

Elite Training group: Designed for athletes performing at:

- National Team Trials
- National Championships
- International Competitions

Normal training program includes:

- Spring: 7 – 10 practices per week
- Summer: 12-15 practices per week (on water and dryland)
- Fall and Winter: 7 - 10 practices per week
- Spring and Summer on water trainings will take place primarily at the Olympic Basin or coach's location of choice; possibility of additional trainings outside of PCCC
 - Registration includes Olympic Basin access pass
- Detailed training plans with periodization, specific to performance at National and international level competitions
- Athlete participate in performance sessions on mental performance, nutrition, injury prevention, strength or others as planned by coaching staff
- Regular individual meetings with coach one-on-one to discuss goals and progress through season and in preparation for competition

Requirements TO BE SELECTED into group:

- National Team (Jr and Senior) or Development team members (NextGen, National Academy etc.)
- Previous National performers (national singles finals or equivalent)
- Provincial team members
- Possible additional athletes selected based on specific coach identified qualities

Requirement to STAY into group:

- Athletes are dedicated and focused on performing at above competitions
- Committed to year round training as prescribed by coach
- Actively involved with coach to ensure progress