



REGIONAL TRAINING CENTRE ONTARIO

Junior Satellite Training Program

Tier System Pilot Project

What: Synchro Swim Ontario's 2018-2019 Tier System Pilot Project introduces an exciting new Junior satellite training program for high performance athletes in Ontario who reside outside of the GTA and wish to continue to train at their home club. This pilot program will allow athletes, with club coach support, to train with the RTC on a set schedule and compete in select routines for the 2018-2019 season, while continuing their primary training and competition regimen with their home club. These Athletes will be designated as **RTC Tier 2 Members** and will maintain registration and membership with their home club. Through planning and coordination with club coaches, the athletes will participate in RTC training sessions once every three weeks, and may participate in away training camps and competition experiences.

Why: Synchro Swim Ontario is aiming to increase athlete pathway depth, accessibility to world class programming and facilities and long-term sustainability of the high performance pathway in our province. Building club capacity and assisting athletes with finding greater performance opportunities will only make Ontario stronger. The RTC is looking to push the sport science provided by the CSIO further out into our communities through strong club connections that will allow for more athletes to be able to access the programming and world-class sport science expertise available through our funders.

Who: Athletes born in 2001-2003 and with an address outside of the GTA.

*The GTA is defined as the central city of Toronto and the four regional municipalities, which surround it: Durham, Halton, Peel, and York.





REGIONAL TRAINING CENTRE

ONTARIO

When: Application forms will be due on **Friday, July 27, 2018** and can be found in the links below. The launch of the program will be Tuesday, September 4, 2018. Junior Satellite athletes will be given a confirmed calendar after collaboration with club and RTC Coaches to ensure adequate training schedules are met.

Where: The RTC program and training will generally be completed at the Toronto Pan Am Sport Centre in Scarborough, Ontario. There may be opportunities for training camps as well as international competitions that will be held offsite.

Cost: \$3500.00/Athlete.

Included:

- 9 months of training
- TPASC membership
- CSIO athlete status
- Average of 6 training days per month with approximately 5 hours per training session (~30 hours/month)
- Routine coaching based on collaboration with home club and athlete needs
- Access to RTC programming
- Testing and sport science data collection (CSIO)
- Full medical screening (CSIO)
- Full physio screening (CSIO)
- Therapy (CSIO) at Provincial and National Competitions when available
- Access to daily training environment at any time (additional training can be coordinated with home club as requested)

Additional Opportunities (additional costs):

- Participation in an international competition (subject to approval of RTC Executive Committee and Synchro Canada bid approval process)
- Training camp and competition travel with the RTC (based on the needs of the athlete and home club approval)
- Competition bathing suits (combo/highlight routine)

Club Coach Representative: For each club with athletes registered as Tier 2 Junior Satellite members, the RTC will be looking for a coach to be designated as an RTC Liaison Coach. This coach will be essential in the planning, training and collaboration of the home club and the RTC. Please note that for this program's pilot project, only one coach per club may be designated regardless of the number of athletes taking part from the home club.



REGIONAL TRAINING CENTRE

ONTARIO

Application Process:

- ***By Friday, July 27, 2018*** - Complete and submit ALL sections of the application form found in the link below.
- ***By Thursday, August 2, 2018*** - Athlete selection will be communicated with more detailed information about programming.
- ***By Tuesday, August 7, 2018***- Submit program registration with \$150.00 deposit.

Please direct questions to Jennifer Koptie at jkoptie@synchroontario.com or RTC Manager, Kristin McCoy at manager@rtcontario.ca

Application Link for RTC Junior Satellite Program:

<https://goo.gl/forms/h7Lk7UqbNmXEUpI2>