

## **OSCA Minutes – November 1<sup>st</sup>**

Present: Rodney Thomas, Kelly Steeves, Jeff Slater, Sarah Smith, Mary-Ellen Peace-Hall, Rod Agar, Iain McDonald

1. Call to Order – 9:50AM
2. Approval of Minutes - Tabled to December 6<sup>th</sup> meeting.
3. Chairperson Report – Iain McDonald

### Pan Pac Funding

- Funding was provided to Murray Drudge (NYAC) and Cecil Russell (DS).
- A total of \$4316.49 of the \$5000 available was distributed.
- A letter was send along with the cheque explaining the requirement to speak at a future OSCA event.

### Educational Funding

- Funding was provided to Bill Durant (GGST) and Sean Baker (HAC).
- The full \$2000 available was distributed.
- A letter was send along with the cheque explaining the requirement to speak at a future OSCA event.

### Swimmer Development Committee Update

- Proof of Time investigation is still ongoing. A deadline (Oct-20) was set for the proof to be sent to Swim Ontario. Swim Ontario will collaborate with next provincial host to get the Meet Manager to develop a proof of time procedure for the prerequisite events.
  - Kelly reported that no proof was provided. A letter has been sent to the DS coach. Awards will be distributed to appropriate swimmers who did not receive the correct award because of this situation.
- Quest for Gold – projecting \$3500-\$4000/athlete.
- As of Oct-16, there had been no applicants for the Team Manager position for the Bergen tour.
  - Kelly informed the call that Ashley Bradbury (TSC) has accepted the position.
- Due to the likelihood that Dr. Tihanyi will not be able to travel to the Bergen meet, the Apprentice program has been pushed back and will occur at the Ultraswim meet in June. An apprentice coach will also be sent to Switzerland. One more coach based on performance will be added to the Bergen tour.
- A sub-committee has been established to review our carding and club grant criteria, specifically in regard to residency requirements.
- Bell Grand Prix Swim Camp – Coaches: Eric Kramer, Andrew Cole, Michel Berube, Nandi Kormendi, Kendra Burton (TBC).
- Small Disciplinary issue at the October training camp. The matter was handled effectively by the camp staff. The athletes were sanctioned for their actions; they

were sent home prior to the last training session and are required to send a letter of apology to Swim Ontario.

- SDC will investigate the enforcement of Code of Conduct and consequences for violations.

### CSCTA Update

- Selection for Pan AMs and FISU will be distributed in November
- Bid package for hosting Olympic Trials is out.
- Canada Games 2009 being finalized. Canada Games de-qualifying is now Senior International Card
- New Power Rankings system will be launched shortly
- 5K pool championships information has been released.
  
- CSCTA AGM – Etobicoke –November 25<sup>th</sup> one hour after heat session finishes.
  - Two important resolutions: 1. Updated Bylaws, 2. New Code of Conduct.
  - Sean Dwyer (TRENT) has agreed to stand for election. Please encourage all local coaches to attend the AGM and vote for Sean as we need greater Ontario representation on the CSCTA board.

#### 4. Vice Chair/Ethics Report – Jeff Slater

- No Report

#### 5. Secretary/Registration Report – Sean Baker

- No Report

#### 6. Financial/Treasurer Report – Dave Heinbuch

- No Report

#### 7. Education Committee Report – Sarah Smith

### 1. NCCP Coaching Certification Programmes

Swim Ontario ran Skills Coach Courses through Sept-Oct, in Brantford, Toronto, Huntsville, Perth, training 60 new coaches through the province. These coaches still need to be assessed, and to complete the Making Ethical Decisions Unit online before the certification process is complete.

Making Ethical Decisions Module: All coaches who have taken the Skills Course prior to April 2006 need to complete the MED online evaluation by December 31, 2006 to remain certified. There is a self study unit available on the CSCTA website to assist with this process.

Skills Coach Assessors: An assessor training course was run at the conference, with 4 new assessors trained. Currently there are only approx. 10 active assessors in the province. With the assistance of Swim Ontario/OSCA the CSCTA would like to run 2 or 3 more Skills Coach Assessor Training sessions in the next month or so. The strategy needs to involve training enough people so that we have the province covered re. assessments. The CSCTA has asked for our assistance in identifying people in each region who will have the time to get the job done after they are trained, and in setting up courses. Regional representatives are asked to assist with this.

Professional Skills Coach: This certification is the next certification stage for the Skills Coach context. The pilot for the Professional Skills Coach Certification process (which has run in Ontario) is ready to proceed to the 2<sup>nd</sup> stage. CSCTA will be continuing with developing this certification development, and has asked that Ontario pilot the process and play an instrumental role in development of the certification. Next steps in the process for this group would be as follows:

1. Identify potential PSC Candidates (criteria for the certification on attachment)
2. Contact the candidates with an invitation to participate
3. On acceptance – forward Portfolio requirements
4. When Portfolios are ready, schedule an evaluation meeting – one day

At present, they would like to identify (with OSCA and SO assistance) and invite 10 – 15 coaches already operating within the parameters of PSC to participate. There will be no charge to those coaches participating in the pilot – cost will eventually be between \$700-\$1000.

NCCP Level 2 Technical course is scheduled for April 2007 in conjunction with the Swim Ontario Provincial Camp. Registration is ongoing.

Skills Coach Course will be offered in March 2007 – location TBA.

2. Conference 2006: Full report is pending as financial details are not yet finalized. Approximately 90 coaches attended the conference, an attendance increase of 40% over the past year. Swim Ontario Staff did an excellent and professional job of running the conference, and should be congratulated on their efforts.

I would like to suggest that OSCA/Swim Ontario again combine resources and run a joint coaches conference/AGM. SO will be moving the Conference/AGM to Huronia Region for 2007. I feel we should offer streams for both HP and age group/developmental coaches. Speakers from outside province as well as within to be utilized.

The following Coaches have already committed to speak: Ryan Hood, OSAC (Physiological Monitoring), Lucie Hewitt Henderson, PICK (Building Clubs for Success) and Kris Bell, ESWIM (Age Group Excellence). (All of the topics need to be confirmed.) We just have to remind them of their commitment. It would be good to get Kevin Thorburn (ESWIM) and Brian Metcalf (LOSC) to give a joint presentation on “Bridging the Gap – Age Group to International”

Keynote Speaker Bill Sweetenham tentatively set up.

Suggestions from board members for speakers/topics are welcome.

3. Coaching Education opportunities are being made available through Swim Ontario initiatives. These include coach participation at Provincial and Regional training camps, Grand Prix camp, Tour Team Apprenticeship opportunities, and appointment of Regional Mentor Coaches. Swim Ontario is to be congratulated on the success of these initiatives – participants have been extremely positive with their feedback.

8. Awards Report – Rod Agar

- Will work with Kelly Steeves to streamline coaches awards between OSCA and Swim Ontario.

9. Swim Ontario Technical Report – John Vadeika/Kelly Steeves

- List of successful Quest for Gold recipients went out Oct-31. No amount has yet been committed by the ministry.
- Varsity hosted LC meet will be run Nov. 4/5 (160 Swimmers – Sat; 120 Swimmers – Sun.)
- Regional Camps have been very well received to date.
- Code of Conduct wording that is being put forth by the SDC

**ANY ATHLETE(S) BREAKING THE CODE MAY BE REMOVED FROM THE EVENT AND SENT HOME AT THEIR EXPENSE. FURTHER CONSEQUENCES MAY BE INSTITUTED BY THE SWIM ONTARIO DISCIPLINARY COMMITTEE AND MAY INCLUDE:**

**A: FULL REPAYMENT OF MEET FEES, ACCOMMODATION AND/OR TRANSPORTATION EXPENSES BY THE ATHLETE;**

**B: AND/OR SUSPENSION FROM FURTHER SWIM ONTARIO INITIATIVES**

- Bergen Tour – Coaches: Lucie Hewitt-Henderson (PICK), Sean Baker (HAC), Robert Enyon (CSL)

10. Regional Reports

I. Central – Kris Bell/Matt Bell

- No Report

II. East – Melanie Gillespie

- No Report

### III. Huronia – Mary-Ellen Peace-Hall

#### Huronia Performance Training Camp – October 13-15, 2006

43 of Huronia's top 13-16 year old swimmers, representing 9 of the 10 existing Huronia swim clubs, as well as 11 regional coaches were in attendance to take in a great learning/sharing swim opportunity.

Training camp was capably led by Christy Yaremczuk (Swim Ontario mentoring coach) who delivered 4 water training sessions which were very technically based and challenged athletes to raise their level of focus on technical components of their swimming. Christy's professionalism and great interpersonal rapport with both athletes and coaches added to her excitement for the sport, created a great atmosphere for both learning and sharing throughout the camp.

Camp guest, Laura Nichols, presented a motivational talk as well as leading a well received session on stretching and flexibility, sharing her experience of training with a gymnastics coach in her last few years as national team swimmer.

While athletes were bussed to water training sessions at the Huntsville Centennial Pool, swimmers and coaches stayed, throughout the 3 day camp, at local Camp Tawingo on Lake Vernon which proved to be an amazing venue for the training camp. From group meals in the dining hall (complete with rope tricks) to outdoor leadership initiatives/obstacle courses to social area with a fireplace for viewing of motivational movies or swim videos or for all to sit around playing traditional board games for hours on the Saturday night – Camp Tawingo created a wonderfully positive atmosphere for the training camp.

This was the best training camp in the 15 years of my involvement with the Huronia region, with respect to the training and education of athletes and coaches as well as the very positive interaction of athletes and coaches and thanks for the success must go to Christy Yaremczuk for leading such a great camp, regional performance athletes who enthusiastically participated in all aspects of the camp, the Huronia coaches for showing such great leadership, at the pool and at the camp throughout the weekend and to Camp Tawingo for allowing us the use of their great Muskoka venue which had a great part in setting the positive environment for everyone involved in the camp.

Thanks also to Kelly Steeves for his vision of regional training camps led by provincial mentoring coaches, to ensure that a similar training message is delivered across Ontario in order to raise the level of swimming within all Ontario regions and ultimately across Canada, and to John Vadeika for supporting this initiative and organizing to make the funds available to allow it to happen.

#### Varsity Tri-Meet at the University of Guelph

We will be assembling a Huronia region tour team of grade eleven and older swimmers who will travel to Guelph on Friday, November 17<sup>th</sup> to join the University of Guelph and the University of Ottawa in a varsity meet. This is the second year of this varsity swimming experience for Huronia athletes to introduce them to the Ontario university swimming opportunities as encouragement to continue with their swimming into their post secondary life. (Last year we joined U of W and Brock in Waterloo.)

Many thanks to Jeff Slater of U of G and Iain McDonald of U of O for giving the Huronia swimmers this swim opportunity.

### Huronia Regional Development Meets

We will be having the first of three seasonal regional development meets at the end of November. Huronia region has been divided into 3 zones, each hosting their own 3-4 club meet in order to keep swimmer numbers low enough to ensure a comfortable meet of 2.5 to 3 hours in length (warm-up included). These meets cater to swimmers (both pre-competitive and competitive) in their first 2-3 years in the sport and are offered as a low key, comfortable atmosphere to introduce both athletes and parents to swim competition. This year we will be attempting a coach led warm-up focussing on technical stations as well as cardio warm-up.

### NCCP Skills Coach Course

The Huntsville Course completed this weekend and seven more Huronia coaches are on their way to becoming certified as NCCP level 1 Skills Coaches as well as a number of candidates from North Eastern Ontario Region and Central Region.

Thanks to Stephanie Trerice (GO) for leading course with assistance from Marta Belsh (Barrie Trojans), Melanie Gillespie (Perth) and Donna Moskal (London Aquatic Club). They are making their already busy lives more congested so that Ontario swim coaches can become more educated to deliver quality programming for Ontario swimmers.

### Huronia Biannual Tour Team

Plans are underway for the biannual Huronia tour team for 2006/2007 season. At this point we are looking at traveling again to the Pacific Far Westerns in California early August. Huronia Region sets aside \$3600 per year for tour team as well as placing a \$10 swimmer surcharge at our regional short course championship each year to assist in creating a quality tour team experience for our top regional swimmers every other year.

#### IV. Northeast – Rodney Thomas/Tracey McCartney

NEOR hosted its first meet of the season at the Olympic Gold pool. 324 swimmers attended the double-ended meet. The Laurentian University Voyageur team was in attendance. There were a couple of hitches with the format. Previously, the meet was set

up as an A/B meet with the region's B swimmers at one end and A swimmers in the Deep end. This year we revamped to single year age groups with younger age groups at one end and older swimmers at the deep end. Some time was wasted waiting for relays for swimmers potential swimming at both ends at the same time. I personally enjoyed having the university team at the meet as it did give some of our senior swimmers something to swim for as we had set up the final heat as NEOR vs. VEES.

Our training Camp is set to go this weekend in North Bay. 25 swimmers will be in attendance.

We will be attending the Youth Cup meet as the NEOR all-stars this season. The swimmers do look forward to this setup.

Our NCCP level 1 and Skills coaches seem to be following through on the MED. However we do have 1 individual that would like to get that out of the way but for some reason has not been given her NCCP number and cannot follow through with the MED module. I hope that this can be rectified ASAP.

V. Northwest – Janet Hyslop (??)

- No Report

VI. West – Sean Baker

- No Report

11. New Business

I. OSCA Objectives – 2006-2007

- i. Launch Website – Iain to speak to Eric Martin about the development of the website. Iain will attempt to have a draft of the website available to the next meeting.
- ii. Input from Coach Slater
  1. Membership control – all clubs must register their coaches with OSCA and the CSCTA. OSCA should maintain a data base of coaches to ensure the minimum standard of head coaches and encourage ongoing education.
  2. Technical input to Swim Ontario
    - a. Meet programming – includes events, time standards, timing of meets (especially Canada Games trials)
    - b. High performance programming – suggestion to have secondary committee for high performance issues made up of coach of record for any Ontario swimmer who makes A finals at a senior nationals through the previous year. This group will provide direction for world class performances.
    - c. Input on coach selection for provincial tour teams

3. Run an informative clinic in conjunction with Swim Ontario
  4. Fund on going coaches education through travel support to competitions.
  5. Fund home coach participation in international level meets – Olympics, Commonwealths, Pan Pacs, ?
  6. Promote professionalism and integrity in coaching (use CSCTA code of ethics with new discipline guidelines).
  7. Distribution of OSCA meeting minutes – if there is no website than this needs to be done through mass email.
  8. All OSCA members receive one vote at AGM
  9. Awards – regular recognition of OSCA members
  10. Job posting board? Job ratings – use system similar to ASCA where jobs are assessed based on team quality and size, job pay, facility access and quality and a couple of other factors so coaches can have a better idea of the position.
- iii. Monitoring the LTADS. Kelly informed us that Swim Ontario is tracking FINA point values for 3<sup>rd</sup>/8<sup>th</sup> place finishers since 2004/2005. Tracking of AQUASPORT Top 8, mean value of each age group.
- II. Coaching Profiles for the CSCTA website – Rod Agar to take the lead on securing Ontario Coaches profiles.
- III. Conference 2006 and 2007
- 2006 Conference
- Swim Ontario continues to welcome further feedback on the conference.
  - Swim Ontario has expressed it's thanks to OSCA for the financial contribution and willingness to allow Swim Ontario to take a primary role in the delivery of the conference
  - Rodney Thomas expressed the benefit of having the joint conference as far as combined travel with administrators.
- 2007 Conference
- Goal is to host the conference in Huronia Region.
  - The is the potential that the conference will become a national level conference that could be co-hosted by Swim Ontario, OSCA, SNC, CSCTA.
  - *Motion: "OSCA agrees to support a direction in principle to support a national level conference in Sept. 2007, pending details of financial support from SNC/CSCTA." Moved: Jeff Slater, Second: Sarah Smith*  
**PASSED**
  - *Motion: "To have Iain McDonald work with Swim Ontario on sponsorship for the 2007 conference. Iain to report back on any potential sponsorship for approval by the OSCA board." Moved: Sarah Smith, Second: Rod Agar*  
**PASSED**

12. Next Meeting – December 6<sup>th</sup>, 9:45AM

13. Adjournment - 11:20AM



