



[Ontario Summer Games](#)

- 1) Timers Needed - Want to see the action pool side? Please contact [Ashley Bradbury-Correia](#)
- 2) Check out the Ontario Summer Games [Website](#)
- 3) Want a OSG Commemorative Pin that also gets you into all of the Games Sporting Events and Opening Ceremonies? Click [HERE](#)
- 4) Family and friends looking for a place to stay? Click [HERE](#)

[Ontario Open Water Championships](#)

Just because it's summer, that doesn't mean you can't race. Prove your toughness at the 2012 Swim Ontario Ontario Open Water Championships in a 1, 3, 5, or 10km race in Welland on August 19th. This race is being held in conjunction with the 1st World Junior Open Water Championships and isn't an event to be missed. Find more information and register [HERE](#)

[2012-2013 Registration and Affiliation](#)

Club Affiliation forms, waivers, registration fees, letters for club registrars, parents and swimmers for the 2012-2013 season are posted on our website [HERE](#). Please note that Affiliation packages are due back to the Swim Ontario office by August 31.

[2012-2013 Meet Hosts](#)

Please be aware of the Provincial meet dates and locations for the 2012-2013 season [HERE](#) so that you can plan accordingly. Also, want to see the standards and criteria for the meets? Click [HERE](#)

[Train to Compete Camp](#)

Information and selection criteria for the Provincial Train to Compete camp in London in October is now available. Click [HERE](#)

[Boles Notes](#)

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

[2012 Conference Weekend](#)

Mark your calendars and join us as we celebrate the Swim Ontario Hall of Fame Banquet, Swim Ontario & OSCC Coach Awards and the CSCTA National Conference on September 20-23, 2012 in Toronto. This conference will offer exciting guest speakers and workshops for all stakeholders, including club administrators, age group and high performance presentations and hear from a panel of coaches reflecting on their Olympic Preparation and Olympic Experience. Coach registration can be found [HERE](#).

Administrators schedule can be found [HERE](#) (registration coming online soon - or contact [Lindsay](#) to register your administrators now)

[Off The Deck](#)

Have you checked out our Off The Deck video series? Most recent include an interview with Ontario Summer Games Ambassadors Erin Stamp and Alex Paulins Watch them [HERE](#)

[NCCP Courses](#)

Looking for a Swimming 101 or 201 course for your coaching education and development? Upcoming courses will be posted [HERE](#) in the next few weeks.

Proudly Sponsored By



[Record Breakers](#)

Men - 13-14

Osvold Nitiski - HAC 100
Fly LC 58.00

Osvold Nitiski - HAC 200
Fly LC 2:05.81

[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](#)

