



**NATIONAL SQUAD CAMP FOR EXCELLENCE
NATIONAL AQUATIC CENTRE**

Kingston, Jamaica
November 14 - 17 2013

Thursday November 14th

4:30pm – 6:00 pm

Junior & Senior Squad Practice

Friday November 15th

5:00 am – 6:45am

Junior & Senior Squad Practice

3:30 pm – 5:30pm

Junior & Senior Squad Practice

Saturday November 16th

5:00 am – 8:00 am

Junior & Senior Squad Practice

7:00 am – 8:30 am

Development Squad Practice

Sunday November 17th

6:00 am - 9:00 am

Junior & Senior Squad Practice

2:00 pm – 4:30 pm

Junior & Senior Squad Practice

3:00 pm – 4:30 pm

Development Squad Practice

NATIONAL SQUAD CAMP FOR EXCELLENCE ACTIVITIES AND GUIDELINES

- **1st :30 minutes of sessions 1, 2 & 3 Focus on Breaststroke & Butterfly Session 4,5 & 6 Focus on Start, Turns, Streamline and Pull outs**
- **Sunday 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 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 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 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. Kick board; Pull Bouys; Fins and Paddles. Snorkel would be desirable.**