



The Whole Athlete Development Camp

November 26, 2023

Estevan, Saskatchewan

Hello Club Contacts and Head Coaches:

Please find the Whole Athlete Development Camp tentative schedule. All competitive and recreational athletes registered with Saskatchewan Artistic Swimming are invited to attend this camp.

The camp is set to take place in conjunction with the Marnie Eistetter Figure Meet at the Estevan Leisure Center in Estevan, Saskatchewan. The date of Marnie's Meet is Saturday, November 25, 2023, and the date of the camp is Sunday November 26, 2023.

Water sessions will include creative hybrid ideas and figure drills. Land activities will include kick boxing, Mobility, and a nutrition class lead by Encompass Fitness.

Masters' athletes may take part in a special in-pool training session with the TD on Nov 26 from 8am-930am. This is a free event, but athletes are asked to register accordingly.

All registration must be submitted using Canada Artistic Swimming online competition registration system. Register each athlete individually by selecting figures in their appropriate age group.

Cost per athlete is \$35.00. Master's athletes are free.

Payment must be sent to:
Saskatchewan Artistic Swimming
300 – 1734 Elphinstone Street
Regina, Saskatchewan
S4T 1K1
Phone: 306-780-9227
Email transfer: payment@saskartisticswimming.ca

Registrations deadline: November 8, 2023

Please direct any questions to Taya Amundson at the contact info listed above.

Team Leaders

Please provide two coaches from your club who are willing to be Team Leaders. Due to the timing of this camp, the groups are going to be large, and the Team Leaders will be expected to actively coach to help the facilitators. We will do our best to group the Team Leaders with athletes from their clubs and age groups they currently coach. In some cases, this may not be possible. Groups will be defined by age groups. Please send coaches names and preferred age group to TD@saskartisticswimming.ca prior to the registration deadline.