



**NATIONAL SWIM SQUAD CAMP FOR EXCELLENCE
NATIONAL AQUATIC CENTRE
Kingston, Jamaica
October 11 – 13, 2013**

Thursday, October 10th

5:15 p.m. - 5:45p.m.

**Meeting with National Squad Swimmers to Discuss Camp
at the National Aquatic Centre, Independence Park.**

Friday, October 11th

5:00 a.m. - 6:45 a.m.

Junior & Senior Squad Training Session

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

Junior & Senior Squad Training Session

Saturday, October 12th

5:30 a.m. - 8:00 a.m.

Junior & Senior Squad Training Session

2:30 p.m. - 4:30 p.m.

All Squads Training Session

4:45 p.m. - 6:00 p.m.

Parent and Swimmer Talk:

- *“What it Takes to be GOOD”*
- *“Tips on Injury Prevention”*

Sunday, October 13th

6:00 a.m. - 9:00 a.m.

Junior & Senior Squad Training Session

7:30 a.m. - 9:00 a.m.

Development Squad Training Session

NATIONAL SWIM SQUAD CAMP FOR EXCELLENCE ACTIVITIES AND GUIDELINES

- **First (1st) Thirty (30) minutes of Sessions 1 & 2: - Focus on Freestyle & Backstroke**
- **Sessions 3 & 4: - Focus on Starts, Turns, Streamline and Pull outs**
- **Sunday 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 Training Session.**
- **All Sessions are mandatory. Swimmers in 5th & 6th Forms may be excused from a maximum of one (1) Session of the camp, only after consultation with Camp Coordinator. Consultation with Camp Coordinator 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. Kick board; Pull Bouys; Fins and Paddles. Snorkel would be desirable.)**