



## [Holiday Office Hours](#)

The holidays are almost upon us! Please be aware of the Swim Ontario office hours and closures for the holiday season:

December 17 - Office closed from 11-2

December 21 - Office closed at noon

December 24 - January 1 - Office closed

January 2 - Office reopens for 2013

## [Team Champs](#)

Team Champs are this weekend, with Division 1 in Toronto, Division 2 in Sudbury and Division 3 in Etobicoke, Live Results links can be found [HERE](#).

## [2013 Canada Games](#)

The 2013 Canada Games information for swimmer, coach and team manager criteria is available for download. Please read the criteria for selection [HERE](#)

## [Post Secondary Journey](#)

Parents of swimmers attending Ontario Cup, and those interested in learning more about Ontario Universities, are invited to "Post Secondary Journey" on Sunday January 20, 9:30am in Room 307 at the University of Toronto. For more information, please contact [Dean Boles](#)

## [LTADS, Standards and Competitions](#)

Please read the updated LTADS, Standards, and Competition Format for 2012-2016 [HERE](#)

## [Windsor Awarded 2016 SC Worlds](#)

Windsor has been awarded the 2016 World Short Course Championships! Please read this exciting news [HERE](#)

## [Swim A Thon](#)

The 2013 Swim A Thon donation process will be done online! Thank you to all who have participated in the webinars. Please visit our [Swim A Thon](#) page to register your club for the 2013 campaign by December 20, 2012 and view other important dates and information.

## [Boles Notes](#)

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

## [Insurance](#)

2012-2013 Insurance Certificates have been sent to all clubs who submitted the application for insurance. If you did not receive it, please contact [Heather](#)

## [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 Swimming 101 or 201 course for your coaching education and development? Upcoming courses January are now posted [HERE](#).

## [Off The Deck](#)

Have you checked out our Off The Deck video series? Most recent video includes a visit to the National Swim Centre - Ontario and a profile of the OHPSI camp. Watch them [HERE](#)

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## [Record Breakers](#)

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

*Etobicoke Swim Club -  
Olivia Anderson, Laura  
Johnston, Stephanie  
McDonald, Melanie  
Zaraska*

800 Free Relay 8:22.32

## [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](#)*

