

KSS 2009 Christmas Training Camp

Each year during the Christmas Holiday period we run an intensified training program or “Xmas Training Camp” for our competitive swimmers. We do this because our kids are not in school and thus are able to rest and recover between training sessions, and because the “overload” of training done in December will translate into improved performances at the various championship swim meets scheduled for February and March 2010.

2009 – 2010 KSS Xmas Training Camp

Eligible Swimmers: Competitive swimmers in KSS Training Groups CG1/CG1A/CG2 and CG3.

Training Schedule: Please refer to the accompanying KSS 2009 Christmas Training Schedule.

Our (KSS Coaching) Goals for our Xmas Training Camp: 1] Fantastic attendance. We will employ a Swimmer / Parent / Coach Contract to clearly spell out our attendance expectations; 2] Mileage or Meters Swum Goals. We have set the following mileage goals for our swimmers: CG1 ~ 60,000 meters; CG1A ~ 45,000 meters; CG2 and CG3 ~ 20,000 meters.

Rewards for our Swimmers: We feel that there are many rewards to be gained by participating in this training camp. 1] Vastly improved levels of physical fitness and improved strength; 2] Improved levels of self confidence. (“If I can survive this work, I can survive anything!!!!”); 3] Swimming Fast! Fitter swimmers should swim faster!! (or should be able to maintain their speed longer); 4] Encourage our swimmers to develop and then to maintain healthy training habits. Besides the in pool training we will be providing swimmers with educational sessions. Topics will include healthy eating patterns, personal organization and/or time management, personal and Team goal setting; 5] Material Rewards ~ All Swimmers who maintain ***perfect*** attendance will receive a special, exclusive Christmas Training Camp T-shirt. All Xmas Training Camp participants will be able to top up their meters swum (in order to meet training squad goals) and to then relax with some pizza & pop after their last Xmas Camp workout on Saturday January 2/10 [4:30 – 6:00 PM].

What Can Parents Do???? Help us to make this Training Camp a success by 1] Supporting the concept of a Xmas Training Camp, even for younger swimmers; 2] Bringing swimmers to the pool **ON TIME** for each training session; 3] Be positive with your swimmers. They will be tired. Some may balk at the work involved. Be positive and let them know that you support them, are proud of their efforts, and talk them through it. [In 30 plus years of coaching I have never seen a swimmer die from hard training].

Cost Per Swimmer: **\$15.00** per participating swimmer. This fee will help us to cover the following items: a KSS Log Book for each swimmer; help to pay for additional pool rental time; KSS Xmas Training Camp “Survivor” T-shirt; and pizza & pop on Saturday PM after the final training session.

Please Note: All KSS swimmers who do not wish to commit to this Xmas Training Camp are encouraged to swim as much as possible during the Holiday Period. Please refer to the accompanying KSS 2009 Christmas Training Schedule.

KSS 2009 Christmas Training Camp ~ Swimmers Contract

Swimmer _____ Age ____ Training Squad _____

I wish to attend the ***KSS 2009 Christmas Training Camp*** _____

I will attend 100% of all scheduled workouts for my Training Squad _____

** Workouts scheduled per Training Squad ~ [CG1 ~ 12 / CG1A ~ 12 / CG2 & CG3 ~ 8]

I have enclosed a cheque for **\$15.00** (payable to the KSS) _____

Please return to a KSS Coach or the KSS Office by **Wednesday December 16, 2009**

Swimmer _____ Parent _____

