

- **335 days until the opening of the new Pan Am Pools**
- **656 days until the Toronto 2015 Pan Am/Para Pan Am Games**
- **1048 days until the RIO 2016 Olympic and Paralympic Games**

“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



SO Direction 2010 & Beyond

- ✓ To help (enable) Ontario's talented swimmers and their coaches develop the Attitude, the Will and the Skills required to:
 - Participate and Perform on the SNC Jr. National Team
 - Participate and Perform on the SNC Sr. National Team
 - Race to the podium at all International Competitions



SO Direction 2013 & Beyond

Funding Programs:

2013-2014 High Performance Grant

Objective:

- To support swimming programs that produce high performance swimming.

Amount:

- \$5000 of funding support based on each eligible swimmer selected to the 2013 FINA World Championship Team.

2013-2014 Athlete Performance Funding (APF)

Objective:

- To provide financial support to Ontario trained high performance swimmers and facilitate their continued improvement.

Funding Available:

- \$6,000 to \$20,000 per year per swimmer based on World Rankings.



SO Direction 2013 & Beyond

***NEW 2013-2014 Junior Athlete Performance Funding (APF)**

Objective:

- To support high performance junior athletes who are not otherwise receiving direct funding from Swim Ontario

Amount:

Up to a maximum of \$4000 per swimmer

2013 Swim Ontario Post-Secondary Bursary

Swim Ontario awards a financial bursary to four (4) Ontario swimmers to allow the recipients to focus on swimming excellence while pursuing Post Secondary academics in Ontario.

Two (2) Female and two (2) Male swimmers will each be awarded a \$5000.00 bursary



SO Direction 2013 & Beyond

Quest for Gold—Ontario Athlete Assistance Program 2013-2014

Q4G OAAP is funded by the Government of Ontario, through Ministry of Tourism, Culture and Sport (MTCS) and operated through the Sport, Recreation & Community Programs Division.

This program is directly related to the High Performance Sport goals of the Canadian Sport Policy— to improve the performance and number of Ontario athletes performing At the National and International level; thereby contributing to the improved Performance of Canada at the International competition.



SO Direction 2013 & Beyond

Ontario High Performance Sport Initiative (OHPSI) since 2010

The Canadian Sport Institute Ontario (CSI O) is committed to the pursuit of excellence by delivering programs and services to high performance athletes and their coaches that enhance their ability to achieve international podium performances.

The goal of OHPSI is identify, develop and support Ontario athletes best capable of achieving international podium success on senior national teams in targeted summer and winter Olympic/Paralympic Games and Pan/Parapan American Games sports.

Swim Ontario and CSI O will work together to support the process of achieving International podium performances.



SO Direction 2013 & Beyond

OHPSI Focus:

- ✓ Building Resource Capacity- for World Class Potential, Development & Performances
- ✓ Coach & Swimmer: Education, Professional Development; Performance Development through Camps, Tours, Scouting Opportunities
- ✓ Podium Potential– Age Based Investment/
Performance Now 2016/Potential 2020/2024



Potential Performance

National Performance Excellence

International Performance Excellence

MEDALS

Tier 3 – OHPSI Prospects

Tier 2 – OHPSI

Tier 1 – OHPSI

Centre Athletes

Penny O
Leah M
Bryce K D
Olivia A
Madeline N
Javier A
Mitchell F
Montana C
Osvald N
Oliver S
Genevieve R
Olivia S

Daniel K
Ed Liu
Austin S

Paige Schultz
Matthew Myers
Vanessa Treasure
Heather Maitland

Meryn McCann
Danielle Hanus

Andrew Ford

Kennedy Goss
Evan White
Teddy Kelp

Martha McCabe
Zach Chetrat
Zsofi Balasz

Centre Supported
Frank Despond
Matthew Swanston



USA based Athletes

- Centre In Reach - Chantal Van Langenham
- Tier 2 – Annie Harrison, Marni Oldershaw, Kristina Steins, Brittney MacLean, Sinead Russell, Dominique Bouchard, Mack Darragh



Priority Level

Potential Performance

Emerging National Performance Excellence

Consistent National Performance Excellence

Consistent/Emerging International Performance Excellence

Tier 3

Tier 2

US Athletes

Tier 1

Centre

Healthy Athlete	Medical Exam	Annual	Annual	Annual	Annual	Annual
	Injury tracking		Throughout year	Throughout year	Throughout yr	Throughout yr
	Blood Analysis	1 x per season	every 6 months	Every 3 months	Every 3 months	Every 3 months
	Therapy				As requested	DTE
	Rehab Plans					As needed
	Nutrition Assessment	consultation	As requested	As requested	As needed	Annually & As needed
	Supplements		As requested	As requested	As needed – OHPSI funded	Provided
	Psych Assessment				As needed	Provided
	FMS	TBD	1 time		Monthly	Monthly
DTE	Physiol Assessment		TBD	All competitions/camps	2x/wk in DTE/camps/COMP	DTE
	Biomech Analysis	In reach	1-2x /month	All competitions	2x/wk in DTE/camps/COMP	DTE
	Mental Pre/Planning			As requested	Biweekly	Biweekly
	Dryland Program		consultation		2x/wk in DTE	Full
	S&C Programming		consultation		As requested	Full
	Monitor Training Loads		consultation		Monthly	DTE
	Monitor Recovery			2-3x/year	Monthly	Daily
Perform Optimization	Training & tapering				All competitions	All competitions
	Recovery Strategies		consultation		All competitions	All competitions
	PF Nutrition			As requested	As requested	All competitions
	Travel Planning				All competitions	All competitions
	Psych PF Plan				All competitions	All competitions
	Biomech. Plan/Tactics	In Reach/Competition	All Competitiion		All competitions	All competitions
PD	Career Planning				GamePlan	GamePlan
	General Well Being				As requested	Full
	Leadership Skills				As requested	As requested



SO Direction 2013 & Beyond

Professional Expectations:

- Awareness- read and seek to understand the available programs
- Compliance to the Eligibility Criteria and Regulations
- Compliance to the Reimbursement Details and Schedule
- Deadlines: Must adhere to and abide by

SO Direction 2014 & Beyond

MTCRS & OTP

Swimming Canada

Swim Ontario

National Swim Centre

Ontario

Provincial Youth

Academy

UT Scarborough/
Pan Am Legacy

Canadian Sport
Institute Ontario



SO Direction 2014 & Beyond

Definition of Academy:

a place of study or training in a specialized field. A team of people that promote collaboration, using best practices around a specific focus area to drive performance.

Vision Statement:

“Identifying and Developing International Podium Potential”



SO Direction 2014 & Beyond

The Academy Approach:

- ✓ Provide athletes with access to world class sport facilities
- ✓ Top level coaching
- ✓ World class Sport Science Support
- ✓ High Performance Daily Training Environment

“in a camp deliverable manner”

Stage 1: Develop the concept of a Provincial Youth Swim Academy

(September-October 2012)

**Stage 2: Share concept with High Performance Sport minded people—
Gather comments and feedback.**

(October 2012- January 2013)

Stage 3: Plug in comments and feedback to clearly define the concept

(January-March 2013)

**Stage 4: Share concept with a working group of Coaches in the field in concert with the
Sport Development Committee & Board of Directors of Swim Ontario.**

(April-July 2013)

Stage 5: Communicate to the Ontario Swimming Community

(September-December 2013)

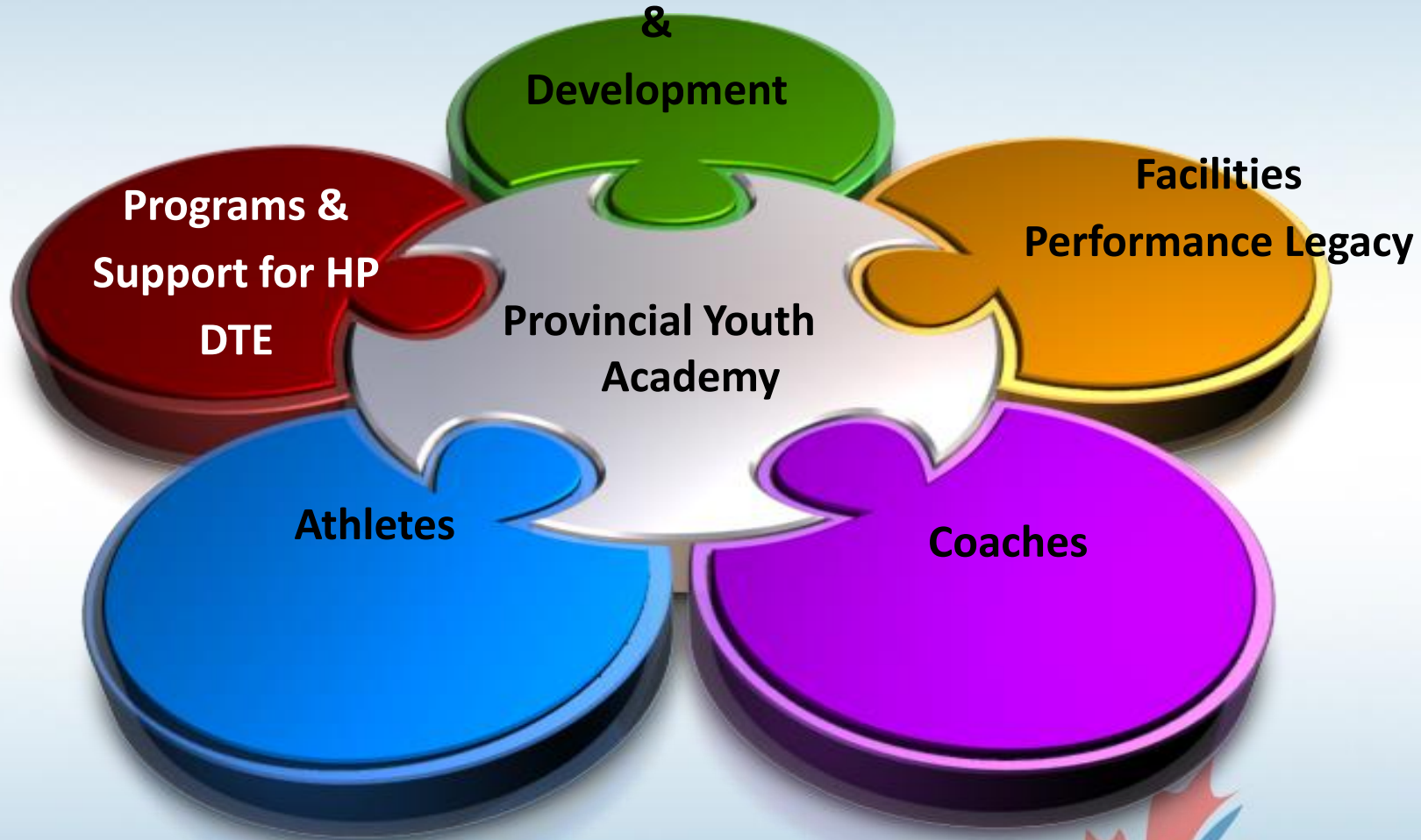


SO Direction 2014 & Beyond

World Class Potential

&

Development



Programs &
Support for HP
DTE

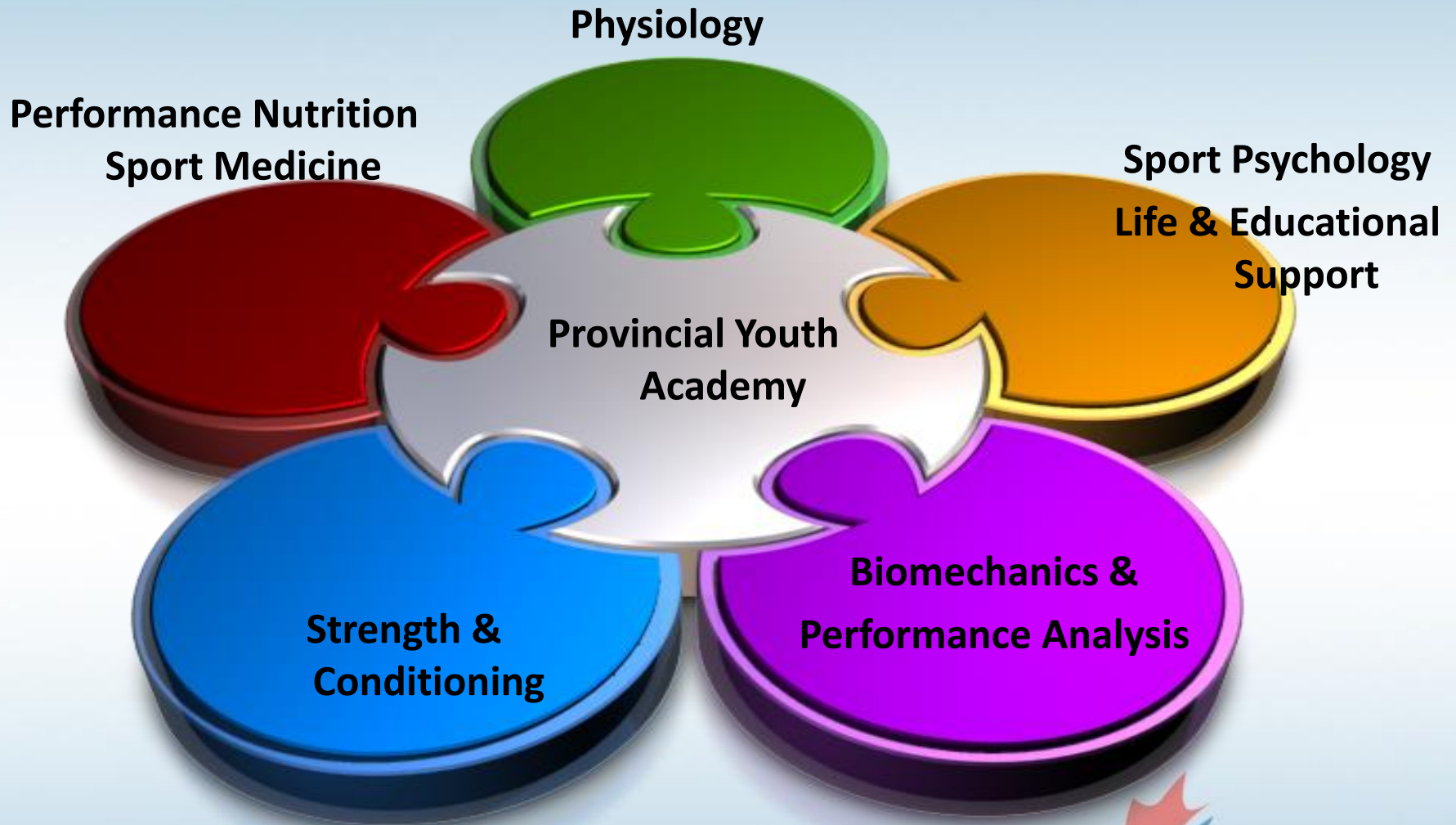
Provincial Youth
Academy

Facilities
Performance Legacy

Athletes

Coaches

SO Direction 2014 & Beyond



What does it take?

- ✓ Opportunities—Excellence—Growth—Responsibility
- ✓ Contribute—Shape—Influence
- ✓ Communication—Collaboration—Coordination—Cooperation
- ✓ Appreciate the Opportunity!!— Thank you!

