



Boles' Notes March 2013

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.

Lao Tzu

As you may now know, **Kelly Steeves** is leaving the Swim Ontario team at the end of this month. Kelly has played a very important part of the technical and high performance delivery for Swim Ontario for the past 7 years. Kelly's professional demeanor is second to none and his outstanding organizational skills, attention to detail, critical thinking, thorough and uncompromising passion for high performance swimming will be missed by his Swim Ontario colleagues. I will close with a little story that I can recall vividly with Kelly. I can't remember much of my interview three and half years ago with the hiring committee for the position I now hold but I do remember clearly one question:

"How do you see yourself working with an A-type person?"

My response was "I will learn a great deal from that person to help me be a better individual in the new role I was taking"—a typical response we all would say to win over a hiring committee without much credence however as it turns out, I have learned a great deal about being more thorough in planning, developing strategies to focus on process and the delivery and execution of a plan. I have learned from Kelly to approach things in a more deliberate way and by all means, READ things thoroughly. On behalf of Ontario Swimming I personally would like to thank Kelly for his years of service to the Ontario swimming community making it better and for making me better in my profession. I thoroughly enjoyed working with him and will miss his analytical mind for performance and his witty humour around the office and on trips. We wish him well in his future endeavours. Kelly is the type of leader that is described by Lao Tzu.

Canada Games 2013 - Sherbrooke, Quebec is in motion:

2013 Canada Games Journey:

Stage 1 Camp: January 2012 Waterloo (48 swimmers- Able Body, Para and Special Olympics integrated)

Stage 2 Camp: December 2012 Toronto (32 swimmers- Able Body, Para and Special Olympics integrated)

Para/Special Olympics Trials: February 28-March 3 Provincial Championships Nepean

Able Body Trials: April 3-6 Victoria, BC (World Trials)

Team Ontario Camp: June 7-9 at UT (all sports)

Games Staging Camp: July 29-August 2 Montreal, Quebec

Canada Games Competition: August 4-9, Sherbrooke, Quebec

For all information regarding the 2013 Canada Games and the selection criteria can be found at:

http://swimontario.com/index_ptp.php?id=1852

Para and Special Olympics Swimmers from the Ontario Age Group championships held in Nepean February 28-March 3 have been nominated to the Ontario Canada Games team pending further notification from Swimming Canada after April 7.

The *Para Swimmer (female)* nominees are: **Alicia Denoon** (GMAC) and **Nydia Langill** (Ducks).

Alternates: Skylar Tierney(BTSC) and Tess Routliffe (STARS).

The *Para Swimmer (male)* nominees are: **Alexander Elliot** (ROW) and **Zach Zona** (NHAC).

Alternates: Misha Mykitiuk (TSC) and Olek Wolski (LSC).

The *Special Olympics (female)* nominees are: **Sydney Chilwell** (GHAC) and **Cassidy Tran** (KYPAC).

Alternate: Desiree Pennells (SOO)

The *Special Olympics (male)* nominees are: **Gordie Michie** (STJJ) and **Kristopher Gorr** (SOO).

Alternate: Michael Pacheco (SOO).

We look forward to the Trials in Victoria to see who can rise to the moment and receive nomination for their performances on the Able Body component. The Canada Games experience is a valuable step for swimmers and coaches as this is one of the most reliable moments of identifying to the international arena. All the best in Victoria.

Swim Ontario staff had the pleasure of meeting Swimming Canada's new High Performance Director **John Atkinson**. John and **Ken McKinnon** have been on a tour to meet with Centre coaches across the country as well as provincial stakeholders the past two weeks. It appears he is a man of action as he has laid out two preparation plans for the World Championships and FISU Games in a timely manner. We look forward to working with John and all the Swimming Canada Performance staff. To learn a bit more about John Atkinson, and his immediately philosophy of "striving for improvement" go to <http://www.swimnews.com/News/view/10116>.

Also note an article written by coach **Mike Thompson** to SwimNews covering the Coaching Series hosted by NSC Ontario Head Coach Ben Titley <http://www.swimnews.com/News/view/10110>. Also check out Mike Thompson's podcast "Off the Deck" to be an informed swimming enthusiast. Go to <http://swimontario.com/page.php?id=2460>.

Swimmer Improvement Rates (*derived from Canadian Data only (based on performance points)

Percentage of Improvement by Age

AGE	FEMALE	MALE
20	1.0	2.0
19	1.5	3.0
18	2.0	3.5
17	2.5	4.0
16	3.0	5.0
15	4.0	6.0
14	5.0	7.0
13	6.0	9.0
12	7.0	10.0

Note: This is on an annual basis and should be for multiple events in the early stages and with a focused strategy of a specialization by the age of 20 and older but not limited to a single event. Age Group swimmers should race all events at least once per season (SC/LC).

A performance recap of the Short Course Championship Season to date:

Congratulations to swimmers, coaches and programs for their success at the Championship meets.

Etobicoke took top spot at the Ontario Provincial Age Group championships-see results recap

http://swimontario.com/news_detail.php?id=2661. Six Ontario Teams were in the Top 10 at Eastern

Canadians: **ESWIM; TSC; WEST; OAK; NEW and GMAC** and congratulations to the **University of Toronto**

Varsity Blues Men’s Team for winning the **CIS** title, **UT** and **Western** were the lone Ontario Schools in

the TOP 10 overall. See the CIS recap http://swimontario.com/news_detail.php?id=2660.

Statistics are helpful—these simple statistics are based on participation and improvement (what each competition yielded) both markers of performance at a particular level—look at your own team’s performance at the listed meets and see if you were above, below or at the competition yield level.

The questions every coach should be asking- “did we get faster as the season/cycle progressed?”—“did we swim fast when we said we would swim fast?”—if not, why not? And just as important, if so, why did you swim fast? The month of March has been designated as a Regeneration Period, a great time to evaluate, establish the pluses and the minuses and develop a plan to have more reliable performances in the future. ***A simple fact, if we just would swim a best time when we are suppose to, Ontario and Canadian swimming would be further ahead.***

Team Championship Weekend Combined December 14-16 2013 (Age Group/Senior)

	Women	Men	Total Overall
# of Clubs			68
Swimmers	1054	756	1810
Records	0	1	1
Improved Times	3247	2405	5625
Percent Improvement	63%	66%	64.5%

Ontario Cup Senior January 18-20 2013 (Senior)

	Women	Men	Total Overall
# of Clubs			42
Swimmers	173	190	363
Records	0	0	0
Improved Times	160	192	352
Percent Improvement	23%	27%	25%

Ontario University Championships February 7-9 2013 @UT (Senior)

	Women	Men	Total Overall
# of Clubs			14
Swimmers	172	157	329
Records	4	7	11
Improved Times	320	325	645
Percent Improvement	52%	61%	56%

Eastern Canadian Championships February 14-17 2013 Montreal (Senior)

	Women	Men	Total Overall
# of Clubs (Ontario)			52
Swimmers	226	167	393
Records	NA	NA	NA
Improved Times	284	293	
Percent Improvement	23%	35%	29%
Overall Meet			
# of Clubs			110
Overall Percent Improvement	20%	28%	24%

2013 Ontario Winter Festivals Combined (London/NYAC hosts) February 23-24 2013 (Age Group Development)

	Women	Men	Total Overall
# of Clubs			72
Swimmers	268	255	523
Records	NA	NA	NA
Improved Times	892	812	1704
Percent Improvement	60%	62%	61%

2013 Canadian Interuniversity Sport (CIS) February 21-23 Calgary (Senior)

Canadian	Women	Men	Total Overall
# of Clubs			27
Swimmers	163	179	342
Records	NA	NA	NA
Improved Times	209	295	504
Percent Improvement	34%	45%	37%
How did Ontario Schools do in the CIS competition?			
Ontario (OUA)	57 entrants	57 entrants	114 (33%)
	32% improvement	23% improvement	27.5%

**2013 Ontario Age Group Championships February 28-March 3 Nepean
(Age Group/Senior)**

	Women	Men	Total Overall
# of Clubs			81
Swimmers	358	335	693
Records	5	2	7
Improved Times	528	664	1192
Percent Improvement	34%	44%	39%

For your consideration...

- ✓ Performance Analysis: Assess-Plan-Execute--Review
- ✓ Continually Improve your practice times
- ✓ Limit your compromises—Success has an ingredient called “relentlessness”
- ✓ Teach rather than Train—Nurture rather than push to fill the capacity before its time
- ✓ Quality vs Quantity (before you do this, define what Quality is and how it will truly effects long term performance)
- ✓ Improve your Training Behaviour & Performance AND your Competition Behaviour & Performance.
- ✓ Read January’s Boles’ Notes – “Bill Sweetenham’s Podium Performance” Apply the principles to your program.
- ✓ Attend the Ontario Swim Coaches Committee (OSCC) **Saturday April 20 11am-5:30pm** at University of Toronto-- A **One day coaching seminar** featuring **Dr. Greg Wells (What it takes to Perform at every level); Ryan Atkison CSIO (Starts, Turns and Training Tricks) and Heather Sprenger CSIO (Performance Analysis and Planning for Success)** plus a forum on the Provincial Competition program. Fee \$20 per coach. More information coming.

Opportunities (Swimmer & Coach Development):

- If you have a national level swimmer between the ages of 13-18 please contact Dean Boles dean@swimontario.com for consideration by **National Swim Centre Ontario** head coach for Centre Visitation opportunities.
- **Mustang Regional Training Centre** (MRTC) is hosting two mini camps April 13 and May 25 in London—Contact Ken Fitzpatrick kfitzpatrick@execulink.com. Limited space available.
- **University of Ottawa Greater Ottawa Regional Training Centre** (UOGORTC) is offering a 2 ½ day camp May 17-19 in Ottawa. Please contact Alex Davidson alex.davidson.87@gmail.com.

Swim Ontario Technical Activity:

- Competition & Event Analysis and Debriefings on-going (all Staff)
- Regional Camps (Central March 9/ Huronia & Western March 23-24 (Christy & Dean)
- National Para Camp Florida March 6-17 (Lindsay)
- OHPSI Review March 7 (Kelly, John & Dean)
- March Break Mini Camps Futures ID (Dean, Ryan Atkison and Steve Topham)
- Spring Trials Victoria April 1-7 (John & Dean)
- NCCP courses April/May (Christy & Lindsay)

See you on the Deck,

Dean