



Congratulations to Matt Hawes (GO) for breaking the men's open 100 back and 200 back Ontario Records at the Stockholm World Cup!

[Open Letter to the Swimming Canada Community](#)

Program Announcements

Ontario Para Swimmers at World Short Course Championships in Rio!

Ontario swimmers Devin Gotell (McMaster), Alex Parent (McMaster), Ronald Tang (VVAC), Chelsey Gotell (McMaster), Jenna Lambert (KYPAC), Cynthia Berringer (STARS), Brianna Jennet-MacNeil (ROCS), Jessica Hodgins (LAC), and Jenna Skieneh (WAC) will be representing Canada at the Para SC World Championships in Rio November 29 – December 5. Follow the action [HERE](#)!

Swimming 101 Courses

Reminder that registration for the upcoming Swimming 101 courses in North Bay and Thunder Bay is now open. Swimming 101 is the first step for Skills Coach certification. Please click [HERE](#) for more information!

2009-2010 Quest For Gold

Ontario Card Criteria and Athlete Handbook are now available [HERE](#)

Train To Excel – Breaststroke Camp/Clinic

Schedule update for November 30 at University of Toronto available [HERE](#)

2010 Austin Grand Prix

Team Ontario opportunity! The information is available [HERE](#)

2010 Tri Meet

The 2010 Tri Meet between Swim Ontario, Federation Natation de Quebec and the Atlantic Provinces will be held May 5-9 at the University of Toronto. Submission criteria and information is posted [HERE](#).

Team Champs

The final Team Champs club listing is available on the website [HERE](#). If you have questions, please contact [Christy](#).

Club Administration Info

Updating Club Profiles

Reminder to all clubs to update their club profiles on the Swim Ontario website [HERE](#) so that they have accurate contact information. When updating, please be sure to include the [http://](#) in the club website field.

National Officials Travel Program

Reminder to Level 4 and 5 officials to submit [2009 Travel Claim](#) forms to Swim Ontario prior to December 31, 2009 to be eligible for a tax receipt. Claim forms must be submitted with an undated exchange cheque equal to the amount of the tax receipt being requested.

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in time*



*for
Christmas...*



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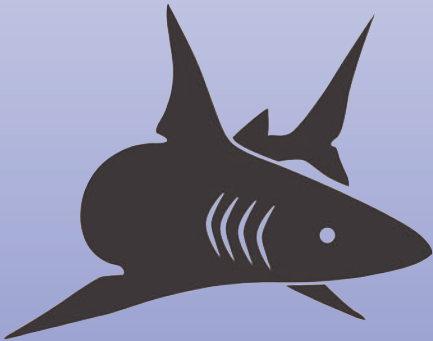
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