

SILVER TIDE SWIM CLUB

Sherwood Park, Alberta, Canada



SILVER TIDE WINTER TRAINING CAMP

I am excited to announce that Silver Tide Swim Club has been able to book enough pool time at the Kinsmen Sport Centre in Edmonton to make space for all of our training groups. It is exciting for swimmers to train in a slightly different environment and take advantage of different amenities that the Kinsmen Centre in particular can offer. Over the course of this training camp, every group will have an opportunity to swim in the big 50m pool at least once. We will also have another Swim Club Practice all together at noon on December 31st, 2009.

The training during this camp gets our swimmers back into shape after a 2-week break and is a chance to teach the kids while they have a slightly less busy schedule (without school). It is highly recommended that all swimmers attend these practices; however it is understandable that some of you will have winter plans of your own. If you do have plans, please let your coach know. We care about every swimmer in the club, and we care to know that your swimmer is okay and has a reason for being away. We appreciate you taking the time to communicate with us.

The full schedule is below:

Group	Mon Dec 28	Tue Dec 29	Wed Dec 30	Thu Dec 31
Senior	9:00am – 1:00pm	9:00am – 1:00pm	9:00am – 1:00pm	12:00pm – 2:00pm
TAG	10:00am – 1:00pm	10:00am – 1:00pm	10:00am – 1:00pm	12:00pm – 2:00pm
Youth Dev	1:00pm – 2:30pm	11:00am – 1:00pm	1:00pm – 2:30pm	12:00pm – 2:00pm
JAG	1:00pm – 2:30pm	11:00am – 1:00pm	1:00pm – 2:30pm	12:00pm – 2:00pm
Junior Dev	1:00pm – 2:30pm	OFF	1:00pm – 2:30pm	12:00pm – 2:00pm

All practices include dryland time. Please continue to be at practice 15min early for stretching and activation. All swimmers should bring water bottles, and Senior / TAG swimmers should bring a snack for after their long workouts.

January 1-3 will be off, and we will be back to our regular schedule on Monday, January 4th, 2010.

All practices are at Kinsmen Sport Centre in Edmonton
Kinsmen address: 9100 Walterdale Hill

If you have questions, please contact me at chris.nelson@silvertide.ca.

Thank you all for such a great start to the year. Have a great break and I can't wait to see everyone back at the pool again on December 28th!

Coach Chris