



2018-2019 Regional Age Group / Learn to Train Camps

Overview

As stated in the Swim BC Technical Overview document for the 2018-2019 season, Swim BC will be making available grants of up to \$1500 for each region, as identified below, with the intention of achieving the following outcomes:

- Create an enhanced training opportunity for swimmers, taking advantage of the enhanced environment and group dynamics of multi-club training
- Inspire collaboration among coaches in the regions to identify regional development gaps and create region-specific strategies to address those gaps
- Build a stepping stone toward other regional club collaboration, be it training initiatives, official and unofficial competitions, or other types of group interactions
- Generate and share ideas across the province so that regions can gain inspiration and formulate new initiatives within their own region
- Kickstart collaborative planning around each region's selection of swimmers and coaches for the bi-annual BC Games (next one is Maple Ridge in 2020);
 - Note, however, that the LMR regions below do not necessarily correspond directly to the BC Games Zone; in fact, we divided the LMR into four regions (versus the BC Games three) to provide the opportunity for more swimmers to be included

Regions / Clubs:

Northwest	Northeast	Thompson-Okanagan	Kootenay
PRASC KMSC TBSC BVOSC	WLBF CEE WRSC PGB CONNU	CS SSC KCS KAJ KISU SOSC VKSC	CVSC CTSC EVDSC TRAX CKSC

Fraser Valley	Fraser River	North Shore	Vancouver-Coastal	Vancouver Island
AOSC ARIE HANEY HYACK LOSC SPART SKSC	DELTA PSW SFA RAPID WSC WDSC	CHENA HST WVOSC WSWSC SFC SFNV	ADVENT CDSC DYNA GATOR VPSC CHIN	CRKW COMOX DST ISC LCSC NRST PCS TSUN RAC TYEE



Grant Application Process:

Each region is encouraged to appoint a Lead Coach or Coaching group to serve as the communication lead for planning within the region, and with Swim BC. This Lead or Group will be responsible to the following:

- Communicate and collaborate with the regional coaches to generate an assessment of developmental needs within the region, focussed on the Learn-to-Train level swimmer.
 - Examples - general stroke improvement; butterfly development; turns; starts; relay swimming; etc.
- Generate, again, in collaboration with the regional coaches, a camp strategy and curriculum designed to address those identified developmental needs.
- Submit camp format, outlining the items below, with as many specifics as possible, to Swim BC Performance Director (mike@swimbc.ca).
- All camps are to be completed no later than May 31, 2019
- This Lead Coach or Coaching Group will also report back to Swim BC on the outcome of the camp – number of attendees - swimmers, clubs, coaches; the types of workouts and presentations that were done; an assessment of how well it addressed needs; etc.

This last point is crucial as we intend to accumulate and assess the developmental needs of the regions in an effort to begin an assessment of the developmental programming for the province.

- Reports, complete with expenses, are to be submitted no later than 30 days following the camp

Please include the following in the proposal:

- Date(s)
 - Age range of targeted swimmers (Learn to Train is the intended focus)
 - Target number of participants
 - Swimmer identification / selection process
 - Initial list of invited swimmers
 - How all clubs within region will be included
 - Camp content
 - Projected timelines
 - Pool sessions
 - Presentations / speakers
 - Participant cost (if any; camps need to be revenue-neutral)
 - Estimated Budget; you may use [this template](#) or create your own
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