



Aqua GO!

COACH COURSE

Ontario Artistic Swimming

December 8-9, 2018

COST: \$275 (plus pre-requisites)

Please visit artisticsswimmingcoach.ca

Location: Dec 8, 2018 OAS Classroom 89 Galaxy Drive, Etobicoke

Dec 9, 2019 Toronto Pan Am Center 875 Morningside Ave, Toronto

REGISTRATION PROCESS

STEP 1: To Register go to the artisticsswimmingcoach.ca website and choose 'register for a course'

- \$50 will be payable immediately via the on-line registration
- \$225 payable to Synchro Swim Ontario *There will be a 2.75% added to credit card payments*

STEP 2: Register with the Coaching Association of Canada (CAC) – www.coach.ca *new coaches only*

- Follow the link in the top right corner "The Locker"

STEP 3: Complete the following pre-requisites – please note that fees will apply

- CAC Coach Initiation in Sport online module: **\$15 payable online**
<https://www.coach.ca/coach-initiation-in-sport-s17259>
- Sport for Life Introduction to Physical Literacy course & quiz: **\$24.95(plus tax) payable online**
https://sportforlife-sportpourelavie.ca/catalog_detail.php?courseid=798
- Read Synchro Canada LTAD framework 2.0 pages 1-23/29 and complete the online quiz:
www.synchrocoach.ca

After completing step 3 b and c, upload your certificate to artisticsswimmingcoach.ca and email a copy to Synchro Swim Ontario to coachtraining@synchroontario.com

ADDITIONAL ITEMS TO COMPLETE PRIOR TO ATTENDING THE COURSE

- Review AquaGo! Program Guide sections applicable to Instructors
- Read Artistic Swimming Skills Online Presentation <https://artisticsswimmingcoach.ca/>
- Discover link to FINA descriptions and familiarize yourself with resource (Appendix II, III IV)
https://www.fina.org/sites/default/files/2017-2021_as_rules_-_16032018_full.pdf
- Find out the Emergency Action Plan (EAP) of your facility/club (board approved possibly) and bring a copy to the workshop (template available for instructors <https://artisticsswimmingcoach.ca/>)
- Lesson plan 1 week before to review and prepare

Have questions? E-mail coachtraining@synchroontario.com or phone 416-679-9522