

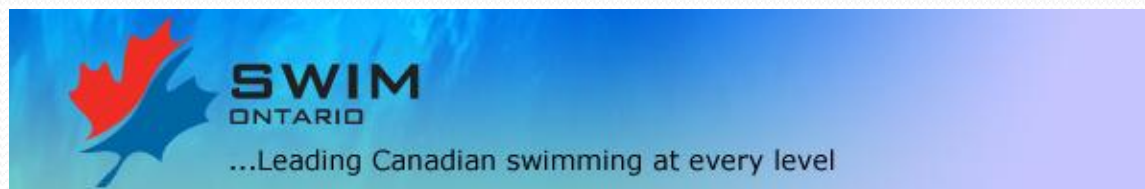
# True Grit

## The Total Cost of Performance



“it is my intention to offer my observations and share my visitation journey each month--Dean Boles, PMC 2009

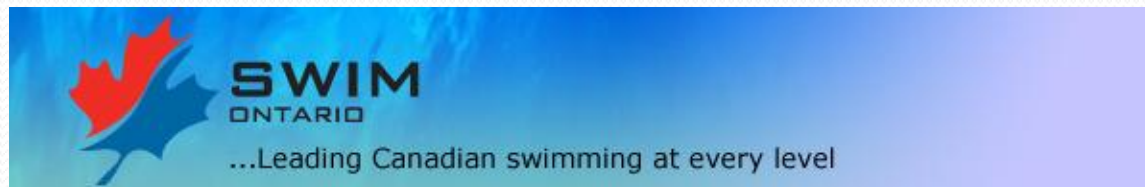
“we don’t have to be superstars or win championships....all we have to do is learn to rise to every occasion, give our best effort, and make those around us better as we do it” – Coach John Wooden



## Vision 2010 & Beyond...

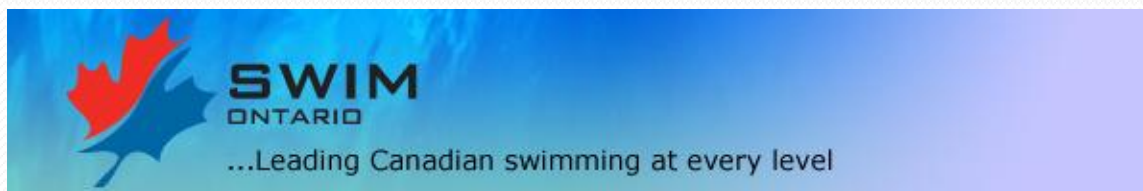
To help (**enable**) Ontario's talented swimmers and their coaches develop the attitude, the will and the skills required to:

- Participate on the SNC Senior National Team
- Race to the podium at the Senior International Competition



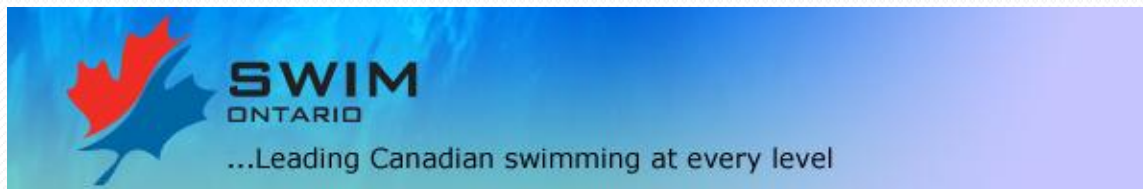
### THE WORLD PICTURE 2010

MEN						WOMEN						
Worlds	Top 5	Top 25	Top 50	Top 100	Top 150	Event	Top 150	Top 100	Top 50	Top 25	Top 5	Worlds
22.35	21.75	22.21	22.55	22.89	23.09	50 free	26.06	25.9	25.53	25.28	24.66	25.43
49.23	48.32	48.93	49.44	50.02	50.34	100 free	56.31	55.9	55.31	54.96	53.94	55.24
148,72	145.93	148.06	148.82	150.05	150.61	200 free	201.41	200.72	159.41	158.51	156.98	159.29
349.96	346.78	349.43	352.51	354.41	355.7	400 free	416.02	414.57	412.7	409.71	405.4	411.2
810.26	751.62	759.78	805.09	810.51	813.96	800 free	848.33	848.08	839.55	835.52	824	835.98
1513.16	1458.9	1515.18	1524.16	1535.79	1541.9	1500 free	1703.96	1655.58	1641.5	1630.62	1605.08	1641.49
55.14	53.32	54.5	55.15	55.91	56.48	100 back	103	102.47	101.69	100.98	59.69	101.7
159.72	156.98	158.63	200.23	201.85	203.05	200 back	215.42	214.16	212.37	210.87	207.99	212.73
101.57	100.18	101.03	101.62	102.31	102.77	100 breast	110.71	109.95	109	108.45	106.9	109.01
213.69	209.57	212.15	213.27	215.12	216.73	200 breast	232.34	230.55	228.61	227.34	223.83	228.21
52.86	51.82	52.61	53.11	53.77	54.2	100 fly	100.89	100.36	59.5	58.7	57.55	59.35
157.67	155.32	157.32	158.86	200.18	201.21	200 fly	214.23	212.84	210.97	209.28	207	210.74
201.4	157.76	200.71	201.58	203.02	204.08	200 IM	217.54	216.63	215.05	213.02	210.25	215.27
418.4	412.09	417.4	420.68	424.38	426.6	400 IM		449.2	445.07	441.87	435.04	452.11



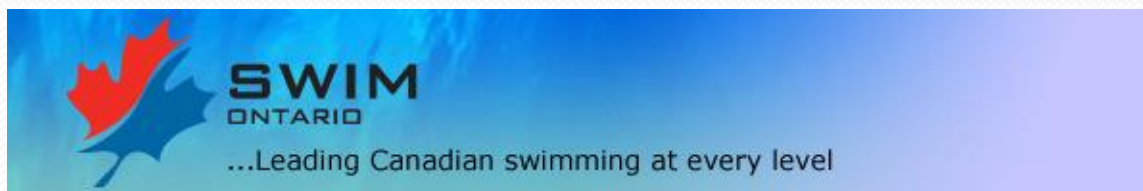
**THE CANADIAN//ONTARIO  
FIT**

Worlds	MEN					Event	WOMEN					Worlds
	Top 5	Top 25	Top 50	Top 100	Top 150		Top 150	Top 100	Top 50	Top 25	Top 5	
0//0	1//0	0//0	0//0	1//0	50 FR	2//0	4//1	0//0	1//0	0//0	0//0	
1//0	0//0	1//1	0//0	2//2	100 FR	4//2	4//0	0//0	1//0	0//0	0//0	
0//0	0//0	2//1	3//1	1//0	200 FR	1//1	6//2	2//0	1//0	0//0	0//0	
0//0	0//0	2//1	5//1	2//0	400 FR	4//1	3//1	3//0	0//0	0//0	0//0	
1//0	0//0	2//0	1//0	0//0	800/1500	1//1	2//1	3//1	0//0	0//0	0//0	
0//0	0//0	2//0	2//2	1//1	100 BK	5//2	5//2	2//1	1//0	0//0	0//0	
0//0	0//0	3//2	2//1	0//0	200 BK	6//1	5//2	3//2	1//0	0//0	0//0	
0//0	0//0	1//0	1//1	4//0	100 BR	2//1	4//0	2//1	3//0	0//0	0//0	
0//0	0//0	1//0	1//1	1//0	200 BR	3//0	6//1	0//0	1//0	1//0	1//0	
0//0	0//0	1//1	1//0	0//0	100 FLY	5//0	2//0	2//0	0//0	0//0	0//0	
0//0	1//0	0//0	2//1	4//0	200 FLY	0//0	0//0	2//0	1//0	0//0	0//0	
0//0	1//0	1//1	1//1	0//0	200 IM	4//2	3//1	0//0	2//0	0//0	0//0	
0//0	1//0	1//0	3//2	2//0	400 IM	4//2	4//1	0//0	2//0	0//0	0//0	



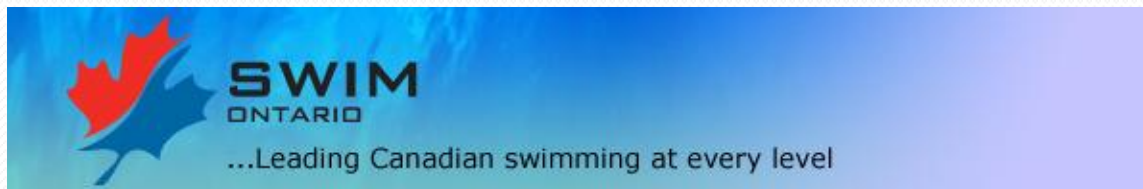
### THE WORLD PICTURE 2011

MEN						WOMEN						
Olympics	Top 5	Top 25	Top 50	Top 100	Top 150	Event	Top 150	Top 100	Top 50	Top 25	Top 5	Worlds
22.11	21.9	22.24	22.44	22.76	22.93	50 free	25.93	25.73	25.41	25.11	24.6	25.27
48.82	48.05	48.77	49.24	49.74	50.17	100 free	55.99	55.66	55.09	54.63	53.65	54.57
....147.82	144.44	147.73	148.5	149.58	150.29	200 free	201.06	200.1	159.16	158.01	155.74	158.33
348.92	344.83	349.24	351.46	353.65	355.47	400 free	415.45	414.04	410.32	408.27	404.36	409.35
						800 free	847.85	843.64	836.05	832.29	824.05	833.84
1511.83	1452.36	1508.3	1519.73	1532.43	1538.49	1500 free						
54.4	53.01	54.21	54.92	55.59	56.12	100 back	102.58	102.03	101.31	100.63	59.18	100.82
158.48	156.9	158.48	159.89	201.46	202.61	200 back	214.86	213.75	211.92	210.2	207.74	210.84
100.79	59.93	100.79	101.38	102.11	102.57	100 breast	110.47	109.8	108.81	108.1	106.56	108.49
211.74	209.28	211.84	213.05	214.64	216.02	200 breast	231.57	230.08	227.77	226.53	224.24	226.89
52.36	51.65	52.54	53.04	53.54	53.96	100 fly	100.58	100.02	59.29	58.64	57.39	58.7
156.86	154.8	156.78	158.22	159.72	200.87	200 fly	214.12	212.64	210.84	209.34	205.91	208.95
200.17	157.74	159.77	201.14	202.71	203.79	200 IM	217.11	216.1	214.84	213.13	210.26	213.36
416.46	411.89	416.48	419.84	423.05	425.43	400 IM	450.41	448.27	444.69	441.23	435.15	441.75



**THE  
CANADIAN//ONTARIO  
FIT**

MEN						WOMEN						
Olympics	Top 5	Top 25	Top 50	Top 100	Top 150	Event	Top 150	Top 100	Top 50	Top 25	Top 5	Olympics
0//0	0//0	0//0	1//0	0//0	0//0	50 FR	2//2	0//0	1//0	1//0	0//0	1//0
1//0	1//0	0//0	0//0	3//1	0//0	100 FR	2//2	5//2	2//0	0//0	0//0	0//0
0//0	0//0	0//0	0//0	3//1	2//1	200 FR	3//2	1//0	4//1	0//0	0//0	1//0
1//0	0//0	1//0	1//0	0//0	1//1	400 FR	3//0	3//1	2//0	0//0	0//0	2//0
						800/1500						
1//0	1//0	0//0	0//0	1//0	3//0	00	1//0	2//1	2//1	0//0	0//0	0//0
1//0	0//0	1//0	0//0	2//1	2//1	100 BK	3//0	3//2	1//1	2//1	0//0	1//1
1//1	0//0	1//1	2//2	0//0	4//3	200 BK	1//0	1//0	5//2	1//1	0//0	3//2
0//0	0//0	0//0	1//0	2//1	0//0	100 BR	3//2	2//0	2//1	2//0	0//0	4//1
1//0	0//0	1//0	0//0	1//1	3//1	200 BR	0//0	3//0	1//1	1//0	1//0	3//1
0//0	0//0	0//0	1//1	0//0	0//0	100 FLY	2//0	1//0	1//0	1//0	0//0	1//0
0//0	0//0	0//0	1//0	2//2	0//0	200 FLY	1//0	3//0	1//0	2//0	0//0	2//0
0//0	0//0	0//0	1//1	0//0	2//0	200 IM	1//1	4//1	0//0	2//0	0//0	2//0
0//0	0//0	0//0	1//0	1//1	1//0	400 IM	5//1	2//0	2//0	1//0	0//0	1//0





THE CANADIAN//ONTARIO FIT 2010

THE CANADIAN//ONTARIO FIT 2010												
MEN						WOMEN						
Worlds	Top 5	Top 25	Top 50	Top 100	Top 150	Event	Top 150	Top 100	Top 50	Top 25	Top 5	Worlds
	0//0	1//0	0//0	0//0	1//0	50 FR	2//0	4//1	0//0	1//0	0//0	
	1//0	0//0	1//1	0//0	2//2	100 FR	4//2	4//0	0//0	1//0	0//0	
	0//0	0//0	2//1	3//1	1//0	200 FR	1//1	6//2	2//0	1//0	0//0	
	0//0	0//0	2//1	5//1	2//0	400 FR	4//1	3//1	3//0	0//0	0//0	
	1//0	0//0	2//0	1//0	0//0	800/1500	1//1	2//1	3//1	0//0	0//0	
	0//0	0//0	2//0	2//2	1//1	100 BK	5//2	5//2	2//1	1//0	0//0	
	0//0	0//0	3//2	2//1	0//0	200 BK	6//1	5//2	3//2	1//0	0//0	
	0//0	0//0	1//0	1//1	4//0	100 BR	2//1	4//0	2//1	3//0	0//0	
	0//0	0//0	1//0	1//1	1//0	200 BR	3//0	6//1	0//0	1//0	1//0	
	0//0	0//0	1//1	1//0	0//0	100 FLY	5//0	2//0	2//0	0//0	0//0	
	0//0	1//0	0//0	2//1	4//0	200 FLY	0//0	0//0	2//0	1//0	0//0	
	0//0	1//0	1//1	1//1	0//0	200 IM	4//2	3//1	0//0	2//0	0//0	
	0//0	1//0	1//0	3//2	2//0	400 IM	4//2	4//1	0//0	2//0	0//0	
	2//0	4//0	17//7	22//11	18//3	TOTAL	41//13	48//12	19//5	14//0	1//0	

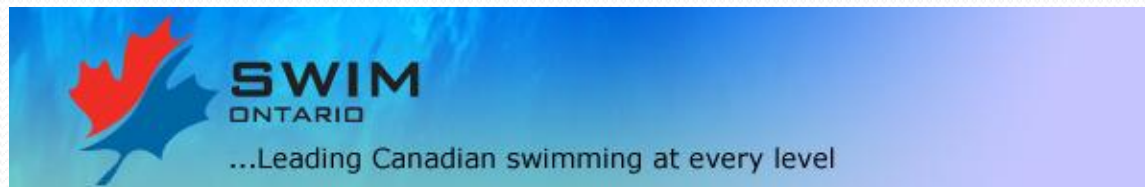
THE CANADIAN//ONTARIO FIT 2011

THE CANADIAN//ONTARIO FIT 2011													
MEN						WOMEN							
Olympics	Top 5	Top 25	Top 50	Top 100	Top 150	Event	Top 150	Top 100	Top 50	Top 25	Top 5	Olympics	
0//0	0//0	0//0	1//0	0//0	0//0	50 FR	2//2	0//0	1//0	1//0	0//0	1//0	
1//0	1//0	0//0	0//0	3//1	0//0	100 FR	2//2	5//2	2//0	0//0	0//0	0//0	
0//0	0//0	0//0	0//0	3//1	2//1	200 FR	3//2	1//0	4//1	0//0	0//0	1//0	
1//0	0//0	1//0	1//0	0//0	1//1	400 FR	3//0	3//1	2//0	0//0	0//0	2//0	
1//0	1//0	0//0	0//0	1//0	3//0	800/1500	1//0	2//1	2//1	0//0	0//0	0//0	
1//0	0//0	1//0	0//0	2//1	2//1	100 BK	3//0	3//2	1//1	2//1	0//0	1//1	
1//1	0//0	1//1	2//2	0//0	4//3	200 BK	1//0	1//0	5//2	1//1	0//0	3//2	
0//0	0//0	0//0	1//0	2//1	0//0	100 BR	3//2	2//0	2//1	2//0	0//0	4//1	
1//0	0//0	1//0	0//0	1//1	3//1	200 BR	0//0	3//0	1//1	1//0	1//0	3//1	
0//0	0//0	0//0	1//1	0//0	0//0	100 FLY	2//0	1//0	1//0	1//0	0//0	1//0	
0//0	0//0	0//0	1//0	2//2	0//0	200 FLY	1//0	3//0	1//0	2//0	0//0	2//0	
0//0	0//0	0//0	1//1	0//0	2//0	200 IM	1//1	4//1	0//0	2//0	0//0	2//0	
0//0	0//0	0//0	1//0	1//1	1//0	400 IM	5//1	2//0	2//0	1//0	0//0	1//0	
5//1	2//0	4//1	9//4	15//8	18//7	TOTAL	27//10	30//7	24//7	13//2	1//0	21//5	



We have our work cut out to “lead Canadian Swimming at every level”....

Here are a few questions to consider >>>>>>



# Clubs:

- Are you experiencing growth in numbers and performances?
- Are you investing in your coaches especially your Junior coaches?
- Is High Performance part of your program and if so what is your definition of High Performance?
- Do you have a plan in place to make swimming exciting from the learn & training environment to the competitive environment.
- Has your head coach discussed their High Performance plan and do you support it?

# Coaches:

- Do you have a High Performance program within the club structure?
- If so, what is your definition of High Performance?
- What is your definition of High Performance coaching?
- Do you have the ability to separate Club business and that of the High Performance demands?
- Have you considered this idea of a “shared vision and responsibility” for Ontario to Lead Canadian Swimming?

# Swimmers:

- What is your commitment level to your High Performance Swimming?
- Beyond what is asked of you at practice, have you been able to do the extra- all the necessary things when you leave training to recover and be ready for the next session?
- Do you feel you did all the necessary preparation to perform your best at the best competition last season?
- Do you understand the “ultimate responsibility of performance is yours!?”
- What are you doing differently this season to “make it happen”?

# What does it take?

Pierre Lafontaine, National Head Coach/CEO

