

POW 2023 Regionals Training Schedule

Remember! Rest, Nutrition, and Hydration are key

TEAM WEEK July 17-20th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Oak Bay Meet	17 (8:00) 8:15-9:15am N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 TEAM SOCCER @ Larry Gouthro Field, 7:30-9:00pm	18 N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 TEAM BASEBALL @ Larry Gourtho Field, 7:30-9:00pm	19 (8:00) 8:15-9:15am JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 Team HOCKEY @ PR Christian School, 7:30-9:00pm	20 N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 13+ Senior Camp Out	21 13+ Senior Camp Out Pick-UP	22 Saltspring Island Meet

Monday July 17th: TEAM SOCCER: All swimmers welcome! Please wear athletic apparel

Tuesday July 18th: TEAM BASEBALL: All swimmers welcome! Please wear athletic apparel and bring baseball equipment (bats, gloves, helmets)

Wednesday July 19th: TEAM HOCKEY: All swimmers welcome! Please wear athletic apparel and bring hockey sticks

Thursday July 20th: 13+ Senior Camp out: More information will be email individually to families of 13+ swimmers (or going into grade 8)

BEAST WEEK

Remember! Rest, Nutrition, and Hydration are key

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Saltspring Island Meet	24 (8:00) 8:15-9:15am TEAM RUN @ Willingdon Trails (meet at pavilion) 9:45-10:45am N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 & 7:10-8:00 Dryland	25 Senior Mowat Lake Swim 9:00-10:00am KICK YOUR SOCKS OFF (bring socks to your regular training sessions times) N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 & 7:10-8:00 Dryland	26 (8:00) 8:15-9:15am TEAM Hike @ Millennium Trails (meet at complex) 9:30-10:30am JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 & 7:10-8:00 Dryland	27 TEAM Dryland @ Timberlane Track, 10-11:00am TRIATHLON during regular training session times N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00	28 Intermediate & Senior Inland Lake Bike Ride 8:00-10:00am FISH TEAM NIGHT! @ Willingdon Beach 6:00-7:00pm	29 No Swim Meet

Monday July 24th

- Regular Morning Practice Swim (8:00-9:15am). Only registered morning practice swimmers.
- TEAM RUN @ Willingdon Trails (9:45-10:45am). All Ages! Bring athletic apparel and a waterbottle. Parent chaperones are welcomed and encouraged!
- Regular PM Training sessions

Tuesday July 25th

- Senior Group MOWAT LAKE SWIM (9:00-10:00am). Only Senior Swimmers. bring a towel, water bottle, swimsuit (wetsuit recommended), and warm comfy clothes, a snack for after is also recommended. We will meet on the grass in front of the parking lot, swimmers will swim between the buoys.
- Regular PM Training Sessions. Please bring a pair of socks that go past the ankle!

Wednesday July 26th

- Regular Morning Practice Swim (8:00-9:15am). Only registered morning practice swimmers.
- TEAM HIKE @ Millennium Trails (meet at complex) (9:30-10:30am). All ages! Parents, please come hike too! It is going to be an hour around the millennium trials (trails around complex), there will be a halfway point where younger kids can stop. Bring athletic apparel and waterbottle.
- Regular PM Training sessions

Thursday July 27th

- TEAM DRYLAND @ Timberlane Track (10-11am). All ages! Meet at the track in townsite (above Brookes Secondary), please bring runners, athletic clothes, and a waterbottle. Kids will do various team building and running activities.
- PM Training Sessions. TRIATHLON. All ages! Swimmers arrive at their normal scheduled time, they will swim, then bike, and then run, around the complex. Please bring a bike, running clothes, running shoes, swimsuit, towel, and a waterbottle, a snack is suggested for after. If swimmers do not have a bike or cannot ride a bike they can run in place of biking (run the run part twice). MANY Parents volunteers will be needed to help run the triathlon.

Friday July 28th

- Senior & Intermediate INLAND LAKE BIKE RIDE (8:00-10:00am). Kids will bring their bikes and ride around the Inland Lake loop. Kids can choose to swim in the lake afterwards so come prepared with swim gear. Please bring a snack and waterbottle.
- FISH TEAM CHALLENGE NIGHT @ Willingdon Beach (6:00-7:00pm). The swimmers turn to get back at the coaches - swimmers get to pie the coaches!

August Practices 2023

Remember! Rest, Nutrition, and Hydration are key

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 No Swim Meet	31 (8:00) 8:15-9:15am N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 & 7:10-8:00 Dryland					

		1 N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00 & 7:10-8:00 Dryland	2 (8:00) 8:15-9:15am EXTRA LONG PRACTICE - TURNS & DIVES WORKSHOP JO& JS: (3:45) 4:00 - 5:30 I & S: (5:15) 5:30-7:00 & S: 7:10-8:00 Dryland	3 12 and under TEAM MINI-GOLF @ Putters (time to be announced) N: (3:45) 4:00-4:45 JO: (3:45) 4:00-5:00 JS: (4:45) 5:00-6:00 I: (4:45) 5:00-6:00 S: (5:45) 6:00-7:00	4 Regionals	5 Regionals
6 Regionals	7	8 AGM & Awards Night Arbutus Room @ Rec. Centre, 5:30-8:00pm	9	10	11	12

Wednesday August 2nd

- Extra long practice for all swimmers. We are doing a dives and turns workshop in preparation for Regionals. Junior Orca's & Sharks arrive on deck for 3:45pm activation, in the water from 4:00-5:30pm. Intermediates & Seniors on deck for 5:15pm activation, in the water for 5:30-7:00pm.

Thursday August 3rd

- All 12 year old swimmers and under (going into grade 7 and less), are welcome to join us at Putters for a round of mini-golf. Time to be announced.

Tuesday August 8th

- Awards Night and Annual General Meeting (AGM), 5:30-8:00pm in the Arbutus Room at the complex. Families are asked to please bring an appie (ringer foods/snacks) or deserts but no sit down meal. Everyone is encouraged to come! Prizes from the swim-a-thon, trophies and awards will be given out. Including end of year completion certificates.