



## Summer Festival

The 2013 Summer Festival has been consolidated into one meet, hosted by Oakville Aquatic Club at the University of Toronto June 1-2. Please read all about this [HERE](#)

## 2013 World Championships

Congratulations to the Ontario swimmers who have been selected to the Canadian World Championships Team in Barcelona this summer - Andrew Ford (GMAC), Zack Chetrat (TSC), Blake Worsley (TSC), Chris Manning (WRMS), Aly Abdel-Khalik (ESWIM), Hassaan Abdel-Khalik (ESWIM), Sinead Russell (DS), Erika Seltenreich-Hodgson (GO), Kristina Steins (DS), Tera Van Beilen (OAK), Martha McCabe (Toronto Centre) & Brittany MacLean (ESWIM)

## 2013 Canada Games

The 2013 Canada Games nominees can be found [HERE](#). The final list will be posted shortly. Congratulations to all those nominated to the team!

## Open Water T-Shirt Contest

Get your creative juices flowing and submit an entry to the Swim Ontario Open Water Championships T-Shirt Design Contest! Submissions are due on April 30 - find all the details [HERE!](#)

## Boles Notes

Read the most recent reports from Provincial Mentor Coach Dean Boles [HERE](#)

## Pool Depth Certificates

Swim Ontario is updating records of Pool Depth Certificates. Every member club is required to submit/resubmit a pool depth certificate for EACH pool that your club trains at or hosts competitions at by May 12, 2013. More information and form [HERE](#)

## Permission to Travel

Permission to Travel forms must be submitted to Swim Ontario **14 days** prior to travel outside of Ontario. Please find the form [HERE](#). If your club is travelling outside of North America for competition, permission must be sought from Swimming Canada.

## NCCP Courses

Looking for a coaching course for your coaching education and development? Upcoming courses in May and June are posted [HERE](#).

## Off The Deck

Have you checked out our Off The Deck video series? Watch them [HERE](#)

Proudly Sponsored By



## Record Breakers

### **Women - 11-12**

*Penny Oleksiak - TSC*  
100 Back SC 1:04.45

*Penny Oleksiak - TSC*  
200 Back SC 2:18.23

### **Women - 13-14**

*Danielle Hanus - NEW*  
100 Back SC - 59.07

### **Women 15-17**

*Erika Seltenreich-Hodgson - GO*  
200 IM SC - 2:10.78

*Erika Seltenreich-Hodgson - GO*  
400 IM LC - 4:42.71

### **Men 15-17**

*Evan White - OAK*  
200 IM LC - 2:02.38

*Evan White - OAK*  
200 IM SC - 1:58.26

*GO Kingfish - Eric Alvarez, Miles Ruttan, Eli Wall, Matt Dans*  
200 Medley Relay SC - 1:43.67

*Oakville Aquatic - Matthew Mac, Evan White, Gamal Assaad, Bryce Kwiecien-Delaney*  
200 Medley Relay SC - 1:42.70

*Oakville Aquatic - Evan White, David Whiteside, Gamal Assaad, Bryce Kwiecien-Delaney*  
200 Free Relay SC - 1:33.12

*Oakville Aquatic - Bryce Kwiecien-Delaney, David Whiteside, Gamal Assaad, Evan White*  
400 Free Relay LC - 3:27.46

## Kick Challenge

**So Ontario, you think you can kick?**

Try the Swim Ontario Kick Challenge for a 25m underwater kick from a dive and if you go under 12.5 (male) or 13.5 (female) you'll earn a gold cap. What's the catch? Dean has to witness the feat. Check out all the information [HERE](#)

