



### **Ontario Open Water Championships**

The Swim Ontario Open Water Championships featuring a 2km and 5km race is being held July 10 at Professor's Lake in Brampton. Read the information and register [HERE](#)

### **Provincial Championships**

Only 12 more days until the start of the 2013 Swim Ontario Provincial Championships in Brantford! Entry deadline is June 24th at 11:59pm - read more [HERE](#)

### **2013/2014 Provincial Competition Hosts**

The Swim Ontario Provincial 2013-2014 provincial meet schedule and hosting is now available [HERE](#)

### **2013/2014 Registration/Affiliation**

The 2013-2014 Club Registration and Affiliation information will be sent out to the club registrars today and is posted on our website [HERE](#)

### **Team Champs Agreement**

The 2013 Team Champs Agreement and divisional club listing is now online [HERE](#). Agreement forms need to be submitted by July 15, 2013

### **Boles Notes**

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

### **University Bursary**

Heading to a university in Ontario this fall? The Swim Ontario University Bursary deadline is June 30th. Find the information and application [HERE](#)

### **Swim Ontario Conference**

The Swim Ontario Conference and AGM will be held the weekend of September 20-22 at the Toronto Airport Marriott, including David Marsh - CEO and Director of Coaching at SwimMAC, and coach of 24 Olympic swimmers. Information and registration will be found soon [HERE](#)

### **NCCP Courses**

Looking for a coaching course for your coaching education and development? Check [HERE](#) - fall courses to be posted in late July.

### **Off The Deck**

Have you checked out our Off The Deck video series? Lots of new videos from June, including the Santa Clara Grand Prix - watch them [HERE](#)

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## **Record Breakers**

**Women - 11-12**

*Penny Oleksiak - TSC  
100 Back SC 1:03.94*

## **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](#)*

