

## September 2020 Camp Schedule for AA, Prov, and Yth/Sen Groups

Please note that we will be having a "Return to Swimming Plan" training session on Tuesday September 8, 2020 before commencing our training camp

We will be meeting outside on the Great Lawn (the field adjacent to the leisure pool). Here is the schedule for **Tues Sept 8:**

Norman (AA) -	5:00-5:30 pm
Norman (Prov) -	4:15-4:45 pm
Janusz (Yth/Sen) -	3:30-4:00 pm

\* The training session is MANDATORY for all swimmers wanting to participate in the camp.

\* Please do not show up more than 10 minutes early. We want to avoid crossovers of groups.

\* Please ensure that all required Return to Swimming Plan documents are signed and emailed back to Laura by Friday Sept 4.

\* Swimmers will ONLY be allowed to participate in the camp IF all their documents are returned.

			Swim: 6:00-7:00 am	Swim: 7:00-8:00 am	Dryland: 8:00-9:00 am	Dryland: 3:45-4:45 pm	Dryland: 4:45-5:45 pm	Total hours by week
Week 1	Wednesday	9-Sep-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	
	Thursday	10-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Friday	11-Sep-2020	Norman (Prov)	Norman (Prov)		Janusz	Norman (AA)	
	Saturday	12-Sep-2020			Janusz/Norman (Prov)			
	Sunday	13-Sep-2020						
Week 2	Monday	14-Sep-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	Janusz: 8 Norman (Prov): 6 Norman (AA): 6
	Tuesday	15-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Wednesday	16-Sep-2020	Norman (AA)	Norman (AA)		Janusz/Norman (Prov)		
	Thursday	17-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Friday	18-Sep-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	
	Saturday	19-Sep-2020			Janusz/Norman (Prov)			
	Sunday	20-Sep-2020						
Week 3	Monday	21-Sep-2020	Norman (Prov)	Norman (Prov)		Janusz	Norman (AA)	Janusz: 7 Norman (Prov): 7 Norman (AA): 6
	Tuesday	22-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Wednesday	23-Sep-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	
	Thursday	24-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Friday	25-Sep-2020	Norman (AA)	Norman (AA)		Janusz/Norman (Prov)		
	Saturday	26-Sep-2020			Janusz/Norman (Prov)			
	Sunday	27-Sep-2020						
Week 4	Monday	28-Sep-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	Janusz: 8 Norman (Prov): 7 Norman (AA): 5
	Tuesday	29-Sep-2020				Janusz/Norman (Prov)	Norman (AA)	
	Wednesday	30-Sep-2020	Norman (Prov)	Norman (Prov)		Janusz	Norman (AA)	
	Thursday	1-Oct-2020				Janusz/Norman (Prov)	Norman (AA)	
	Friday	2-Oct-2020	Janusz	Janusz		Norman (Prov)	Norman (AA)	
	Saturday	3-Oct-2020			Janusz/Norman (Prov)			
	Sunday	4-Oct-2020						
			Swim: 6:00-7:00 am	Swim: 7:00-8:00 am	Dryland: 8:00-9:00 am	Dryland: 3:45-4:45 pm	Dryland: 4:45-5:45 pm	Total hours by week

Total swim sessions:

Janusz - 6

Norman (Prov) - 3

Norman (AA) - 2