

Q & A – Regional Training Centre – Ontario

Info Session, February 21st, 2016

What is the daily/weekly training schedule like for the RTC-O?

- Most athletes attend a daily school program, therefore the training at the RTC is designed to optimize athletes remaining in school and completing an effective training program.
- Next year's plan includes practice times before school and evening practice as well as Saturday
- A communication will be sent out once the training schedule for 2016-17 has been determined

What competitions does RTC-O attend?

- Following the athlete development path for Junior aged-athletes, (15-18) RTC Ontario athletes attend Provincial Qualifiers and Provincial Championships, the National Qualifier and the Canadian Open.
- One of the RTC's mandates is to raise the level of performance in Canada and internationally, so the RTC attempts to attend at least one international event, depending on what aligns (this season, RTC will attend the US Open in California in July).

What is the future of RTCs in Canada?

- Synchro Canada's goal is to eventually have 2-3 RTC's across the country, with at least one in the East and one in the West
- RTC-Ontario follows a similar process to the Centre of Excellence for athlete selection and programming. The athletes at the Centre of Excellence and the RTC benefit from working with an Integrated Support team (sport scientist, doctor, physiotherapist, strength and conditioning, nutrition and psychology support).

Who can attend the selection try-out?

- Every year, all athletes at the RTC (with the exception of athletes named to a Junior or 13-15 team if applicable) must attend the general try-outs so that there is a fair and transparent selection process which allows equal opportunity for all
- The RTC is a Junior training environment; 15 year-olds would only be accepted to the RTC if exceptional (a number of factors would be looked at, such as figures/teams/results etc., and would need to be out of the norm)
 - o It is not the intention of the RTC to accept athletes below Junior, as this doesn't align with the Olympic cycle. We know that the average age of Olympic medal synchronized swimmers is between 22-26, therefore we want athletes to stay in the sport for 1-2 quads. We are aware of not having athletes come to a centralized environment too early.
 - o Also the development in the club is important and needs to be respected

- Athletes below junior level are welcome to attend try-outs; it is encouraged as a way to gain experience and learn about the process

What if I live outside the commutable area of the RTC-O?

- Several current RTC-O members live in the Ottawa area, while the RTC is in Toronto. There are opportunities for athletes to billet, if commuting/relocating is not an option.
- Also, there are some great schooling options becoming available.
- West Hill Collegiate is very open and willing to work with athletes who train at the Pan Am Pool. They provide a number of resources for athletes and provide great options for families. For more info on this school please see the link below:
<http://schools.tdsb.on.ca/westhill/redirectpage/index.php>