



2019-2020 Train to Train (T2T)

High Performance Athlete Development Program Overview and Selection Criteria

NEW AND IMPROVED FOR 2019-2020

Ontario Artistic Swimming is excited to announce that our highly successful Train to Train (T2T) High Performance Athlete Development Program (HPAD), will be continued for the 2019-2020 season with significant enhancements. The program will now incorporate the addition of the Integrated Support Team (IST) service through the Canadian Sport Institute Ontario (CSIO) and greater coach/club involvement. The athlete pathway for T2T will also be structured in two tiers based on age and alignment with talent identification and CAS directions.

| TIER 2 T2T - AGES 11*-12 -13 | TIER 1 T2T - AGES 14-15 |
|--|--|
| TALENT IDENTIFICATION | TALENT CONFIRMATION |
| To provide emerging talent identified athletes with an exciting and motivational entry-level high performance program that enhances the development of key skills critical to the T2T phase of athlete development. | To provide developing talent identified athletes with an inspiring and educational podium pathway that develops accountability to high performance habits. |
| The Tier 2 T2T high performance athlete development program supports the growth of talent identified athletes aged 11*-12-13 who are entering the podium pathway. Focused on consolidating specific skill sets critical to this T2T phase of development, the program strengthens the base of Ontario athletes moving upwards through the high performance pathway. This enhanced program is delivered through targeted training that facilitates the development of emerging athletes and connects them with best practices and experts delivering programming upwards in the system into the Tier 1 Talent Confirmation. | This Tier 1 T2T program is an underpinned program to the ETE designed to inspire and educate athletes competing in the 13-15 age category as they learn accountability to high performance and podium habits. Delivered via an inreach program, athletes will experience introductory IST services and ETE best practices that will support their development within the talent confirmation phase of podium pathway and build a bridge to potential future training in the ETE. |

*** See Exceptional Athlete Consideration (Born 2009)**

T2T HPAD Program Dates and Location:

| | | | |
|---|-------|-----------------------------------|-------|
| Session 1: September 27 - 29, 2019 | TPASC | Session 4: December 9, 2019 | TPASC |
| Session 2: October 19 - 20/21, 2019 | TPASC | Session 5: January 20, 2020 | TPASC |
| Session 3: November 16 - 17, 2019 | TPASC | Session 6: February 15 - 16, 2020 | TPASC |
| TPASC – Toronto Pan Am Sport Centre, 875 Morningside Ave, Toronto, M1C 0C7 | | | |

Areas of Focus & Outcomes:

The program will focus on nationally-identified skill gaps (as defined by CAS), including:

- Development of athlete land skills (strength, speed, and power).
Athletes will have benchmark screening
- Improvement of all-around artistic swimming skills, while building precision and power in areas such as flexibility, extension, spins, vertical line, thrusts, body boosts, and propulsion skills
Athletes will be assessed at their current skill level and leave with an understanding of international standards for their age and suggested drills for their individual improvement
- Goal-setting and mental skill development for optimal performance, accountability, and understanding the components necessary to build a culture of excellence and high performance
Athletes will set goals and develop a plan designed to motivate and guide them toward their individual development
- Incorporate an integrated approach to training, inclusive of sport science, psychology and nutrition
Athletes will leave with a better understanding of what is required to be a high performance athlete

Canada Artistic Swimming Talent ID Scouts will be attendance whenever possible based on availability.

CSIO Resources:

The program will partner with the Canadian Sports Institute Ontario (CSIO) to introduce athletes, coaches and parents to high performance expectations and behaviours.

Program Fees:

Tier 2 (11-13) T2T Athlete Registration Fee = \$1000.00 Tier 1 (14-15) T2T Athlete Registration Fee = \$1350.00

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|----------------------------|----------|------------------|----------|------------------|----------|
| Tier 2 T2T At Registration | \$400.00 | November 8, 2019 | \$300.00 | January 24, 2020 | \$300.00 |
| Tier 1 T2T At Registration | \$400.00 | November 8, 2019 | \$500.00 | January 24, 2020 | \$450.00 |

Eligibility:

Athletes who are members in good standing with Ontario Artistic Swimming and who were born in **2005, 2006, 2007 or 2008** (athletes who were synchro age 11-14 in the 2018-2019 season and who will be synchro age 12-15 in the 2019-2020 season) **and meet the selection criteria below.**

Selection:

Selection for the 2019-2020 Train to Train High Performance Athlete Development Programs will be based on athlete results at 2018-19

1. National Team Final Selection events
2. Provincial Team Final Selection events
3. 2018-2019 competitions.

Specific selection to the 2019-2020 T2T High Performance program will be as follows:

Selection Criteria for Athletes Born in 2007 or 2008:

1. The **10 members** of the 2019 11-12 HP Provincial Team selected as per the 2019 11-12 HP Provincial Team Selection Criteria.
2. After the athletes in #1 above are accounted for, any athletes who were **invited to attend** Phase 3 of the 2019 Provincial Team Trials as per the **2019 11-12 Provincial Team Selection Criteria**. The list of eligible athletes will be as per the posted **Phase 2 Results Top 28 list**, as well as any athletes who were in alternate positions who were subsequently invited to attend Phase 3 trials by Ontario Artistic Swimming (regardless of whether or not the invitation to attend was accepted).

Selection Criteria for Athletes Born in 2005 or 2006:

1. Any athletes selected to the **2019 National 13-15 Team** as per the Canada Artistic Swimming Selection Criteria. **Note:** *Only athletes born in 2005 or 2006 are eligible, as any National Team members born in 2004 will be moving to Junior in 2019-2020.*
2. The **10 members** of the 2019 13-15 Provincial Team selected as per the 2019 13-15 Provincial Team Selection Criteria.
Note: *Only athletes born in 2005 or 2006 are eligible, as any National Team members born in 2004 will be moving to Junior in 2019-2020.*
3. After the athletes in #1 and #2 above are accounted for, any athletes who were **invited to attend** Phase 3 of the 2019 Provincial Team Trials as per the 2019 13-15 Provincial Team Selection Criteria. The list of eligible athletes will be as per the posted **Phase 2 Results Top 16 list**, as well as any athletes who were in alternate positions who were subsequently invited to attend Phase 3 trials by Ontario Artistic Swimming (regardless of whether or not the invitation to attend was accepted).
Note: *Only athletes born in 2005 or 2006 are eligible, as any National Team members born in 2004 will be moving to Junior in 2019-2020.*

Selection Criteria for Additional Athletes Born 2005-2008:

At the discretion of the OAS HP Committee, after all athletes above are accounted for, additional athletes may be invited to the T2T program based on an analysis of performance data from the 2018-19 competitive season.

Exceptional Athlete Consideration (Born 2009)

In addition to the 36 athletes selected above, the following provision for exceptional athletes (as defined below) born in 2009 will be considered for intake into the 2019-2020 T2T program:

1. Must have competed in 11-12 figures during the 2018-2019 season.

ON a) i) Stand-alone Figures: For Ontario events, athletes swimming up or down an age category for duet and/or mixed duet and/or team, or athletes swimming only in the free combination or highlight routine, may still opt to enter their own age-eligible figure event (if applicable). There will be no restrictions on 'stand-alone' figures. Note however that each athlete may compete in a maximum of 2 figure events at any one competition. Athletes swimming only in the free combination and/or highlight routine are not required to enter the figures or technical routine event (optional).

2. Must have placed in the Top 10 in 11-12 figures at a minimum of two OAS competitions during the 2018-2019 season.
3. Must have an average figure score (across all entered OAS competitions for the season) of 60.0000 or higher.
4. Club Head Coach must submit a coach support letter via email to OAS by the communicated registration deadline.

AUTHORITY FOR SELECTION – OAS Selection Policy

BYES – OAS Selection Policy

APPEALS PROCESS – OAS Selection Policy

Notification of Selection & Registration:

Notification of successful athletes will be communicated August 28 to the Head Coach and Club President. Once the Head Coach and Club President have been notified, the athlete's parents will be sent the notification of selection and registration package 24 hours later.

Registration Links

Tier 1 (11-13) T2T :

https://ontarioartisticswimming.formstack.com/forms/2019_2020_t2t_tier1_registration

Tier 2 (14-15) T2T:

https://ontarioartisticswimming.formstack.com/forms/2019_2020_t2t_tier2_registration

If you have any questions about the program please feel free to contact

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