</sup> Forms may be excused from a maximum of one (1) session of the camp; this only after consultation with the Camp Coordinator. Consultation with the Camp Coordinator, Gillian Millwood must be held prior to commencement of the camp. Coach Gillian's e-mail address is: gillian.s.millwood@gmail.com; and her mobile telephone number is: 475-5464.

The National Squad Camp will be intense but Fun. All participants must be in good physical condition coming into camp, attending a minimum of Five (5) Sessions per week for Senior, Junior and Development Squad 11 - 14 years and Three (3) Sessions per week for the 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. Two (2) bottles of liquid, Kick board, Pull Buoys, Fins (& Socks), Paddles and Running Shoes. Snorkel is desirable.