



To: All Synchro Swim Ontario members

From: Synchro Swim Ontario

Date: July 11, 2016

Re: 2016-17 T2T 2.0 HPAD Selected Athletes

2016-2017 "T2T 2.0" HPAD Program Overview

Synchro Swim Ontario is excited to release the list of athletes selected to the "Train to Train 2.0" High Performance Athlete Development Program ("HPAD") for the 2016-17 season. T2T 2.0 will combine the best practices and principles of the former 2-year T2T "Sport Priority Funding" grant program and the 2015-16 RTC Outreach Program for 14-15 year olds as we continue to build enhanced services for athletes in the critical 12-15 Train to Train age group. This new program is planned to better align with our NSO's CS4L-LTAD Stages and RTC-Ontario Programming, creating a more streamlined high performance athlete tracking and development system in our province.

Program Plan:

The new T2T 2.0 program will encompass two programming Tiers, which will be determined by age:

**Note: All ages referred to are as of Dec 31, 2017*

Tier 1 (12-13 year olds*, "Early Train to Train Stage") will include:

- 1 three-day weekend kick-off camp in September 2016
- 3 one-day general preparation phase camps in October 2016, November 2016, and January 2017
- 1 one-day debrief camp following Provincial Championships in February 2017
- Competition feedback from SSO HP/Tech Lead Sheilagh Croxon after Lisa A./Provincial Qualifier and Provincial Championships

Tier 2 (14-15 year olds*, "Late Train to Train Stage") will receive all the same programming as Tier 1, **plus:**

- Additional personalized competition feedback**
- A scheduled club visit**
- Additional training hours**

***The above programming is planned to be RTC aligned, details TBA.*

Fees:

With the conclusion of the Sport Priority Funding (SPF) program that significantly subsidized the program, the new T2T 2.0 program will continue based on a combination of funding from Synchro Swim Ontario and proportionately increased registered athlete fees. The adjusted individual registration fees as a result of the end of the SPF grant are as follows:

Tier 1 Registration Fee (12-13 year olds, "Early Train to Train Stage") = \$650.00

Tier 2 Registration Fee (14-15 year olds, "Late Train to Train Stage") = \$900.00

Selection:

Selection for the 2016-2017 “Train to Train 2.0” High Performance Athlete Development Program will be based on athlete results at 2015-16 competitions. Specific selection to the 2016-2017 T2T 2.0 High Performance program for athletes competing in the 11-12 & 13-15 Age Groups in 2016 will be as follows:

Eligibility:

Selection is open to ALL athletes that are 11-14 years of age as of **December 31, 2016** and who are members in good standing of Synchro Swim Ontario.

- Athletes aged 11 or 12 as of December 31, 2016 (competing in 11-12 in 2016) and who would be 12 (2nd year of 11-12) or 13 (1st year of 13-15) in 2016-17 season
- Athletes aged 13 or 14 as of December 31, 2016 (competing in 13-15 in 2016) and who would be 14 (2nd year of 13-15) or 15 (final year of 13-15) in 2016-17 season

Byes:

The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario High Performance Selection Committee. The bye process must be followed including proper and official written documentation by the athlete requesting a bye (written explanation, doctor’s note, etc.).

Authority for Selection:

The final decision-making authority to determine which athletes will be selected to the 2016-2017 T2T 2.0 HPAD Program will rest with the Synchro Swim Ontario HP/Technical Lead. The Sport Development Manager is responsible for ensuring that the process outlined in this document is properly followed and that the selection process is fair and equitable for all candidates. The Sport Development Manager reserves the right to ask other Synchro Swim Ontario representatives to help and support her in this task.

Notification of Selection & Registration:

Selection to the 2016-2017 “Train to Train 2.0” High Performance Athlete Development Program will be communicated to athletes by **June 30, 2016**. Notification of successful athletes will be communicated first to the Head Coach and Club President of the Club of the selected athlete. The Head Coach and Club President will then be asked to forward the attached registration package to the athlete’s parents. Registration will require that the athletes’ parents, Club President and Head Coach sign-off on the Registration Form agreeing that they support full participation in all of the training session dates (which will be communicated at this time). Note that sign-off will require signature on the registration form OR due to summer holidays may be accepted via written email to the Sport Development Manager. Instructions will be included on the registration form.

Selection:

Overall goal of selection is to have equal representation of athletes in each age range - 50% of athletes aged 12-13 (Early Train to Train Stage) and 50% aged 14 and 15 (Late Train to Train Stage). *Ages as of December 31, 2017.

Age 12	Age 13	Age 14	Age 15
9	9	9	9
50%		50%	
Athlete Total = 36			

For athletes aged 11-12:

- 1) The **10 members** of the 2016 11-12 Provincial Team selected as per the 2016 11-12 Provincial Team Selection Criteria (athletes who are aged 11 or 12 as of December 31, 2016).

Athlete	Age 2016	Age 2017
BARTER, Maia	12	13
BLAINEY, Rachel	12	13
GOETTISHEIM, Tara	11	12
GRAY, Charlotte	12	13
LAPIERRE, Meaghan	12	13
RAYBOULD, Jasmine	12	13
SEED, Francesca	12	13
SWALES, Alexa	12	13
WALLACE, Cailyn	12	13
ZAVITZ, Cassandra	12	13

- 2) After the members of the 11-12 Provincial Team aged **11** are accounted for, the next-ranked athletes aged **11** as of December 31, 2016, ensuring there are at least 9 athletes in total aged 11 (as of December 31, 2016) selected to the program. Selection shall be based on an analysis of figure results by the Synchro Swim Ontario HP/Technical Lead at the 2016 Provincial Championships, 2016 Age Group Championships, 2016 Trillium 12&U Championships, 2016 Espoir Championships (if applicable) and the 11-12 Provincial Team Trials (if applicable). **Example** – 2 athletes on the 2016 Provincial Team will be 11 as of December 31, 2016, therefore 7 additional athletes who will be 11 as of December 31, 2016 will be selected to the program so the total is brought up to 9.

One athlete aged 11 (as of December 31, 2016) was named to the 2016 11-12 Provincial Team. Therefore, the following eight athletes aged 11 have been selected to T2T 2.0:

Athlete	Age 2016	Age 2017
DEFREITAS, Syarra	11	12
IRVINE, Lauren	11	12
KELLY, Greer	11	12
LACELLE, Amy	11	12
LAPIN, Alina	11	12
LOCKIE, Sarah	11	12
ROZZI, Arianna	11	12
WILLIAMS, Amy	11	12

- 3) After the members of the 11-12 Provincial Team aged **12** are accounted for, the next-ranked athletes aged **12** as of December 31, 2016, ensuring there are at least 9 athletes in total aged 12 (as of December 31, 2016) selected to the program. Selection shall be based on an analysis of figure results by the Synchro Swim Ontario HP/Technical Lead at the 2016 Provincial Championships, 2016 Age Group Championships, 2016 Trillium 12&U Championships, 2016 Espoir Championships (if applicable) and the 11-12 Provincial Team Trials (if applicable). **Example** – 8 athletes on the 2016 Provincial Team will be 12 as of December 31, 2016, therefore 1 additional athlete who will be 12 as of December 31, 2016 will be selected to the program so the total is brought up to 9.

Nine Athletes aged 12 (as of December 31, 2016) were named to the 2016 11-12 Provincial Team. Therefore no additional athletes aged 12 have been selected for T2T 2.0.

For athletes aged 13-14:

- 4) Any athletes selected to the National 13-15 Team as per the Synchro Canada Selection Criteria (only athletes who are aged 13 or 14 as of December 31, 2016 as athletes aged 15 as of December 31, 2016 will be aging up to Junior or 16-20 in 2016-17).

Athlete	Age 2016	Age 2017
SPOTT, Emma	14	15
WARREN, Jade	14	15

- 5) The **10 members** of the 2016 13-15 Provincial Team selected as per the 2016 13-15 Provincial Team Selection Criteria (only athletes aged 13 or 14 as of December 31, 2016 are eligible, as athletes aged 15 as of December 31, 2016 will be aging up to Junior or 16-20 in 2016-17).

Athlete	Age 2016	Age 2017
DAVIS, Delaney	14	15
ENNS, Marissa	13	14
FINN, Scarlett	14	15
INNANEN, Alayna	14	15
INNANEN, Myka	13	14
MAURAN, MacKenzie	14	15
WHITTEN, Madeline	14	15

**Three athletes named to the 2016 13-15 Provincial Team are aged 15 as of December 31, 2016 and are ineligible for T2T 2.0.*

- 6) After the members of the 13-15 National and Provincial Team aged **13** are accounted for, the next-ranked athletes aged **13** as of December 31, 2016, ensuring there are at least 9 athletes in total aged 13 (as of December 31, 2016) selected to the program. Selection shall be based on an analysis of figure results by the Synchro Swim Ontario HP/Technical Lead at the 2016 Provincial Championships, 2016 National Qualifier, 2016 Age Group Championships, 2016 Espoir Championships and the 13-15 Provincial Team Trials (if applicable). **Example** – 1 athlete on the 2016 Provincial Team will be 13 as of December 31, 2016, therefore 8 additional athletes who will be 13 as of December 31, 2016 will be selected to the program so the total is brought up to 9.

Two athletes aged 13 (as of December 31, 2016) were named to the 2016 13-15 Provincial Team. Therefore, the following seven athletes aged 13 have been selected to T2T 2.0:

Athlete	Age 2016	Age 2017
HOPPER, Ioanna	13	14
HUGHES, Caroline	13	14
LESKOVAR, Holly	13	14
MARSHALL, Niah	13	14
MASSEY, Chloe	13	14
SCHEFFEL, Claire	13	14
SEPULVEDA, Valentina	13	14

- 7) After the members of the 13-15 National and Provincial Team aged **14** are accounted for, the next-ranked athletes aged **14** as of December 31, 2016, ensuring there are at least 9 athletes in total aged 14 (as of December 31, 2016) selected to the program. Selection shall be based on an analysis of figure results by the Synchro Swim Ontario HP/Technical Lead at the 2016 Provincial Championships, 2016 National Qualifier, 2016 Age Group Championships, 2016 Espoir Championships and the 13-15 Provincial Team Trials (if applicable). **Example** – 5 athletes on the 2016 Provincial Team will be 14 as of December 31, 2016, therefore 4 additional athletes who will be 14 as of December 31, 2016 will be selected to the program so the total is brought up to 9.

Seven athletes aged 14 (as of December 31, 2016) were named to the 2016 13-15 Provincial Team. Therefore, the following two athletes aged 14 have been selected to T2T 2.0:

Athlete	Age 2016	Age 2017
CHAN, Renee	14	15
SPENCE, Elizabeth	14	15

For all athletes:

- 8) The Synchro Swim Ontario HP/Technical Lead with support from the Sport Development Manager shall have the discretion to identify and select any additional talent identified athletes aged 11-14 as of December 31, 2016 to the program.

Athlete	Age 2016	Age 2017
GOSSLING, Flynne	14	15
GOSSLING, Reed	11	12
RUSHFORTH, Taylor	14	15
SALZER, Julia	12	13