



Camrose Sea Serpents Newsletter #7

June 25, 2025



Please remember that the pool is closed tomorrow and there is no practice. Our first summer practice is June 30 at 8:00 am. This practice is for Group A and Group C. We will meet at Stoney Creek Centre. This practice marks the start of our cross training program.

Cross-Training: Why We Do It.

Cross-training will help to increase strength, power, speed, endurance, agility, and balance. All of these factors will make us faster in the pool. In addition to that, these factors will also improve skills in other sports we participate in throughout the year, creating well balanced athletes. Athletes that are well balanced are also less likely to suffer from injuries. Starting on June 30th (Group A/C) we will begin cross training as a club. Please meet at Stoney Creek Centre just before 8:00 a.m. Group B will start with their first cross training session on July 2nd.

Cross-Training Session Information:

Date: Monday: Group A & Group C

Wednesday: Group B & Group C

Location: Stoney Creek Centre (5320-39 Avenue, Camrose) Outside

Time: 7:55 a.m. - 9:30 a.m. (We will be starting at 8:00 a.m. Please be ready).

Items to Bring to Every Session:

- Please wear workout clothes
- Water bottle
- **Running shoes**
- Yoga mat
- 2 Resistance bands** One band can be a loop and the other band can be longer and cut
- Positive attitude 😊



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- **If you do not have resistance bands at your house these can be found at Dollarama for \$4.75 (3 pack). We will be using them for stretching as well as for some strength exercises. Keep 1 band a loop and cut the other band making it longer for stretches.

If you have any questions regarding our cross-training program please feel free to message me. If it is raining before a cross training session please check your email as we may move our session inside the Stoney Creek building or to an alternate location.



Important Upcoming Dates:

June 26: No Practice- Pool Closed

June 28: Deadline to sign up for Wainwright Swim Meet

June 30: Summer Swim Times Begin (all groups)

July 1: Canada Day - No Practice

July 5: Wainwright Swim Meet

July 5: Deadline to sign up for Huma Swim Meet

July 9: Dryland Practice dedicated to Ole (All groups invited to this cross training session)

July 12: Huma Swim Meet (U of A Pool)

July 19: Sherwood Park Swim Meet

July 25-27: Regionals in Camrose

August 1-3: Provincials in Edmonton



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Summer Swim Times

Group A1

July Swim / Cross Training Times:

Monday 8:00-9:30 AM Cross Training

Monday & Wednesday 4:00-5:00 PM Swim



Group A2

July Swim / Cross Training Times:

Monday 8:00-9:30 AM Cross Training

Tuesday & Thursday 4:00-5:00 PM Swim



Group B

July Swim / Cross Training Times:

Tuesday, Wednesday, Thursday 5:00-6:30 PM Swim

Tuesday & Thursday 8:00- 9:15 AM Swim

Wednesday 8:00- 9:30 AM Cross Training

For all morning swim times please be at the pool at 7:45 a.m.

Group C

Monday-Thursday 5:00-6:30 PM Swim

Tuesday & Thursday 8:00- 9:15 AM Swim

Monday & Wednesday 8:00- 9:30 AM Cross Training

For all morning swim times please be at the pool, on deck at 7:45 a.m.



Remember- No practice on Tuesday, July 1st.
Have a wonderful weekend!

Coach Jana

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