



## High Performance Program Classes

Programs run from September 9/2017 to May 26/2018

### **Synchro Age**

In the 2017-2018 competition year, please register for the appropriate program as outlined:

11- 12	born in 2006, 2007
13-15	born in 2003, 2004, 2005
Juniors	born in 2000, 2001, 2002
Seniors	born in 1999 or earlier

## **11 – 12 High Performance**

Athletes born in 2006 and 2007

<b>Day</b>	<b>Time</b>	<b>Location</b>
Saturday	10:00 to 1:00 p.m.	Pan Am
Monday	5:00 to 8:00 p.m.	Elmwood Kildonans*
Thursday	5:00 to 8:00 p.m.	Elmwood Kildonans
Plus 1 hour of semi-private figure training to be arranged with the coach based on individual availability.		
Total time commitment –10 hours per week including 4 hours land and 6 hours water.		

\*Steinbach Athletes can train 5-8pm on Tuesdays at Steinbach Aquatic Centre instead of Monday practices at Elmwood Kildonans.

### **Competitions:**

- All Local competitions
- Espoir in June 2018 (Location TBD)

Training Fee:	\$ 2100
Volunteer Points:	220
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

## 13 – 15 High Performance

Athletes born in 2003, 2004, 2005

Day	Time	Location
Saturday	10:00 to 1:00 p.m.	Pan Am
	1:45 to 2:45 p.m.	Sport for Life Centre
Monday	4:30 to 8:00 p.m.	Elmwood Kildonans*
Wednesday	5:00 to 8:00 p.m.	Pan Am
Thursday	4:30 to 8:00 p.m.	Elmwood Kildonans
Plus 1 hour of semi-private figure training to be arranged with the coach based on individual availability.		
Total time commitment –15 hours per week including 3 hours land and 12 hours water.		

\*Steinbach Athletes can train 5-8pm on Tuesdays at Steinbach Aquatic Centre instead of Monday practices at Elmwood Kildonans

### Competitions:

- All Local Competitions
- Canadian National Qualifier in March 2018 (Location TBD)
- Espoir in June 2018 (Location TBD)

Training Fee:	\$ 2600
Volunteer Points:	260
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

## **Junior High Performance (16 – 18) & Senior High Performance (18+)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
Saturday	9:30 to 1:00 p.m.	Pan Am
	1:45 to 2:45 p.m.	Sport for Life
Monday	4:30 to 8:00 p.m.	Elmwood Kildonans*
Tuesday	5:00 to 7:00 p.m.	Elmwood Kildonans
Wednesday	4:30 to 8:00 p.m.	Pan Am
Thursday	4:30 to 8:00 p.m.	Elmwood Kildonans
Total time commitment – 17 hours per week including 3 hours land and 14 hours water.		

\* \*Steinbach Junior Athletes can train on Tuesdays at Steinbach Aquatic Centre instead of at EK pool.

### **Competitions:**

- All Local Competitions
- Canadian National Qualifier in March 2018 (Location TBD)
- Canadian Open Synchronized Swimming Championships at end of April 2018 (Location TBA)

Training Fee:	\$ 3,000
Volunteer Points:	280
Travel Costs:	~ \$ 2100
Wardrobe Costs:	~ \$ 350

**Note:** A more flexible training schedule can be discussed with the head coach on an athlete by athlete basis.