

2019-2020 Learn to Train

Program Information & Registration

2019-2020 Program Overview

Learn to Train (L2T) programs are designed for athletes aged 10 & Under in the L2T stage of athlete development who are keen to ignite their passion for artistic swimming. Fun and inspiring programming aims to introduce young competitors to training techniques and best practices used within the provincial high performance pathway that will support and enhance their ongoing growth and development and motivate them to achieve their personal best.

2019-2020 Program Components

Athletes in the 2019-2020 L2T Program will participate in two full-day, expert-led development camps, as per the following:

EVENT	DATE	TIME	LOCATION	NOTES
FALL ATHLETE CLINIC	Sunday November 24, 2019	10:00am – 4:00pm	<u>Toronto Pan Am Sports Centre (TPASC)</u>	Limited to 120 athletes province-wide (Clubs will be invited to select 6 athletes, with additional spaces potentially becoming available following initial registration) Athletes will be introduced to physical capacity programs such as active flexibility/strength, extension, speed swimming, synchro-specific skills etc.
SPRING ATHLETE CLINIC	Sunday February 16, 2020	10:00am – 4:00pm	<u>Toronto Pan Am Sports Centre (TPASC)</u>	Coaches will have the opportunity to observe, interact with experts, and ask questions about the programming. 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.

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 2009, 2010 or 2011 – Learn to Train ages; will be competing in 10U or 11-12 Competitive Stream during 2019-2020 season)
	Able/willing to attend and participate in L2T Programming: Fall Clinic (November 24, 2019) & Spring Clinic (February 23, 2020)

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 2019-2020 programming even if they have attended previous years)

Note: Every Ontario Club will initially be offered 6 athlete placements; following the registration deadline, should more spaces become available, OAS 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 OAS 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: OAS requests that the same designated L2T Coach Leader attend both athlete clinics; however if a substitution is required, the Club must notify OAS 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 OAS and via Club/Athlete registration fees. For the 2019-2020 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 OAS)
	Includes athlete's attendance at both Athlete Clinics (Fall/Spring)
	Includes access to all online resources

To Register

To register for the 2019-2020 Learn to Train Program, please have one Club representative complete the online registration & payment form at the link below.

REGISTRATION DEADLINE: 12pm on Tuesday October 29, 2019

L2T Online Registration Link:

https://ontarioartisticswimming.formstack.com/forms/2019_2020_learn_to_train_l2t_club_registration

If you have any questions about the L2T Program, please contact Mary-Jane Ling, Senior Manager Sport Development, via programs@ontarioartisticswimming.ca. (please also CC mjling@ontarioartisticswimming.ca) or call the Ontario Artistic Swimming office at 416-679-9522 ext. 223