

MARCH BREAK “TRAINING FOR SUCCESS” CAMP
SAT. MARCH 09 - SAT. MARCH 16, 2019.

We are pleased to announce that once again, we will be running our March Break Training for Success Camp.



This will be for all Elite swimmers only.

A charge of \$70.00 per swimmer will be deducted from meet fee account to cover pool costs.

To obtain maximum benefit from the training camp, swimmers must attend all practices.

TRAINING CAMP SCHEDULE
MORNINGS

Sat.	Mar 09	7:00 - 8:30 a.m.	Woodbridge swimmers at Woodbridge Dufferin swimmers at Dufferin
Mon.	Mar 11	8:00 - 10:00 a.m.	All swimmers - Dufferin Clark Pool
Tues.	Mar 12	8:00 - 10:00 a.m.	All swimmers - Woodbridge Pool
Wed.	Mar 13	8:00 - 10:00 a.m.	All swimmers - Dufferin Clark Pool
Thurs.	Mar 14	Sleep in ☺	No practice in morning
Fri.	Mar 15	8:00 - 10:00 a.m.	All swimmers - Woodbridge Pool * Team Brunch
Sat.	Mar 16	7:00 - 8:30 a.m.	Woodbridge swimmers at Woodbridge Dufferin swimmers at Dufferin

AFTERNOONS

Sat Mar 09	4:30 - 6:00 p.m.	All swimmers Vellore Pool (Elite 1 & 2)
Sat Mar 16	4:30 - 6:00 p.m.	All swimmers <u>Markham Pan Am Pool</u> (Elite 1 & 2)

Mon. - Fri.
(Mar 11 - 15) Regular times Regular Pools

* Team brunch (approx. 10.30 - 12.00 p.m.) (Swimmers to pay for themselves).
Venue to be decided