

2018-19 Learn to Train

Program Information & Registration

2018-19 Program Overview

Synchro Swim Ontario is excited to announce the continuation of the Learn to Train (L2T) Program, which will be running for the third straight year in 2018-19. This program began as an Ontario Ministry of Tourism, Culture and Sport grant in 2016-17, and has been fully sustained by SSO ever since. 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. Athletes are selected via nomination from their Clubs, and every Ontario Club is given the opportunity to be part of the program.

2018-19 Program Components

Athletes in the 2018-19 L2T Program will participate in two full-day, expert-led development camps, as per the following:

EVENT	DATE	TIME	LOCATION	NOTES
FALL ATHLETE CLINIC	Saturday November 17, 2018	11:00 – 6:00pm	Toronto Pan Am Sports Centre (TPASC)	<p>Limited to 120 athletes province-wide (Clubs will be invited to select 8 athletes, with additional spaces potentially becoming available following initial registration)</p> <p>Athletes will be introduced to physical capacity programs such as active flexibility/strength, extension, speed swimming, synchro-specific skills etc.</p> <p>Coaches will have the opportunity to observe, interact with experts, and ask questions about the programming.</p>
SPRING ATHLETE CLINIC	Sunday March 24, 2018 <i>*To be confirmed</i>	8:00 – 2:00pm <i>*To be confirmed</i>	Toronto Pan Am Sports Centre (TPASC) <i>*To be confirmed</i>	<p>At the follow-up clinic in the spring, athletes will learn more advanced programs and will continue to build on their skills. In addition, athletes will debrief their performances at previous competitions and work towards continued improvement in the lead-up to Trilliums Championships in May.</p>

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 athlete with the club (Novice athletes are not eligible for L2T)
	Aged 9, 10 or 11 (Born in 2008, 2009 or 2010 – Learn to Train ages; will be competing in 10U or 11-12 Competitive Stream during 2018-19 season)
	Able/willing to attend and participate in L2T Programming: Fall Clinic (November 17, 2018) & Spring Clinic (March 24, 2019 TBC)

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 (e.g. you may select six 11 year-olds, two from each age, three 9 year-olds and three 10 year-olds etc.)
- Clubs are encouraged to select athletes who have not yet had the opportunity to participate in L2T (however this is not mandatory – athletes will still benefit from exposure to 2018-19 programming even if they have attended previous years)

Note: Every Ontario Club will initially be offered 8 athlete placements; following the registration deadline, should more spaces become available, SSO will contact Clubs directly with available placements.

Coach Eligibility

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 from your Club throughout the day

Substitutions: SSO requests that the same designated L2T Coach Leader attend both 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 to observe as they choose.
	ALL coaches in attendance must be <u>minimally</u> Competition Introduction Trained (NCCP numbers will need to be provided).
	While the name of your designated L2T Coach Leader must be provided at the time of registration, the names of any additional coaches do NOT need to be provided ahead of time (coaches will sign-in when they arrive at the clinic).

Note that all coaches are eligible to receive PD points for attendance at L2T events.

Program Fees

Learn to Train is fully sustained by SSO and via Club/Athlete registration fees. For the 2018-19 season, there will be no increase in registration fees from the previous year. The fee structure for athletes/Clubs will be as follows:

CLUB ADMINISTRATION FEE: \$150.00	One-time fee required for each participating Club
	Includes unlimited coach attendance at Athlete Clinics
	Includes access to all online resources/program materials
ATHLETE FEE \$100.00 (Approx. \$8.33/programming hour)	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 both Athlete Clinics (Fall/Spring)
	Includes access to all online resources

To Register

To register for the 2018-19 Learn to Train Program, please have one Club representative complete the online registration & payment form at the link below.

REGISTRATION DEADLINE: 12pm on Tuesday November 6, 2018

L2T Online Registration Link:

https://synchroswimontario.formstack.com/forms/learn_to_train_l2t_201819_club_registration



If you have any questions about the L2T Program, please contact Rachel Klein, Sport Development Manager, via programs@synchroontario.com (please also CC rklein@synchroontario.com) or call the Synchro Swim Ontario office at 416-679-9522 ext. 224.