

2017-18 Learn to Train Program Information

2017-18 Program Overview

Further to the previously announced programming at the June Annual General Meeting, Synchro Swim Ontario is excited to provide details of the Learn to Train (L2T) Program, which will be continuing for the 2017-18 season. While the first year of this program was supported by an Ontario Ministry of Tourism, Culture and Sport grant, the 2017-18 will be sustained by SSO and via Club/athlete registration fees.

L2T is a capacity-building program designed for athletes aged 9 to 11 years (the 'Learn to Train' Long-Term Athlete Development Stage). The program provides enhanced training opportunities and resources for athletes and coaches of this age group, with the aim of supporting the development of fundamental skills and physical literacy. The launch of L2T in the 2016-17 season was tremendously successful, and given extremely positive athlete and coach feedback, SSO will be continuing to offer many of the components of this valuable program.

2017-18 Program Components

	COMPONENT	DETAILS	NOTES
Clubs must register to access:	ATHLETE CLINICS	Fall Clinic (7 hours)	<ul style="list-style-type: none"> Limited to 120 athletes province-wide (Clubs will be invited to select 6 athletes, with additional spaces potentially becoming available at a later date) Clubs must register and pay a fee to send athletes/coaches to attend these clinics
		Follow-up Clinic #1 @ Lisa Alexander Meet (2 hours)	
		Follow-up Clinic #2 @ Regional Meets (2 hours)	
	COACH TECHNICAL CLINIC	@ Lisa Alexander Meet (1 hour) *To follow Athlete Clinic	<ul style="list-style-type: none"> Coach-only clinic to focus on technical aspects of coaching L2T athletes Clubs who are registered for the L2T Program may send an unlimited number of coaches to this clinic
	PHYSICAL CAPACITY PROGRAMS	Extension Flexibility Strength Speed Swimming Goal-Setting	<ul style="list-style-type: none"> Expert-designed programs tailored to L2T-aged athletes For use by Club coaches in daily training To be introduced in-person at athlete clinics; written materials & video resources to be accessible online
Open to ALL Ontario Clubs/Athletes:	L2T LAND ROUTINE	Optional - Will be offered as an event at 2017-18 competitions (NEW – will be available at select Novice Competitions)	<ul style="list-style-type: none"> Short routine set to music, includes essential physical literacy skills while emphasizing synchronization and presentation
	L2T PRE-SET DUET ROUTINE (NEW)	Optional – Clubs may choose to adopt this routine and enter it in the 10U or 11-12 Duet events at 2017-18 Competitions	<ul style="list-style-type: none"> Expert-choreographed routine designed to increase skill level of L2T athletes by challenging swimmers to increase speed and quality of movement Excellent athlete (and coach) training tool To be introduced at the L2T Athlete Clinics; written and video resources to be provided to all Clubs
	PARENT INFO SESSIONS	A parent info session will be offered during the Fall Athlete Clinic, with additional sessions TBD throughout the season	<ul style="list-style-type: none"> Parents of athletes attending the Fall Clinic, as well as ANY other parents of L2T-aged athletes, are welcome to attend this free session

Athlete/Coach Clinic Schedule

Registered L2T Coaches/Athletes will attend the following events:

EVENT	DATE	TIME	LOCATION	NOTES
FALL ATHLETE CLINIC	Sunday, October 1, 2017	8:00am – 3:00pm 7 hours	Etobicoke Olympium, Toronto	Athletes will be introduced to physical capacity programs (flexibility, extension, speed swimming, synchro skills, Land Routine, Pre-Set Duet Routine). Coaches will have the opportunity to observe, interact with experts, and ask questions about the programming.
FOLLOW-UP CLINIC #1 Lisa Alexander (all regions)	January 18-21, 2018	Time TBD (prior to competition) 2 hours	Etobicoke Olympium, Toronto	At these shorter follow-up clinics, athletes will learn more advanced programs to continue to build on their skills.
COACH CLINIC Lisa Alexander (all regions)	January 18-21, 2018	Time TBD (following athlete clinic) 1 hour	Etobicoke Olympium, Toronto	
FOLLOW-UP CLINIC #2 East Regionals, West Regionals, or C/N Regionals	EAST February 24-25, 2018	Time TBD (prior to competition) 2 hours	Nepean Sportsplex, Ottawa	Coaches will have the opportunity to ask questions, and continued areas of focus will be emphasized to support athlete development & implementation at the Club level. Note: Following the Lisa A. athlete clinics, coaches are invited to stay for an additional coach-only technical clinic.
	WEST February 24-25, 2018	Time TBD (prior to competition) 2 hours	Victor Davis, Guelph	
	C/N March 9-11, 2018	Time TBD (prior to competition) 2 hours	Laurentian University, Sudbury	

Athlete Eligibility

When selecting Athletes to attend Learn to Train, clubs should be aware of the eligibility requirements below:

ATHLETE ELIGIBILITY	Must be registered as a Competitive, Provincial Stream athlete with the club
	Aged 9, 10 or 11 (Born in 2007, 2008 or 2009 – Learn to Train ages; will be competing in 10U or 11-12 Provincial Stream during 2017-18 season)
	Able/willing to attend and participate in L2T Programming: Fall Clinic, Follow-up Clinic #1, Follow-up Clinic #2

How should Clubs select Athletes?

- Athlete selection is based 100% on club nomination
- Selection does not necessarily have to be talent-based; clubs should aim to select athletes who will best absorb information/programs, and who will be leaders at the club level and assist with program implementation

- Important qualities include: good attitude, responsible, engaged, enthusiastic
- Clubs may also opt to select athletes via random draw
- Any distribution of ages is acceptable, as long as all athletes are 9, 10 or 11 (i.e. you may select six 11 year-olds, two from each age, three 9 year-olds and three 10 year-olds etc.)

Note: Every Ontario Club will initially be offered 6 athlete placements; following the registration deadline, should more spaces become available, SSO will offer these to Clubs via random draw (please indicate interest in additional placements when completing online registration).

Coach Eligibility

New this year – Each Club registering for L2T will be required to designate one ‘**L2T Coach Leader.**’

L2T COACH LEADER RESPONSIBILITIES	Be the main point of contact between SSO and your Club (e.g. schedules/packing lists will be sent to this Coach’s email address). Note that Club President & Head Coach will also be copied on L2T communications
	Be <u>minimally</u> Competition Introduction Certified (NCCP number will need to be provided)
	Check-in on behalf of your Club at the start of clinics, distribute materials etc.
	Supervise athletes – L2T Coach Leaders will be assigned an athlete group (not necessarily athletes from your Club) to supervise for the day, assist, and give feedback to, during clinics; may be asked to facilitate a short introduction/ice-breaker with your group at the first clinic

Substitutions: SSO requests that the same designated L2T Coach Leader attend all three athlete clinics; however if a substitution is required, the Club must notify SSO via email and provide new contact/NCCP details for the new L2T Coach Leader.

ADDITIONAL COACHES	Each registered Club with athletes attending the clinics is required to designate one L2T Coach Leader; however, Clubs may also send as many additional coaches as they choose to observe Athlete Clinics & the Coach Technical Clinic
	ALL coaches in attendance must be <u>minimally</u> Competition Introduction Trained (NCCP numbers will need to be provided)
	Additional coach names do NOT need to be provided at the time of Club registration in September; SSO will request your Club’s attendees prior to each Clinic
	Coaches will be assigned a group to rotate with. It is the expectation that all coaches in attendance interact with experts and assist with managing athletes/providing swimmer feedback during clinics

Program Fees

With the end of SSO's one-year Sport Priority Funding Grant, the Learn to Train Program will be sustained by SSO and via Club/Athlete registration fees. As such, there is a change to the fee structure used previously:

CLUB ADMINISTRATION FEE: \$150.00	One-time fee required for each participating Club
	Includes unlimited coach attendance at Athlete Clinics (Fall, Lisa A., Regionals)
	Includes unlimited coach attendance at Coach Technical Clinic (Lisa A.)
	Includes x1 printed program binder & access to all online resources
ATHLETE FEE \$100.00 <small>(Approx. \$9.00/programming hour)</small>	Each participating athlete is required to pay this fee (note that Clubs will be responsible for paying total fees to SSO)
	Includes athlete's attendance at all three Athlete Clinics (Fall, Lisa A., Regionals)
	Includes x1 printed program binder & theraband, as well as access to all online resources

Registration

Registration for L2T is to be submitted by the Club. If you represent your Club and require the registration form link, please contact SSO at programs@synchroontario.com.