



## Winter Festival

Congratulations to the 617 swimmers, coaches and clubs who competed at the 2014 Winter Festival in Brantford this past weekend!

## 2013 World Championships

Congratulations to the Ontario swimmers who have been selected to the Canadian World Championships Team in Barcelona this summer - Andrew Ford (GMAC), Zack Chetrat (TSC), Blake Worsley (TSC), Chris Manning (WRMS), Aly Abdel-Khalik (ESWIM), Hassaan Abdel-Khalik (ESWIM), Sinead Russell (DS), Erika Seltenreich-Hodgson (GO), Kristina Steins (DS), Tera Van Belien (OAK), Martha McCabe (Toronto Centre) & Brittany MacLean (ESWIM)

## 2013 Canada Games

The 2013 Canada Games nominees can be found [HERE](#). The final list will be posted shortly. Congratulations to all those nominated to the team!

## Open Water T-Shirt Contest

Get your creative juices flowing and submit an entry to the Swim Ontario Open Water Championships T-Shirt Design Contest! Submissions are due on April 30 - find all the details [HERE!](#)

## Boles Notes

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

## Pool Depth Certificates

Swim Ontario is updating records of Pool Depth Certificates. Every member club is required to submit/resubmit a pool depth certificate for EACH pool that your club trains at or hosts competitions at by May 12, 2013. More information and form [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

Looking for a coaching course for your coaching education and development? Upcoming courses are posted [HERE](#).

## Off The Deck

Have you checked out our Off The Deck video series? Watch them [HERE](#)

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## Record Breakers

### **Women - 11-12**

*Kayla Sanchez - AJAX*  
100 Back SC - 1:03.36

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

*Danika Huizinga - AJAX*  
100 Fly SC - 59.09

*Danika Huizinga - AJAX*  
200 Fly SC - 2:13.54

*Ajax Swimming - Danika Huizinga, Emily Vandenberg, Aryanna Fernandes, Kayla Sanchez*  
200 Medley Relay SC - 1:57.55

*Ajax Swimming - Danika Huizinga, Emily Vandenberg, Aryanna Fernandes, Kayla Sanchez*  
400 Medley Relay SC - 4:16.27

### **Women 15-17**

*Emma Ball - GMAC*  
50 Back SC - 27.65

## 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](#)*

