

2014-2017 Provincial Quad Plan - National								
	2014		2015		2016		2017	
	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST
SPRING	Eastern Tri-Camp, London 16 Swimmers - 16-19 April 2 year age target Female 14-15 Male 15-16	Western Tri-Camp Swimmer numbers and target ages TBD	Eastern Tri-Camp, Quebec City 16 Swimmers - 22-26 April 2 year age target Female 14-15 Male 15-16	Western Tri-Camp Swimmer numbers and target ages TBD	Eastern Tri-Camp, Halifax 16 Swimmers 2 year age target Female 13-14 Male 14-15	Western Tri-Camp Olympic Trials Swimmer numbers and target ages TBD	Canada Games Team Focus	Western Tri-Camp Swimmer numbers and target ages TBD
SUMMER	East/West Dual Meet - Post Age Nationals Female 15-16 and 14 & under Male 16-17 and 15 & under 12 male & female each age group Winnipeg, MB			Western Canada Games	East/West Dual Meet - Post Age Nationals Female 15-16 and 14 & under Male 16-17 and 15 & under 12 male & female each age group Winnipeg, MB		Canada Games	

2014-2017 Provincial Quad Plan - Nova Scotia								
	2014		2015		2016		2017	
	SPRING	Ontario Junior International (Dec)		Ground Hog Meet (Non-EC Qualifiers 11-14 yrs) - ME Ontario Junior International (Dec) SNS HP - Eastern Cup, Montreal - Jan or SNS HP - USA Orlando Grand Prix, FL - Feb Age Group National Qualifiers Camp - April		Ground Hog Meet (Non-EC Qualifiers 11-14 yrs) - ME Ontario Junior International (Dec) SNS HP - USA Austin Grand Prix, TX - Jan or SNS HP - USA Orlando Grand Prix, FL - Feb Age Group National Qualifiers Camp - April (Olympic Trials?)		Canada Games Training Camps Ground Hog Meet (Non-EC Qualifiers 11-14 yrs) - ME Ontario Junior International (Dec) SNS HP - Eastern Cup, Montreal - Jan or SNS HP - USA Orlando Grand Prix, FL - Feb Age Group National Qualifiers Camp - April
SUMMER	SNS HP Camp - FL / USA Charlotte Grand Prix, NC - 7-19 May Age Group National Qualifiers Camp - June		SNS HP Camp - FL / USA Charlotte Grand Prix, NC - May SNS SR Summer Nat LCM Camp - June		SNS HP Camp - FL / USA Charlotte Grand Prix, NC - May** Canada Games - Long List ID / Camp(s) TBD		SNS HP Camp - FL / USA Charlotte Grand Prix, NC - May** Canada Games	

** Other possibilities - Mare Nostrum Tour (2 of the 3 meets) or Zajac International w/ Camp

SWIM NOVA SCOTIA CAMP/COMPETITION STRUCTURE

- 1) Set lesson Camp Plans (ID Sets & Skills)
- 2) Progressions
- 3) Time frame appropriate to scheduled competition
- 4) Travel Options

- 5) Compliment National Calendar
- 6) **Only Age Group Level or higher are eligible for camps.**
(No Nova-Tech Athletes)

John Athkinson, SNC National Team Director:

"There is no easy way. We have to PREPARE to be World-Class!"

Level IV (Gold)	SR Nats/HP Qualifiers (Top 100)	- Travel Training Camp - Travel Competition(s) USA Grand Prix Mare Nostrum Canada Cup	- T-Shirt & Cap (Team Elite Ship - Top 8 Nats)
Level III (Silver)	Age Group National Qualifiers	- Provincial Camps (2-3x) Central Region - Age Group Nats Comp / CG ID East vs West Dual Team Atlantic	- T-Shirt & Cap - Canada Games ID Shirt
Level II (Bronze)	East Coast Qualifiers	- Regional Camps (2x) North/South/Central - Tri-Meet Camp/Comp - Travel Opportunity Quebec P1/P2 (?)	- Cap - Tri-Meet Camp T-Shirt
Level I (ID Team)	Non-East Coast Qualifiers	- Regional Camps (2x) North/South/Central - 'Gound Hog' Incentive Trip (?)	- Travel Team T-Shirt

