



# 2019 12U DEVELOPMENT CAMP

REVISED July 4, 2019

## ATHLETE PROGRAMMING

SUNDAY – JULY 21					
8H30-8H45	Arrive at CENTRE SPORTIF DE GATINEAU. Parents/ coach sign in athlete (s).				
	KARATE	SWIMMING	DIVING	GYMNASTIC FOUNDATION & TRAMPOLINE	FLEXIBILITY & COORDINATION
9h00 – 10h15	Group 1	Group 2	Group 3	Group 4	Group 5
10h30 – 11h45	Group 2	Group 3	Group 4	Group 5	Group 1
11h45-12h30	Lunch <i>* Bring your own lunch *</i>				
12h45-14h00	Group 3	Group 4	Group 5	Group 1	Group 2
14h15-15h30	Group 4	Group 5	Group 1	Group 2	Group 3
15h45-17h00	Group 5	Group 1	Group 2	Group 3	Group 4
17h-17h15	Pick-up & Sign-out by parents				

\* The sessions are all offered in English (translation will be available if needed)

- Items to bring:
  - swim suit: 2 (two), *if possible*, is recommended as athletes will be in & out of pool.
  - swim cap
  - goggles
  - deck shoes
  - towel
  - water bottle
  - Lunch
  - running shoes
  - socks
  - light unrestrictive clothing: leggings (shorts, capris, full length), tank top
  - elastics for hair in bun
  - note book & pen/ pencil

## Information on the sessions:

### Swimming:

The speed swimming portion of this camp will be used to improve our swimmer's overall technique in each stroke. We aim to take advantage of artistic swimmer's strengths including breath control, strength, and rhythm. These are key elements in proper speed swimming technique and will be capitalized on with specific swimming drills. In addition to stroke development the athletes will work on their flips and turns for each stroke.

**Flexibility & Coordination:**

The flexibility and extension portion of this camp will be used to work on full body, from the toes to the head. In addition, various exercises will be introduced to improve the flexibility of the toes, ankles and develop safe and secure knee extension, hip extension and shoulder flexion while performing various movements.

**Gymnastics:**

The gymnastic portion of the camp will be used to ensure athletes are familiar with the basic gymnastic skills, which are required more and more in artistic swimming. Progressions and regressions will be taught for all basic gymnastic skills, including education on safety when training all the basic skills.

**Trampoline:**

An introduction to basic trampoline skills will be developed.

**Diving:**

An introduction to basic diving skills will be developed.

**Karate:**

An introduction to basic Karate skills & techniques to improve the speed of arm and leg movements with a solid trunk.