

SWIM ONTARIO: LONG TERM ATHLETE DEVELOPMENT STRATEGY RECOMMENDATIONS

RECOMMENDATION 1 – FESTIVAL CHAMPIONSHIP, AGE GROUP CHAMPIONSHIP AND PROVINCIAL CHAMPIONSHIP - 2013-16 INDIVIDUAL EVENT STANDARDS

Developed based on:

- History: Provincial performance by age group and gender.
- Meet Size: Targeting total numbers of swimmers and/or swims at each competition.
- Swimmer Development: Reflecting the age related growth development of swimmers relative to each gender.
- Performance progression: Between the ages, in each event, is consistent and comparative.

Adjusted to compensate for:

- Missing information.
- Events with minimal performance history.
- New ages within the younger groups.

Swim Ontario Open standard based on:

- Mid-way between the 16-17 Ontario Standard and the SNC Senior standard.

Target Competition sizes:

- Provincial Age Group Championship: 600 swimmers.
- Provincial Championships: 600 swimmers.
- Festival Championships: 500 swimmers at two (2) concurrent competitions.

RECOMMENDATION 2 – PREREQUISITES FOR QUALIFICATION: IN ADDITION TO INDIVIDUAL EVENT QUALIFYING STANDARDS FOR EACH CHAMPIONSHIP COMPETITION THE FOLLOWING PREREQUISITES SHALL BE IN PLACE:

Festivals - All Events are Timed Finals		
Girls	Pre-requisites	Boys
10 Years and Under	200 Free & 200 IM	10 Years and Under
11 Years Old	400 Free & 200 IM	11 Years Old
12 Years Old	400 Free & 200 IM or 400 IM	12 Years Old
13 Years Old	400 Free & 200 IM or 400 IM	13 Years Old
Age Group Championships: All events Heats & Finals		
Girls	Pre-requisites	Boys
13 Years & Under	800 or 1500 Free & 200 IM or 400 IM	13 Years & Under
14 Years Old	800 or 1500 Free & 400 IM	14 Years Old
15 Years Old	None	15 Years Old
16-17 Years Old	None	16-17 Years Old
Provincial Championships: All Events Heats & Finals		
Girls	Pre-requisites	Boys
13 Years & Under	800 or 1500 Free & 200 IM or 400 IM	13 Years & Under
14 Years Old	800 or 1500 Free & 400 IM	14 Years Old
15 Years Old	None	15 Years Old
16-17 Years Old	None	16-17 Years Old
Open	None	Open

RECOMMENDATION 2 (Continued)

Explanation

1. Supports the natural and planned development of the swimmers' adaptable capacities
2. The process fulfils the physical/physiological needs of the growing child

Components: *Sustained swimming/endurance development
 *Multi-stroke (skill) & multi-event motor experiences
 *Skill adaptation to performance

RECOMMENDATION 3 - QUALIFYING PERIOD

FESTIVAL CHAMPIONSHIP: OPEN UP TO THE ENTRY DEADLINE

AGE GROUP CHAMPIONSHIP: 18 MONTHS PRIOR TO THE ENTRY DEADLINE

PROVINCIAL CHAMPIONSHIP: 18 MONTHS PRIOR TO THE ENTRY DEADLINE

Explanation:

1. Provides swimmers and Coaches with sufficient training time to attain performance goals based on the Individual Event Standards and Prerequisite Event Standards.

RECOMMENDATION 4 – ENTRY DEADLINES

A 10 -DAY ENTRY DEADLINE FOR THE FESTIVAL CHAMPIONSHIP, AGE GROUP CHAMPIONSHIP AND THE PROVINCIAL CHAMPIONSHIP WILL BE IN PLACE. "PYSCH" SHEETS WILL BE POSTED 5 DAYS IN ADVANCE OF THE COMPETITION.

Explanation

1. Provides a "final training preparation" period for these competitions.
2. Allows coaches to implement a more structured taper period (which will eventually benefit senior swimming).
3. Encourages best swims to take place at the most appropriate meet.
4. Provides meet managers with sufficient time to post and verify meet entry times.
5. Provides meet managers and host clubs with sufficient time to plan for the appropriate number of participants at each competition.

RECOMMENDATION 5 - DEQUALIFYING FOR FESTIVAL CHAMPIONSHIP COMPETITION

SWIMMERS WHO ACHIEVE THREE AGE GROUP CHAMPIONSHIP OR PROVINCIAL CHAMPIONSHIP INDIVIDUAL EVENT STANDARDS, AND THE RESPECTIVE PREREQUISITES, ARE INELIGIBLE TO PARTICIPATE IN THE FESTIVAL CHAMPIONSHIP.

Explanation

1. Provides guidance for Coaches to target appropriate competition based on the age and ability of the individual swimmer.

RECOMMENDATION 6 – BONUS EVENTS

AGE GROUP CHAMPIONSHIP AND PROVINCIAL CHAMPIONSHIP COMPETITIONS:

- **13 & UNDER SWIMMERS: ELIGIBLE FOR UP TO 3 BONUS EVENTS**
- **14 YEAR OLD SWIMMERS: ELIGIBLE FOR UP TO 2 BONUS EVENTS**
- **15 YEAR OLD SWIMMERS: ELIGIBLE FOR 1 BONUS EVENT**

Explanation

1. Provides younger swimmers with more opportunity to race at a Championship competition, while they develop their event complement and race skills acumen.
2. Total number of events, including Bonus Events, will be detailed in the competition package.

RECOMMENDATION 7 – COMPETITION ENTRIES

ENTRIES - FOR ALL SWIM ONTARIO SANCTIONED COMPETITIONS - MUST BE RECEIVED AND APPROVED (BY MEET MANAGEMENT IN ACCORDANCE WITH THE COMPETITION PACKAGE AND PROVINCIAL RULES) - VIA SWIMMEET.CA.

Explanation

1. Assists meet managers in their effort to prove times more efficiently.
2. Assists meet managers in their effort to organize, staff and run the competition.

RECOMMENDATION 8 – HEATS AND FINALS

AT THE AGE GROUP CHAMPIONSHIP AND THE PROVINCIAL CHAMPIONSHIP COMPETITIONS, ALL SWIMMERS ARE PERMITTED TO COMPETE IN BOTH PRELIMINARY AND FINALS SESSIONS.

THE PROVINCIAL FESTIVAL CHAMPIONSHIP COMPETITIONS WILL BE TIMED FINAL EVENTS FOR ALL AGE GROUPS.

AT ALL OTHER SWIM ONTARIO SANCTIONED COMPETITIONS INCLUDING CLUB INVITATIONALS AND TIME TRIALS, 12 & UNDER SWIMMERS ARE ONLY PERMITTED TO COMPETE IN TIME FINAL EVENTS.

Explanation

1. Teaches young swimmers to perform to the best of their ability during the preliminaries.
2. Creates a more intense desire to swim finals in the next age category.
3. Permits more time for family and other sports/social activities.
4. Reduces stress and attrition by providing more free time choices.
5. There are no long-term benefits to swimming heats & finals in Stage 2.

RECOMMENDATION 9 – DISTANCE EVENTS

THE 1500 FREE FOR WOMEN AND THE 800 FREE FOR MEN WILL BE INCLUDED AT THE SWIM ONTARIO AGE GROUP CHAMPIONSHIPS AND THE SWIM ONTARIO PROVINCIAL CHAMPIONSHIPS COMPETITIONS, IN THE APPROPRIATE AGE CATEGORIES

Explanation

1. Supports the fundamental concept of the “LTADS’ specific to Aerobic Development”
2. Accommodates transition to senior competitive opportunities, such as the FISU Games competition.
3. Over the long term, it may influence the establishment of greater international presence in distance events.

RECOMMENDATION 10 – SWIM ONTARIO PROVINCIAL CHAMPIONSHIP - OPEN CATEGORY FOR INDIVIDUAL EVENTS

IN THE PROVINCIAL CHAMPIONSHIP COMPETITION, WHERE BOTH AGE-GROUP (17 AND UNDER) AND OPEN EVENTS ARE OFFERED, AN AGE GROUP SWIMMER MAY SWIM IN AN INDIVIDUAL OPEN EVENT IN WHICH THEY HAVE ACHIEVED THE OPEN EVENT QUALIFYING STANDARD.

THE SWIMMER MAY NOT THEN ENTER THE SAME EVENT IN THEIR CHRONOLOGICAL AGE CATEGORY.

ONTARIO RULE EXCEPTION: THESE SWIMMERS CAN ENTER OTHER EVENTS IN WHICH THEY ACHEIVE THE EVENT QUALIFYING STANDARD IN THEIR CHRONOLOGICAL AGE CATEGORY. THE INDIVIDUAL EVENT MAXIMUM MUST BE ADHERED TO AS PER THE COMPETITION PACKAGE.

Explanation:

This will provide an opportunity for the best swimmers, regardless of age, to race “head to head” in an event at the Swim Ontario Provincial Championship.

This is restricted to the Swim Ontario Provincial Championship competition.

NOTE: This is a Swim Ontario exception to rules CSWAG 1.1.5 and CSWAG 1.1.6 by power of the authority vested under “Swimming Rules of Swimming Natation Canada” – rule # CGR 1.1.1.2, CGR 1.1.1.3 and CGR 1.1.1.4.

RECOMMENDATION 11 – HEAT SHEETS AND FINALS SHEETS (START LIST)

MEET RECORDS, PROVINCIAL RECORDS, AGE GROUP NATIONAL RECORDS AND SENIOR CANADIAN RECORDS WILL BE LISTED IN THE HEAT SHEETS AT TEAM CHAMPIONSHIPS, AGE GROUP CHAMPIONSHIPS, ONTARIO CUP AND THE PROVINCIAL CHAMPIONSHIPS.

Explanation:

1. Recognizes, in a historical manner, the highest performing swimmers at each competition.
2. Provides “bench marks” for all swimmers to measure their own individual performances.

RECOMMENDATION 12 – HIGH POINT AWARDS

INDIVIDUAL HIGH POINT AWARDS AT THE AGE GROUP CHAMPIONSHIP COMPETITION WILL BE BASED ON THE SUM OF FINA POINTS FROM THREE (3) DIFFERENT EVENTS AND WILL RECOGNIZE THE HIGHEST AGGREGATE POINT SCORE OF BOTH FEMALE AND MALE IN EACH AGE GROUP.

INDIVIDUAL HIGH POINT AWARDS AT THE PROVINCIAL CHAMPIONSHIP COMPETITION WILL BE BASED ON THE SINGLE HIGHEST FINA POINT SCORE IN ONE EVENT AND WILL RECOGNIZE THE FASTEST FEMALE AND MALE IN EACH AGE GROUP EVALUATED AGAINST ALL EVENTS.

NO INDIVIDUAL HIGH POINT AWARDS WILL BE GIVEN AT THE FESTIVAL CHAMPIONSHIP COMPETITIONS.

Explanation

The awarding of Individual High Point Awards takes into account the age and ability level of the swimmers at the respective competitions.

RECOMMENDATION 13 – RESULTS

FINA POINT RATINGS AND THE SWIMMER'S AGE WILL APPEAR ON THE RESULTS OF THE AGE GROUP CHAMPIONSHIP AND THE PROVINCIAL CHAMPIONSHIP COMPETITIONS.

RESULTS - OF ALL SWIM ONTARIO SANCTIONED COMPETITIONS MUST BE RECEIVED BY SWIMMEET.CA WITHIN 48 HOURS OF COMPLETION OF THE EVENT.

LIVE RESULTS WILL BE AVAILABLE, ON THE HOST CLUB WEBSITE, EACH DAY OF THE COMPETITION

Explanation

1. Provides an easy comparative reference for swimmers relative to others and the relation of time to performance rating (the value of a swim).
2. Swimmers will develop a better understanding of training progress relative to point rating.
3. Provides immediate ranking feedback to swimmers and coaches.
4. Improves tracking and performance data for Coaches and swimmers.

RECOMMENDATION 14 – SKILLS CURRICULUM

AN ONTARIO “SKILLS CURRICULUM”, ACCOMPANIED BY THE BEST POSSIBLE TECHNICAL SUPPORT, WILL BE MADE AVAILABLE TO ALL ONTARIO REGIONS, CLUBS & COACHES BY SEPTEMBER 2012. THIS CURRICULUM WILL BE DELIVERED THROUGH THE *FUNDAMENTALS* AND *THE LEARN TO TRAIN* TRAINING CAMPS.

Explanation

1. Helps inexperienced coaches, swimmers and parents to have a better understanding of the fundamental skills required in competitive swimming.
2. Encourages coaches to focus on systematic skill acquisition and refinement, and a more structured implementation of the basic and fundamental skill process.
3. Provides a reasonable province-wide uniformity in skill development and terminology.
4. Creates a standard upon which adaptation to senior swimming may be enhanced.
5. Reflects the focus of the LONG TERM ATHLETE DEVELOPMENT STRATEGY “*LTADS*”.

RECOMMENDATION 15 – FUNDING, TRAINING CAMPS AND TOUR TEAMS

A) SWIM ONTARIO ATHLETE PERFORMANCE FUNDING (ATHLETE CARDING) – NOMINATION WILL BE BASED ON WORLD RANK.

EXPLANATION: This dovetails with the SNC Carding nomination process which uses World Rank for Sport Canada AAP Funding purposes.

B) SWIM ONTARIO HIGH PERFORMANCE GRANT (CLUB GRANT) – NOMINATION FOR FUNDING WILL BE BASED ON SELECTION TO THE SNC SENIOR NATIONAL TEAM (SPECIFICALLY - OLYMPICS, FINA WORLD CHAMPIONSHIPS LCM, PAN PACIFIC CHAMPIONSHIPS).

EXPLANATION: This recognizes Clubs and/or Program that produce swimmers to a (minimum) level of a SNC Senior National Team member.

C) SWIM ONTARIO HIGH PERFORMANCE PROVINCIAL TEAM: NOMINATIONS WILL BE BASED ON WORLD RANKINGS OR THE CURRENT FINA POINT CHART. THIS WILL BE SPECIFIC TO EACH TEAM BASED ON - 1) SIZE OF THE TEAM INCLUDING THE NUMBER OF SPOTS TARGETED FOR MALES AND FEMALES; 2) THE AGE DEMOGRAPHIC.

EXPLANATION: World Rank more accurately reflects High Performance; FINA Point Chart may have to be used when balancing the Team equally between Male and Female nominations.

D) SWIM ONTARIO AGE GROUP PROVINCIAL TEAMS (CAMPS AND TOUR TEAMS) NOMINATIONS WILL BE BASED ON THE CURRENT FINA POINT SCORE USING A COMBINATION OF STROKES, EVENTS AND/OR DISTANCES.

EXPLANATION: This reflects a Multi Stroke/Event selection process.

RECOMMENDATION 16 - PERIODIZATION

SWIM ONTARIO WILL DEFINE A PROVINCE-WIDE “FUNDAMENTAL SKILL REVITALIZATION PERIOD” EVERY SEASON; WHEREBY SANCTIONED COMPETITIONS IN ONTARIO WILL BE PROHIBITED; AND A PHASING IN PERIOD OF SINGLE SESSION COMPETITIONS TO MULTIPLE SESSION COMPETITIONS WILL TAKE PLACE.

THIS EXCLUDES SANCTIONS ISSUED SPECIFIC TO THE PREPARATION OF PERFORMANCES AT SNC TRIALS (SPRING) NATIONALS AND HAVE, AS A MINIMUM, THE SNC SENIOR NATIONAL ENTRY STANDARD.

Explanation

1. Creates an awareness of the beginning of a new MACRO CYCLE, with renewed focus and goal setting.
2. Opportunity to refocus and revitalize the athlete development process as recommended in *stages 1&2*.
3. Execution of fundamental skills should be performed at a higher level and speed.

