



## [Olympic Open Water 10km](#)

Congratulations to TSC's Zsafia Balazs on earning the first ever nomination for the Olympics in Open Water for Canada by placing 6th at the qualifier in Portugal!

## [Ontario Open Water Championships](#)

The 2012 Ontario Open Water Championships will be held in Welland on August 19, in conjunction with the World Junior Open Water Championships, featuring a 1km, 3km, 5km and 10km race. Please check out more information [HERE](#).

## [2012 Summer NDTP Selection](#)

Looking for information on the selection criteria/requirements for the National Development Teams Program from Swimming Canada? Click [HERE](#).

## [2012-2013 Meet Calendar & Hosts](#)

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

## [2012 Post Secondary Award Winners](#)

Congratulations to Jennifer Tapley (ESWIM, heading to University of Toronto), Jennifer McNaughton (HAC, heading to University of Western Ontario), Evan Van Moerkerke (SWA, heading to University of Guelph) and David Riley (TSC - heading to the University of Toronto) - the 2012-2013 Post Secondary Training Bursary Recipients. Please view the criteria for this award [HERE](#).

## [Boles Notes](#)

Read the most recent reports from Olympic Trials and the 2012 Train to Compete camp by 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 is up [HERE](#) with administrator registration to follow soon.

## [Road Closures in Nepean](#)

Due to construction, there are several roads in Ottawa/Nepean that are closed and have delays - including Woodroffe Ave. Please read the information about the delays for Jr. Provincials weekend [HERE](#)

## [Word of the Month - Team Support](#)

This month's word of the month is Team Support - learn more [HERE](#)

## [Omega Touchpads for Sale](#)

Windsor Aquatic Club has Omega Touchpads and a Daktronics Scorerboard for sale. For more information, click [HERE](#).

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### [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](#)*

