



# ONTARIO ARTISTIC SWIMMING

OAS Program Information Updates

August 2019



## ATTENTION ALL COACHES

- REMINDER: Friday September 13, 7:00pm – 9:00pm TPASC for the CSIO facility tour and Panel Discussion with HP Experts in Nutrition, Strength and Conditioning, Mental Performance & Physiotherapy.
- Panel Moderator is James Brough, CSIO High Performance Athlete Development Advisor.

## JOURNEY TO EXCELLENCE FALL CONFERENCE

- In order to keep costs to a minimum the conference will be held on Saturday September 14, from 7:45am – 5:30pm.
- The cost has been reduced to Coaches & Club Executives \$75 and Officials \$50.
- Location is the Hilton Garden Inn Airport West, Mississauga.
- If you have already registered your cheque will NOT be cashed. Your spot is reserved and we ask that you please issue a new cheque reflecting the new amount owing.
- Space is limited to 60 participants on a "first come first serve basis".

This is open to all competitive coaches (Comp Intro Trained or Higher) and it **FREE!**

For more information and to review the updated schedule visit [www.ontarioartisticsswimming.ca](http://www.ontarioartisticsswimming.ca) and go to Event Calendar and click on September 14/View Detail



# AQUAGO! CAS INSTRUCTOR UPDATES

## INSTRUCTOR WORKSHOP FOR COMP INTRO TRAINED OR HIGHER

As an outcome of the June 2019 CAS Planning Meeting it was determined that a one-day workshop option to be delivered by PSOs would be made available for registered coaches who are at minimum Comp Intro trained or higher for a limited time (August 1, 2019 to December 31, 2020) to better facilitate the implementation and adoption of the AquaGO! program in clubs across the country.

The one-day AquaGO! workshop option allows previously trained coaches (Comp Intro+) to be excused from attending Module 4 (Bring a Lesson Plan to Life) and Module 5 (Artistic Swimming Skills) as these modules would have been accomplished as part of previous coach training (Comp Intro/Comp Dev). Coaches must however complete all other aspects of the workshop including prerequisites/pre-work, as well as complete the evaluation process in full for certification.

# AquaGO!

More information about workshop dates coming SOON!

## EARLY BIRD LTAD SKILL TESTING

- PLEASE NOTE: the OAS scheduled events have been cancelled! We look forward to the CAS release of their athlete Gold Medal Profile coming SOON!
- This document will help ALL Clubs, Coaches, Athletes, Parents and Program Experts develop programs that meet the needs of athletes at all ages and levels within artistic swimming.

**STAY TUNED!**

## HIGH PRIORITY - NEW 2019-2020 COACH REGISTRATION REQUIREMENTS

Use the link below for full information:

<https://ontarioartisticswimming.ca/members/clubs/member-registration/>

## OFFICIAL CLUB NAME CHANGE

- Club registration information will be available shortly.
- For those clubs that are considering a name change for the 2019-20 season, please complete the Formstack form (link provided below) as the official request for approval of your club's new name and call.
- Please note that any club that is incorporated or has a tax number will need to complete a more formal name-change process over and above the OAS approval.

[https://ontarioartisticswimming.formstack.com/forms/official\\_club\\_name\\_change\\_notification](https://ontarioartisticswimming.formstack.com/forms/official_club_name_change_notification)