

NATIONAL SWIM SQUAD CAMP FOR EXCELLENCE NATIONAL AQUATIC CENTRE

Kingston, Jamaica
December 30 & 31 2013 and January 2-4, 2014

Monday, December 30, 2013

6:30 a.m. - 9:00 a.m. - Senior & Junior Squads

3:00 p.m. - 5:00 p.m. - All Squads - Nutrition Talk

Tuesday, December 31, 2013

6:30 a.m. - 10:00 a.m. - Senior & Junior Squads at Mountain Spring followed by training session at the National Aquatic Centre, Independence Park 8:00 a.m. - 10:00 a.m. - Development Squad

Thursday, January 2, 2014

6:30 a.m. - 9:00 a.m. - Senior & Junior Squads

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

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

Friday, January 3, 2014

7:00 a.m. - 9:00 a.m. - Senior & Junior Squads

2:00 p.m. - 5:00 p.m. - ALL Squads

Saturday, January 4, 2014

6:30 a.m. - 9:00 a.m. - Senior & Junior Squads at Mountain Spring followed by training session at the National Aquatic Centre, Independence Park.

8:00 a.m. - 10:00 a.m. - Development Squad

NATIONAL SQUAD CAMP FOR EXCELLENCE ACTIVITIES AND GUIDELINES

- First (1st) 30 minutes of Sessions 2, 4 & 6: Focus on IM & Butterfly stroke endurance. Sessions 1, 3 & 5: Focus on Start, Turns, Streamline and Pull outs;
- Friday afternoon Session will include a TEST SET We need volunteers for Time Keepers. Volunteers can 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 5th & 6th Forms may be excused from maximum of one (1) session of the camp only after consultation with the Camp Coordinator. Consultation with Camp Coordinator, Gillian Millwood, telephone: 475-5469 (mobile) e-mail: gillian.s.millwood@gmail.com; MUST be held prior to commencement of the camp.
- The National Swim Squad Camp will be intense but Fun. All participants must be in good condition coming into Camp, attending a minimum of five (5) sessions per week for Senior, Junior and Development Squad 11 14 and three (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.