

2019-2020 Enhanced Training Environment

Program Overview

Ontario Artistic Swimming is pleased to introduce the NEW 2019-2020 Enhanced Training Environment, which targets athletes born in 2002, 2003, 2004 & 2005.

This program will provide athletes with an intense training regime designed to prepare them for success during the 2019-2020 competitive season, as well as, help selected athletes prepare for Canada Artistic Swimming's (CAS) Junior Selection Camp in Montreal from December 16-22, 2019. The Enhanced Training Environment aligns with CAS national guidelines and objectives, and will incorporate testing standards that were used to identify and train Canada's Senior National Team athletes. In partnership with the Canadian Sports Institute Ontario (CSIO), senior artistic swimming coaches and high level guest experts will conduct benchmark testing and create individualized programs for participants for the summer season, with continued testing and follow-up taking place in the later sessions.

Areas of Focus & Outcomes

The Enhanced Training Environment 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 and leave with an individual training plan that will be monitored with feedback on line
- 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

CSIO Resources

The Enhanced Training Environment will partner with the Canadian Sports Institute Ontario (CSIO) to deliver access to an Integrated Support Team (IST) - a network of multi-disciplinary teams of sport science, sport medicine, and sport performance professionals who work with coaches and athletes to ensure they receive world-class care and support for their training and recovery.

IST resources included:

- Physiology
- Mental Performance
- Biomechanics and Performance Analysis
- Sport Nutrition
- Strength and Conditioning
- Sport Medicine (Physical Therapy/Massage Therapy)
- Sport Administrators

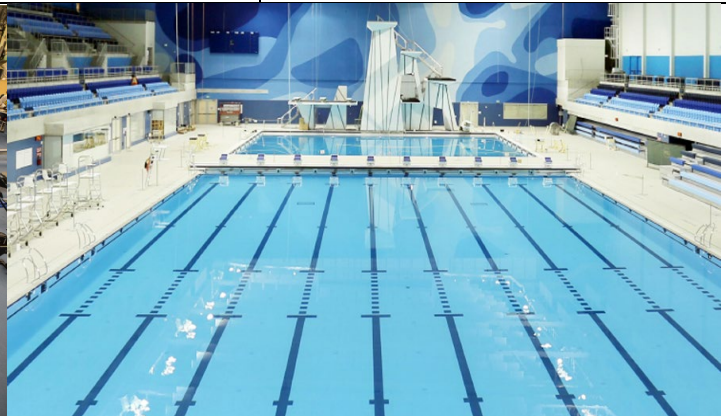
Athlete Intake

The Enhanced Training Environment will have a maximum intake of 24 athletes born in 2002, 2003, 2004 or 2005. Registration will be on a first-come first-served basis.

Session Dates & Locations

All Enhanced Training Environment sessions will be held at the Toronto Pan Am Sports Centre (TPASC), with access to CSIO Facilities.

Session	Length	Location	Date
Session 1	3 days (6 hours/day)	TPASC	September 27-29, 2019
Session 2	2 days (6 hours/day)	TPASC	October 19-20, 2019
Session 3	2 days (6 hours/day)	TPASC	November 16-17, 2019
Session 4	1 days (6 hours/day)	TPASC	December 9, 2019
Session 5	1 day (6 hours/day)	TPASC	January 20, 2020
Session 6	2 days (6 hours/day)	TPASC	February 15-16, 2020



Program Cost

Sessions 1-6 \$1700

The program fees will be broken down into payment instalments according to the schedule below.

Due at Registration	Due September 9, 2019	Due November 8, 2019	Due January 24, 2020
\$300	\$500	\$500	\$400

Registration

To register for the Enhanced Training Environment, complete the online registration at the link below and follow instructions to submit your deposit to hold a place in the program.

Link to online form:

https://ontarioartisticswimming.formstack.com/forms/enhanced_training_environment_registration

Deadline: September 10, 2019

Questions?

For questions regarding the 2019-2020 Enhanced Training Environment, please contact:

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