



Festivals

The inaugural Swim Ontario Festivals are taking place this weekend in [Toronto](#) and [London](#). Follow the action of the 13 and unders [HERE!](#) #ONFestival

CIS Championships

The CIS Swimming Championships are happening February 21-23 in Calgary - follow the action of the university athletes live [HERE](#) #CISswimming

Ontario Age Group Championships

The Ontario Age Group Championships are fast approaching and the meet information can be found [HERE](#). Please read the updated LTADS, Standards, and Competition Format for 2012-2016 [HERE](#)

Para Can Ams

Reminder for Para Coaches that entries for the Para CanAms are due on March 1. Please find all information regarding the meet [HERE](#)

2013 Canada Games

The 2013 Canada Games information for swimmer, coach and team manager criteria is available for download. Please read the criteria for selection [HERE](#)

OSCC Coaching Initiatives

Coaches, please be aware of the Initiatives that are available through OSCC, including funding opportunities and apprentice coach positions. Read more about these [HERE](#)

Swim A Thon

Swim Ontario would like to remind clubs of the stringent conditions, as outlined by SNC and CRA, that we must follow for all scenarios when issuing tax receipts:

- At no time are there to be any funds directed or credited to an individuals account regardless of whether or not your club has a mandatory fundraising fee/levy set and collected at the beginning of the season
- The Swim Ontario grant submitted to the club must be used for the benefit of the club in its entirety.
- There can be no option for a family retaining portion of collected funds to cover their initial fundraising deposit cheque at the beginning of the season
- Remember that the CRA's policy is such that donations must demonstrate 'no personal benefit'.

Failure to comply with these rules will result in your 2013 Swim A Thon being considered null and void. There can be no exceptions to this condition

Boles Notes

Read the most recent reports from Provincial Mentor Coach Dean Boles [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 course for your coaching education and development? Upcoming courses are now posted [HERE](#). There is also an upcoming pilot course for the Swimming 101 for Masters Coaches in Gatineau - please look into this course if your coaching focus is Masters Swimming

Off The Deck

Have you checked out our Off The Deck video series? Most recent videos include Sport Biomechanist Ryan Atkison talking about backstroke starts, highlights of the Coach Excellence Series and Dean Boles talking about Canada Games selection. Watch them [HERE](#)

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Record Breakers

Women 11-12

Penny Oleksiak - TSC
100 Back SC - 1:05.11

Penny Oleksiak - TSC
200 Back SC - 2:18.77

Maggie MacNeil - LAC
200 Fly SC - 2:21.78

Men 11-12

Ray Yang - ESWIM
200 fly SC - 2:14.28

Women - 13-14

Meryn McCann - DS
100 Back SC - 1:01.19

Etobicoke Swim Club - Sofia Carnevale, Olivia Anderson, Laura Johnston, Stephanie McDonald
800 Free Relay LC 8:42.56

Men - 13-14

Javier Acevedo - AJAX
50 Free SC - 23.36

Javier Acevedo - AJAX
100 Free SC - 51.48

Javier Acevedo - AJAX
400 Free SC - 3:59.97

Etobicoke Swim Club - Rodrigo Villalobos, Jong Hoon Lee, Abdullah Ahmad, Ray Yang
800 Free Relay LC 8:16.01

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](#)

