



REGIONAL TRAINING CENTRE ONTARIO

Senior Satellite Training Program

*Tier System Pilot Project

What: Synchro Swim Ontario's 2018-2019 Tier System Pilot Project introduces an exciting new Senior satellite training program for high performance athletes in Ontario who, depending on their location of residency, can continue to train with the support of home club programs or as part of the RTC Daily Training Environment (DTE). These Senior athletes will be designated as **RTC Tier 2 Members** and will train and compete with the RTC (in select routines). Senior athletes inside the GTA will be expected to train within the RTC DTE, with support of their University Athletic Department. Athletes outside of the GTA will use the support of neighbouring artistic swimming clubs as well as their University Athletic Program.

Why: Synchro Swim Ontario is aiming to increase participation, accessibility and long-term sustainability of the high performance senior pathway in our province. The RTC is hoping to support National Senior centralization, by preparing athletes for National Team Selection and 2019 centralization for the 2019 Pan Am Games, 2019 Artistic Swimming World Championship and the 2020 Olympic Games.

Who: Athletes born in 2000 or earlier

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





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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. Senior Satellite athletes will be given a confirmed calendar after collaboration with club and RTC Coaches to ensure adequate training times 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: \$2500.00/Athlete for 4-Month Program and \$3500.00/Athlete for 9 Month Program.

Included:

- 4 months of training (9 months available at additional cost)
- 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 (added 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).



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Club Coach Representative: For each club with senior athletes registered as Tier 2 members, the RTC Ontario will be looking for a club coach (or athlete coach if attending University) 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.

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 Satellite Senior Program:

<https://goo.gl/forms/sCIKvsrzGUKgC2CD3>