



[New Coach Registration Rules & Procedures](#)

Swimming Canada has recently updated the National and Provincial Registration Procedures and Rules for Coaches and it and the implications for coaches, meet managers and clubs can be found [HERE](#). This information was emailed to all club presidents, registrars and head coaches. If you have any questions, concerns, or need some clarification, please email [Lindsay](#) or [Christy](#).

[Swim Ontario Holiday Hours](#)

The Swim Ontario office will be closed the afternoon of December 10th and from December 23 - January 1. Have a safe and happy holiday season!

[OHPSI Coach Accelerator Program](#)

Congratulations to Mike Thompson (OAK), Kendra Burton (GMAC), Matt Bell (AJAX) and Robert Novak (MAC) who have been selected for the OHPSI Coach Accelerator Program. Learn more about this Swim Ontario/CSI-O initiative [HERE](#).

[Word to Learn](#)

Posture. Learn more about posture and confidence and how they interact [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](#)

There is a Swimming 201 course currently listed on the course calendar in Ontario, and there will be more 101 courses added in the next couple weeks as we finalize the winter/spring schedule. To see the upcoming courses, please click [HERE](#).

[Insurance](#)

Insurance certificates for 2014 will be going out in the mail next week.

[Off The Deck](#)

Have you checked out our Off The Deck video series? Lots of new videos with guests Evan White, Sean Baker, Martha McCabe, Matt Swanston, Erika Seltenreich-Hodgson, Gamal Assaad and Eli Wall. Watch them [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](#)

