

MSSAC Summer Training Program

After June 19th 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.

The Provincial and National training groups are separated into Gold, Silver, and Bronze. After June 19th those swimmer in the Senior Group that qualify for the Provincial or National level meets will train in the Gold training sessions, those in Silver II and Silver I with Provincial and National level meets will train in the Silver training sessions, and Bronze III, Bronze II, and Bronze I with Provincial and National level meets will train in the Bronze training sessions. Please review the summer training program for Provincial, Age Group National, and National qualifiers.

Swimmers 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 and summer camp opportunities on the MSSAC website.

ALL PRACTICE TIMES AT UTM POOL

June 20 - 26

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	5:30-7:00	OFF	5:30-7:00	OFF	5:30-7:00	7:00-10:00	OFF
	PM	3:30-6:00	3:30-6:00	4:00-5:30	3:30-6:00	3:30-6:00	OFF	OFF
Silver	AM	5:30-7:00	OFF	5:30-7:00	OFF	OFF	8:00-10:00	OFF
	PM	3:30-5:00	4:00-6:00	OFF	4:00-6:00	4:00-5:30	OFF	OFF
Bronze	AM	OFF	OFF	OFF	OFF	OFF	6:00-8:00	OFF
	PM	5:30-7:00	5:30-7:00	OFF	6:00-8:00	5:30-7:00	OFF	OFF
June 27 - July 3					Provincials/Canada Cup (Etobicoke/Montreal)			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	5:30-7:00	OFF	5:30-7:00				
	PM	3:30-6:00	3:30-6:00	4:00-5:30				
Silver	AM	5:30-7:00	OFF	5:30-7:00				
	PM	3:30-5:00	4:00-6:00	OFF				
Bronze	AM	OFF	OFF	OFF				
	PM	5:30-7:00	6:00-8:00	OFF				
July 4 - 10					Dr. Hauch (London)			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	OFF	OFF	5:30-7:00	OFF	5:30-7:00	8:00-10:00	OFF
	PM	OFF	3:30-6:00	4:00-5:30	3:30-6:00	3:30-6:00	OFF	OFF
Silver	AM	OFF	OFF	5:30-7:00	OFF	OFF	8:00-10:00	OFF

	PM	OFF	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
Bronze	AM	OFF	OFF	OFF	OFF	OFF	8:00-10:00	OFF
	PM	OFF	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
July 11-17								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	5:30-7:00	OFF	5:30-7:00	OFF	5:30-7:00	8:00-10:00	OFF
	PM	3:30-6:00	3:30-6:00	4:00-5:30	3:30-6:00	3:30-6:00	OFF	OFF
Silver	AM	5:30-7:00	OFF	5:30-7:00	OFF	OFF	8:00-10:00	OFF
	PM	3:30-5:00	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
Bronze	AM	OFF	OFF	OFF	OFF	OFF	8:00-10:00	OFF
	PM	3:30-5:00	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
July 18 - 24					Nationals/Pan American Trials (Montreal, Pointe Claire)			
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	5:30-7:00	OFF	5:30-7:00	OFF	5:30-7:00	8:00-10:00	OFF
	PM	3:30-6:00	3:30-6:00	4:00-5:30	3:30-6:00	3:30-6:00	OFF	OFF
Silver	AM	5:30-7:00	OFF	5:30-7:00	OFF	OFF	8:00-10:00	OFF
	PM	3:30-5:00	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
Bronze	AM	OFF	OFF	OFF	OFF	OFF	8:00-10:00	OFF
	PM	3:30-5:00	4:00-6:00	OFF	4:00-6:00	3:30-5:00	OFF	OFF
July 25 - 31				Canadian Age Group Nationals (Montreal, Jean Drapeau)				
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	AM	5:30-7:00	OFF					
	PM	3:30-6:00	3:30-6:00					
Silver	AM	5:30-7:00	OFF					
	PM	3:30-5:00	4:00-6:00					
Bronze	AM	OFF	OFF					
	PM	3:30-5:00	4:00-6:00					