



REGIONAL TRAINING CENTRE ONTARIO

NextGen RTC Program

Tier System Pilot Project

What: Synchro Swim Ontario's 2018-2019 Tier System Pilot Project introduces a NextGen RTC Program as an in-reach training program for selected Talent Identified high performance athletes aged 14-16 from across Ontario. Athletes identified as prospective **RTC Tier 3 Members** will be invited to participate in pre-scheduled training activities at the RTC throughout the season, with the support of their home club programs and coaches, while benefitting from an RTC connection.

Why: Synchro Swim Ontario is aiming to increase depth, accessibility 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. This broader reach will allow for more athletes to be able to access the programming and world-class sport science expertise available to our sport through the CSIO.

Who: Invitations will be extended to Ontario athletes born in 2003-2005 who are considered "pathway potential athletes" by the RTC Selection Committee. This selection is based on athlete results, which have been tracked by Synchro Swim Ontario, and will include athletes that have been involved in and identified through SSO's High Performance Athlete Pathway programs.

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. NextGen RTC athletes will be given a confirmed calendar that will indicate training days and expert sessions that will be hosted at the Toronto Pan Am Sports Centre.

Where: The RTC Next Gen program and training will generally be completed at the Toronto Pan Am Sports Centre in Scarborough, Ontario. Additional potential opportunities for training camps as well as international competitions may arise that would be offsite, optional and at an additional cost. Throughout the competitive season, RTC Coaches will also work with club coaches and athletes at Provincial and National competitions.

Cost: \$1500.00/Athlete.



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Included:

- 9 months of in-reach programming
- TPASC membership
- CSIO athlete status
- Average of 3 training days per month with approximately 5 hours per training session (~15 hours/month)
- Competition support for athletes and coaches from RTC Coaches
- 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.

Club Coach Representative: For each club with RTC NextGen athletes, the RTC will be looking for a coach to be designated as the RTC NextGen Support 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.

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.

Application Link for RTC NextGen Program:

<https://goo.gl/forms/tMhhydtjqeU6c4j52>