



2015 OHPSI Coach Accelerator Program (OCAP) for Swimming

The intent of the OHPSI Coach Accelerator Program (OCAP) is to identify and invite coaches who demonstrate strategic use of a planning and performance skill sets needed to develop athletes to represent Canada's National and International Teams into the National Swim Ontario daily training environment and to support them with CSI O Integrated Support Team (IST) personnel, cutting edge high performance information, dialogue and resource support.

OHPSI OCAP Program Summary

- I. OCAP is an OHPSI Enhancement Program – a successful collaboration between Swim Ontario, CSIO and HPCO.
- II. A maximum of four eligible coach candidates will work with the Swim Ontario Provincial Mentor Coach, the CSI O IST personnel and the NSC O Head Coach for a minimum of 8 months.
- III. The OCAP candidate(s) will work closely with the dedicated group of IST of the CSI O to successfully develop the following outcomes:
 - ✓ A Yearly Quad Plan
 - ✓ A Yearly Training Plan
 - ✓ A Checklist of Critical Evaluation and Monitoring Tools & Skills
 - ✓ A Targeted Gap Analysis
 - ✓ Utilize the following Key Performance Indicators (KPIs) to implement successful planning and performance strategies: Physiology, Psychology, Biomechanics, Sport Nutrition, Sport Business Planning and High Performance Planning.

OHPSI OCAP Selection Criteria & Process

The OHPSI OCAP aims to develop and assist coaches who demonstrate the following characteristics and skill sets:

- ✓ Proven Leadership within the Ontario/Canadian swimming community
- ✓ Regarded with respect amongst and respectful towards peers in the Ontario/Canadian swimming community
- ✓ Short term and long term strategic thinking
- ✓ A relentless desire to learn in a collaborative environment to achieve maximum performance gains
- ✓ Proven winning performances at the Canadian Youth, Junior and Senior National levels
- ✓ The will, attitude, and capacity to coach at the national and international level over the long term
- ✓ A member in good standing PSO, NSO, OSCC, CSCTA, CAC.
- ✓ Minimum NCCP Level 2 Certified, ChPC,
- ✓ Must have a Swimmer in the 2015 Ontario Swimming Academy

SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



The OHPSI OCAP will have a selection panel of three:

- ✓ OSA Head Coach
- ✓ CSI O IST Representative
- ✓ Performance Programs Manager

The OHPSI OCAP Application Process:

- ✓ NOW- Advertise and Head Hunt
- ✓ Nov 12 - Application Deadline
- ✓ NOV 13 - OHPSI OCAP Selection Panel will review applications
- ✓ NOV 16 -OHPSI OCAP Selection Panel will select candidates
- ✓ NOV 21 -OHPSI OCAP coaches will complete Candidate Needs Assessment
- ✓ NOV 26 and going forward- Participating IST personnel will develop the OCAP Performance Curriculum based on the Candidate Needs Assessment(s).

OHPSI OCAP PROGRAM OVERVIEW & BUDGET

Overview 1: January 2016-September 2016

- ✓ CSI O Facility visitations
- ✓ Academy Visits/Centre Visitations
- ✓ Provincial Coach Visitations
- ✓ Conference Calls
- ✓ Competition Review
- ✓ Year in 360 Review

OHPSI OCAP Support

- ✓ **\$1000 per candidate**, up to a maximum of **5 candidates** to be used for targeted activities such as Academy/Centre Visitations; Invited Centre Training Camp and or Tour that are associated with the Main OHPSI Program.

Please **submit a Letter of Application** (outlining your coaching goals and expectations as well as your program performance targets) **and Resume** in confidence to:

Darin Muma, Performance Programs Manager by **Thursday, November 12th 2015
@ 12 noon EST.**

Email: darin@swimontario.com

Mailing Address: 3 Concorde Gate, Suite 206, Toronto M3C 3N7

Swim Ontario sincerely thanks all applicants for their expressed interest in this opportunity; however only the successful candidates will be contacted