Canadian Summer National Championships
August 5- August 9

Dates: August 5-August 9, 2015
Meet information can be found here

Location: Point Claire Aquatic Center
60 Avenue Maywood
Pointe-Claire, QC H9R0A7

Team Leaders:
Jason Allen and Dave Heinbuch
- Team leaders
- Lead Coaches
- Hotel Pre Meet Go Between
- Travel Arrangements: Train and other.

Lead Chaperon:
- Help organize Meals
- Hotel Liason during the meet
- Help Supervise Transportation to and from pool
- Work with all staff and swimmers to make this the best experience possible for our athletes

Please contact Jason Allen if you have any questions
Hotel: Fairfield Inn and Suites
700 Avenue Michel Jasmin. Montreal, Quebec H9P1C5 Canada

- Hotel rooming assignments will be distributed once we are in Pointe Claire
- All rooms have a small fridge in them for cold food needs
- Complimentary breakfast Included
- Meals will be catered in

Transportation: The Team will be using vans to and from Pointe Claire

Departing: Wednesday August 5 @ 7:45 am from uOttawa.
We will be swimming in Pointe Claire @ 10:00am and optional at 5:00pm

Returning: We will be returning after Finals on Sunday August 9
Any swimmers wishing to stay over on Sunday must talk to Jason or Dave by Monday August 3, 2015. Swimmers must make own arrangements.

Food Money:

Wed: Breakfast: Eat prior to leaving
Lunch: will be the responsibility of the swimmers or pack a brown bag lunch and pack your “swimmer Cooler” with plenty of fresh snacks for the train.

Dinner: We will be having a team dinner Wed PM.

Thursday - Sunday
Breakfast and snacks will be provided for the swimmers @ hotel
Lunch will be the responsibility of the swimmers: They pay!
Dinner will be catered in.

Sunday: Departing Swimmers will be responsible for own meal on way the way home!
**SNACKS:**

We will be providing snacks throughout the competition. We will visit a grocery store *(it is one block from the hotel)* so the swimmers can pick up their favorite healthy snacks and beverages.

- We suggest each swimmer pack a Gatorade powder mix in their suitcase for their consumption over the weekend.
- Pack a BIG BROWN BAG LUNCH and a small portable cooler *(filled)* with you on the van.

**Communication:**

All swimmers are asked to have a cell phone with them. Swimmers will provide Jason with their phone numbers and they will be given Jason’s cell phone number *(613) 864 6485* along with our other meet helpers.

**Payment**

All swimmers will be billed the cost of attending the competition after the all costs have been incurred.

**Questions:**

Please contact the following for any questions regarding the information:

Jason Allen  
Greater Ottawa Kingfish Swim Club  
(O) 613 562 5800 ext. 2290  
youth@gokingfish.ca