



OSA Para Swimming Performance Development Program

Program Dates: Coach / Athlete Drop-in Monday, Wednesday & Friday
(October 1, 2017 to June 25, 2018)

Location: Toronto Pan Am Sports Centre, Scarborough, ON

This program opportunity is possible through Swimming Canada, Swim Ontario and OHPSI

- 1. This new program is designed to be a key development component as part of each athlete's preparation towards podium performances at the 2020 & 2024 Paralympic Games.**
- 2. This program is designed as a supplement to Swimming Canada Development programs.**
- 3. The goal of the program are:**
 - To gain experience and biomechanics to facilitate skill development of racing elite Para Swimming international competition.
 - To become more familiar with and comfortable with technical interventions prescribed Swimming Canada Sport Science support staff in preparation for Swimming Canada activities.

Primary Swimmer Program Selection Criteria:

- Ontario Swimmers who are currently Swimming Canada Carded swimmers
- Ontario Swimmers who are currently selected to the Swimming Canada National Team.
- Ontario Para Swimmers currently selected to the Swimming Canada NextGen Program
- Ontario Para Swimmers currently selected (and Alternates) to the 2017 Canada Games Team
- Select Para Swimmers identified by Swimming Canada

Swimmer Secondary Eligibility Criteria:

- Must be a Canadian Citizen or a Permanent Resident
- Must be eligible to represent Canada at major international games
- Must represent a Swim Ontario affiliated Club during domestic SNC National level competitions
- Must be registered, and in good standing with, Swim Ontario and Swimming/Natation Canada during the program delivery period

Acceptance Deadline:

Tuesday September 5, 2017



Program Details:

1. This will be both a drop-in and scheduled training program as arranged with the coach/athlete tandem once nominated swimmers have accepted their position in the program.
2. Program will run from September 11, 2017 through June 25, 2018 inclusive.
3. Para sessions will run on most Monday, Wednesday, and Fridays during the above dates as facilitated by the OSA program daily training environment schedule.
4. Practice times are 2:30pm to 4:00pm
5. Practices will mainly consist of Biomechanical and skillset development as outlined by the National Para Swimming Coaches.
6. Practice sessions will be facilitated by the Ontario Swimming Academy Staff
7. Swimmers will have a Participation Fee of \$300.00 for the season
8. **Coaches are strongly encouraged to attend and participate in the workouts**
9. Full details of the Program will be communicated after Monday, August 21, 2017

Swimmer Program Acceptance Procedure/Application Deadline:

Swimmers/Coaches should email interest/Acceptance to:

Darin Muma – Performance Programs Manger, darin@swimontario.com

by Tuesday September 5, 2017