

16-23 groups: Designed for athletes participating at:

- Regional Competitions
- Provincial Championship
- National Championships, if qualified
- Provincial Long Distance

These training groups are our main group of athletes and includes athlete both on a pathway toward our elite training group and our rising stars and those that are participating and competing at our provincial and National Championships

Normal training program includes:

- Spring: 6 - 8 practices per week
- Summer: 8-10 practices per week (on water and dryland)
- Fall and Winter: 5 - 7 practices per week
- Training take place primarily at PCCC
- Training program design to allow athletes to improve and progress to their desired level of performance
- Training Camps such as Winter Ski Camp; Florida Spring Training Camp
- Possible additional opportunities such as physio screening, performance specialist sessions as planned by coaching staff
- Group and Individual meeting with coaches to discuss progress and preparation

This program is open to all athletes who arrive with a great attitude and are willing to work hard!