

## 2021 ATHLETE SIZZLING SUMMER SERIES

### Introduction

Ontario Artistic Swimming presents a special 5 part “Sizzling Summer Series” to give athletes the tools to prepare for the 2021-2022 season. Our 5 high performance experts will each lead a highly engaging virtual session designed to teach new skills and drills, as well as challenge those athletes ready to “take it to the next level”.

The following chart outlines the 2021 ATHLETE SIZZLING SUMMER SERIES open to all 2020-2021 registered Competitive and Novice athletes in every age category. Registration will be limited on a “first Come First Serve Basis”

Date	Description	Information
Wednesday June 30 7:00pm – 8:30pm	<b>Summer Goal Setting</b>  This goal setting session will help the athletes develop an action plan designed to motivate and prepare them for the 2021-2022 season.	Canadian Sport Institute Ontario (CSIO) expert.
Wednesday July 7 7:00pm – 8:30pm	<b>Summer Flexibility</b>  Maintaining flexibility is critical during the summer. Elena will teach the athletes a general flexibility program they can use throughout July and August.	<b>Elena Podolsky</b> is Head Coach of the Waterloo Artistic Swimming Club. In 2019 Elena was named Head Coach for Canada’s National 13-15 Team which competed at the inaugural 13-15 World Championships in Samorin (Slovakia). Elena has designed and implemented many different flexibility programs on land and in the water.
Wednesday July 14 7:00pm – 8:30pm	<b>Summer Fitness through Dance</b>  Stacey’s creative dance routine will keep you while having fun. A full body workout designed specifically for artistic swimmers.	<b>Stacey Umeh</b> is the Founder & Director of The Creative Movement Group Providing Artistic Preparation & Gymnastics-based movement services to Elite and non-elite sports people around the globe. She choreographed 2010 World Floor Champ Lauren Mitchell’s routine. She’s currently working with Australian qualified Olympian Georgia Godwin and in recent years she’s also worked with the Chinese National Team.
Wednesday July 21 7:00pm – 8:30pm	<b>Yoga &amp; Relaxation</b>  Enjoy a 90 minute mindful practice working on breath, balance, and relaxation. Increase your flexibility and mental resilience. Athletix Academy will share exercises and tips for athletes not only for Synchro, but also for everyday life. <b>ATHLETES WILL NEED A YOGA MAT &amp; FLEXIBILITY BLOCK</b>	<b>Athletix Academy</b> offers workshops, online classes and in-person sessions for individuals and athletes who want to stay focused, be aligned and keep moving. Our approach to movement is inspired by the human body and how each joint is designed to perform specific actions. We integrate methodology from Yoga, Pilates, and Dance as the foundation for our programs.
Wednesday July 28 7:00pm – 8:30pm	<b>Drama &amp; Manner of Presentation</b>  Let Karen introduce you to the world of drama. What things can you do to improve your artistic impression score.	<b>Karen O’Meara</b> graduated from Queen’s University with a Degree in Dramatic Arts. She has an MBA from the University of Windsor, a Bachelor of Education from York University and she holds an Honours Specialist in Dramatic Arts Education from OISE, University of Toronto. Karen is currently the Department Head of Dramatic Arts at Richmond Green Secondary School in Richmond Hill. Karen has also hosted and promoted student directed shows at the National Theatre School Festival (Formerly the Sears Drama Festival) and she recently received the High School Drama Teachers Award from VASTA (Voice and Speech Trainers Association) and represented Canadian High School Drama Teachers at an International Voice and Speech Conference in Seattle.

### Registration Fee:

Description	Amount	Registration Link
Registration Fee	\$50	<a href="https://ontarioartisticswimming.formstack.com/forms/oas_athlete_special_summer_series">https://ontarioartisticswimming.formstack.com/forms/oas_athlete_special_summer_series</a>

REGISTRATION CLOSES MONDAY JUNE 28, 2021 – 5:00PM

**Method of payment:** E-Transfer - [oaspayments@ontarioartisticswimming.ca](mailto:oaspayments@ontarioartisticswimming.ca)  
 PayPal, VISA, Master Card – please contact Sue at [smwall@ontarioartisticswimming.ca](mailto:smwall@ontarioartisticswimming.ca)