



Happy Holidays!

Happy Holidays from Swim Ontario! The office will be closed until January 2. See you in 2014!

2013 Team Champs

Congratulations to the winning teams from Team Champs: Division 1 - WEST, Division 2 - AJAX, Division 3 - CAJ!

2014 Train to Compete Camp

Information and submission grids for the April 11-13 Train to Compete camp at WLU is now available [HERE](#). Submission Deadline is March 6, 2014.

2014 Tri Meet

Information and submission grids for the Eastern Canadian Youth Tri Camp and Competition can be found [HERE](#). Submission deadline is March 7, 2014.

East/West Youth Dual Meet

Preliminary information and selection criteria for the East/West Youth Dual Meet in July is now posted [HERE](#).

Coaching Compliance

Reminder for all clubs and coaches about the new Swimming Canada policy regarding coach certification from November - information can be found [HERE](#) and the most current compliance list can be found [HERE](#).

Boles Notes

Read the most recent reports from Provincial Mentor Coach Dean Boles [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? Seven upcoming courses are posted [HERE](#).

Off The Deck

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

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Record Breakers

Women - 13-14

Olivia Anderson - ESWIM
800 Free SC - 8:41.79

Women - Para S8

Camille Bérubé - GO
200 Back LC - 2:58.95

Camille Bérubé - GO
400 IM LC - 6:46.95

Men 15-17

Evan White - OAK
200 Fly SC - 1:56.69

Evan White - OAK

200 Breast SC - 2:10.72

Men - Para S8

Zach Zona - NHAC
1500 Free LC - 21:28.91

Men - Para S14

Gordie Michie - STJJ
50 Back LC - 30.30

Gordie Michie - STJJ
50 Fly LC - 28.00

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](#)

