



September Mini Bulletin

Thank you to everyone who attended the Swim Ontario/Swimming Canada Conference this past weekend! The weekend was busy and a huge success. To see presentations that are online and available for download and fill out an evaluation survey, please [click here](#).

Canada Games Coaching Opportunity

Swim Ontario invites all interested Coaches to apply for the positions of Head Coach and Team Manager for the 2009 Canada Games Team. Learn more [HERE](#).

Swimmers with a Disability Camp

A SWAD training camp for those eligible for the 2009 Canada Games Team will be taking place October 12-14, 2007. Swimmers born 1988 or later and who have never represented Canada on a National Team are eligible. For more information and forms, please click here [HERE](#). Forms must be received to Swim Ontario by October 1, 2007. There will also be a classification session being offered. Coaches must contact Swim Ontario as soon as possible to let them know of swimmers needing to be classified.

Ontario Paralympic Games February 2008

The Ontario Paralympic Games are being held in Collingwood February 15-17, 2008 and is open to 40 SWAD (S1-S13) who have not been a member of any SNC National team. The application form can be found [HERE](#) and the technical package can be found [HERE](#). If you have swimmers interested in participating but who have not yet been classified, please contact [Lindsay](#).

Club Affiliation Fees

Some clubs have yet to submit their club affiliation fees for the year which were due September 1. This years fees can be found [HERE](#).

Online Sanctioning Process

Heads Up! The online sanctioning site is being revamped at the end of the month! The site will work the same way, but look slightly different. We will post updates about this later this week.

Expect to see the next TAS Bulletin on October 15, 2007!

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- Enhance rehydration
- Extend endurance
- Speed muscle recovery
next

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*It's not just a ratio.
It's an advantage.*



INTRODUCING



ACCELERADE

ADVANCED SPORTS DRINK

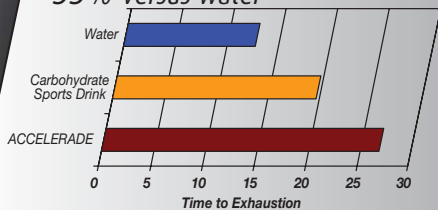
Revolutionary Formula

- Accelerade is the biggest innovation in the sports drink category in over 30 years!
- Accelerade's formula is based on **breakthrough** science developed by 6 leading doctors and exercise physiologists
- Accelerade is the first sports drink formulated with natural whey protein, designed for use before, during and after training
- The Accelerade formula with the unique 4:1 carbohydrate to protein ratio is clinically proven to **extend** an athlete's **endurance**, **enhance rehydration** and **speed muscle recovery**

What Makes ACCELERADE Unique?

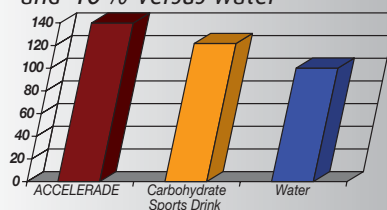
What It Has	Water	Sports Drinks	ACCELERADE
Calories (8 oz)	0	50-70	80
Carbohydrate	N/A	Sucrose, High fructose corn syrup	Sugar, Trehalose
Sodium		✓	✓
Potassium		✓	✓
Vitamin E			✓
Protein			✓
What It Does			
Restores fluids	✓	✓	✓
Restores electrolytes		✓	✓
Replenish muscle glycogen		✓	✓
Prevent muscle breakdown			✓
Speed Muscle Recovery			✓

ACCELERADE extends endurance 29% versus Carbohydrate Sports Drink and 53% versus water



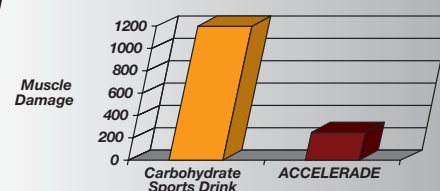
1. International Journal of Sport Nutrition and Exercise Metabolism, 2003

ACCELERADE speeds Hydration 15% more than Carbohydrate Sports Drink and 40% versus water



2. International Journal of Sport Nutrition and Exercise Metabolism, 2006

ACCELERADE decreases muscle damage by 83%



3. Medicine & Science in Sports and Exercise, 2004

The Athlete's Competitive Edge

- Accelerade is the first and only sports drink with the benefits of protein designed to be used **during** exercise
- Accelerade is proven! Endurance athletes have used Accelerade in powder and gel forms for years. Now, the ready-to-drink format, makes it more convenient for **your** training
- Accelerade comes in 3 great tasting flavours: Fruit Punch, Peach Mango and Citrus Grapefruit

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