

## MSSAC 2011 Summer Training / Camps

**A**fter **June 19<sup>th</sup>** only those swimmers qualified for and attending a Provincial or National Championship meet will continue to train as part of the main training groups. These groups will train primarily out of UTM. All other swimmers can take advantage of the summer swimming opportunities available as part of the summer programs.

**S**wimmers that are **not qualified** for the Provincial and/or National meets have a couple options including the extended season option which includes the Dr. Hauch competition in London, as well as the summer swim technique camps.

Please review the **summer extended season (page 5)** and **summer stroke technique camps (page 2)** below .



*Mississauga Swimming*

# **Summer Stroke Technique Camp**

## **for Competitive Swimmers**

### **Camp Features**

- Mississauga Aquatic Club Staff will run the camp
- Swimmers aged 8-16
- Swimmers from MSSAC and MSDC are eligible
- Age and Ability grouping
- Teaching of all competitive swimming strokes
- Teaching all skills around the walls including starts, turns, and finishes

### **Important Information**

- Cost: (\$190 - 284) Payable to Mississauga Aquatic Club
- 25% discount for second swimmer on swim fees
- Registration Deadline: May 31<sup>st</sup>
- Maximum number of swimmers is 18 per pool per session
- The Camp will occur Monday, Wednesday, and Friday
- Locations are outdoors at Applewood, Lewis Bradley, and David Ramsey
- Swimmers can register for either morning or afternoon sessions, or both
- Extended season participants start July 11<sup>th</sup> at a pro-rated rate

# Camp Schedule

- Costs and Start dates:
  - o Session A - \$284.00, July 4<sup>th</sup> – August 12<sup>th</sup>
  - o Session B - \$234.00, July 11<sup>th</sup> – August 12<sup>th</sup>
  - o Session C - \$284.00, July 4<sup>th</sup> – August 12<sup>th</sup>
  - o Session D - \$284.00, July 4<sup>th</sup> – August 12<sup>th</sup>
  - o Session E - \$284.00, July 4<sup>th</sup> – August 12<sup>th</sup>
  - o Session F - \$190.00, July 4<sup>th</sup> – August 12<sup>th</sup>
  - o Extended season participants will follow Session B fees and start dates with the exception of Session F (\$140 July 11<sup>th</sup> – August 12<sup>st</sup>)
  
- Sessions
  - o Session A – Applewood – 7:30-9:00am, Monday, Wednesday, Friday
  - o Session B – Applewood – 5:00-6:30pm, Monday, Wednesday, Friday
  - o Session C – Lewis Bradley – 7:30-9:00am, Monday, Wednesday, Friday
  - o Session D – Lewis Bradley – 4:30-6:00pm, Monday, Wednesday, Friday
  - o Session E – David Ramsey – 7:30-9:00am, Monday, Wednesday, Friday
  - o Session F – David Ramsey – 4:30-5:30pm, Monday, Wednesday, Friday

## How to Register

- Fill out camp registration form below and return to MSSAC office
- Spaces will be limited to 18 swimmers, spaces filled on a first-come, first-served basis

**For More information please contact Mike Rutledge at [mike.rutledge@mississaugaswimming.com](mailto:mike.rutledge@mississaugaswimming.com) or (647) 223-7081.**



**2011 Summer Camp**  
*Registration is Due Thursday May 29<sup>th</sup>, 2011*  
**FAX: 905-274-9987**

**FEE:** SEE above, NON REFUNDABLE  
Payable by Visa or Master Card ONLY  
**Registration is Due Tuesday May 31<sup>st</sup>, 2011**  
Please FAX or Email to [admin@mississaugaswimming.com](mailto:admin@mississaugaswimming.com)

Swimmer Name: \_\_\_\_\_  
Current Group: \_\_\_\_\_  
Desired Session: First choice \_\_\_\_\_  
Second choice \_\_\_\_\_  
Third choice \_\_\_\_\_

**DISCIPLINE AND CODE OF CONDUCT:** The Mississauga Aquatic Club Code of Conduct that each Swimmer signed upon registration will be enforced.

**ACKNOWLEDGEMENT:** We have read and understand these warnings.

\_\_\_\_\_ date

**PERMISSION: I give permission for my child \_\_\_\_\_**  
**to participate in the Summer Swim Camp, 2011**

\_\_\_\_\_ date

**CREDIT CARDS WILL BE PROCESSED June 1<sup>st</sup>, 2011**

VISA  or MASTERCARD   
*Please check which is applicable*

CARDHOLDER NAME: \_\_\_\_\_

CREDIT CARD NUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_\_\_ / \_\_\_\_ \_\_\_\_



*Mississauga Swimming*

# **MSSAC Extended Swim Season**

## **for Current MSSAC Swimmers**

### **Features**

- Taught by current and seasoned MSSAC coaches and their assistants
- Current MSSAC swimmers in Youth and above
- Swimmers from Wave 1 & 2 are not eligible
- Extended season will finish with the Dr. Paul Huach Invitational at the outdoor pool in London! Swimmers will travel with family to London. You may stay where you wish.

### **Important Information**

- Cost: \$120 swim fees + \$60 meet deposit fee  
Payable to Mississauga Aquatic Club
- 25% discount for second swimmer on swim fees
- Registration Deadline: May 31<sup>st</sup>
- Session starts June 20<sup>th</sup> (end of MSSAC season unless at Provincials/Nationals)
- Session ends July 6<sup>th</sup> (Wednesday)
- Training will occur Monday, Wednesday, and Friday at Applewood from 5:00 – 6:30 pm
- Dr. Paul Hauch Invitational takes place July 8<sup>th</sup> – 10<sup>th</sup>

- Swimmers wishing to continue with the MSSAC summer camp may do so at a pro-rated rate. Please consult the summer camp forms for more information

## **How to Register**

- Fill out extended season registration form below and return to the MSSAC office
- Spaces in extended season are NOT limited
- Spaces in the summer camp will be limited to 18 swimmers, spaces filled on a first-come, first-served basis

**For More information please contact Mike Rutledge at [mike.rutledge@mississaugaswimming.com](mailto:mike.rutledge@mississaugaswimming.com) or (647) 223-7081.**



***2011 Extended Season***  
***Registration is Due Thursday May 31<sup>st</sup>, 2011***  
***FAX: 905-274-9987***

**FEE:** SEE above, NON REFUNDABLE  
 Payable by Visa or Master Card ONLY  
***Registration is Due Thursday May 31<sup>st</sup>, 2011***  
 Please FAX or Email to [admin@mississaugaswimming.com](mailto:admin@mississaugaswimming.com)

Swimmer Name: \_\_\_\_\_

Current Group: \_\_\_\_\_

**DISCIPLINE AND CODE OF CONDUCT:** The Mississauga Aquatic Club Code of Conduct that each Swimmer signed upon registration will be enforced.

**ACKNOWLEDGEMENT:** We have read and understand these warnings.

\_\_\_\_\_ *signature of swimmer*          \_\_\_\_\_ *date*

**PERMISSION:** I give permission for my child \_\_\_\_\_  
**to participate in the Extended Swim Season, 2011**

\_\_\_\_\_ *Signature of parent*          \_\_\_\_\_ *date*

CREDIT CARDS WILL BE PROCESSED June 1<sup>st</sup>, 2011

VISA  or MASTERCARD

*Please check which is applicable*

CARDHOLDER NAME: \_\_\_\_\_

CREDIT CARD NUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_