

WELCOME
ONTARIO ARTISTIC SWIMMING
2019 ANNUAL MEETING



ONTARIO 
ARTISTIC
SWIMMING

ONTARIO 
ARTISTIC
SWIMMING

ONTARIO ARTISTIC SWIMMING

OUR MISSION

Ontario Artistic Swimming develops, promotes and supports the pursuit of excellence in artistic swimming throughout Ontario.

OUR VISION

Ontario Artistic Swimming's passion for excellence and focus on continuous learning and improvement will create champions and inspire success.

OUR VALUES

Excellence

Empowerment

Health & Wellbeing

Sport for life



ANNUAL MEETING AGENDA

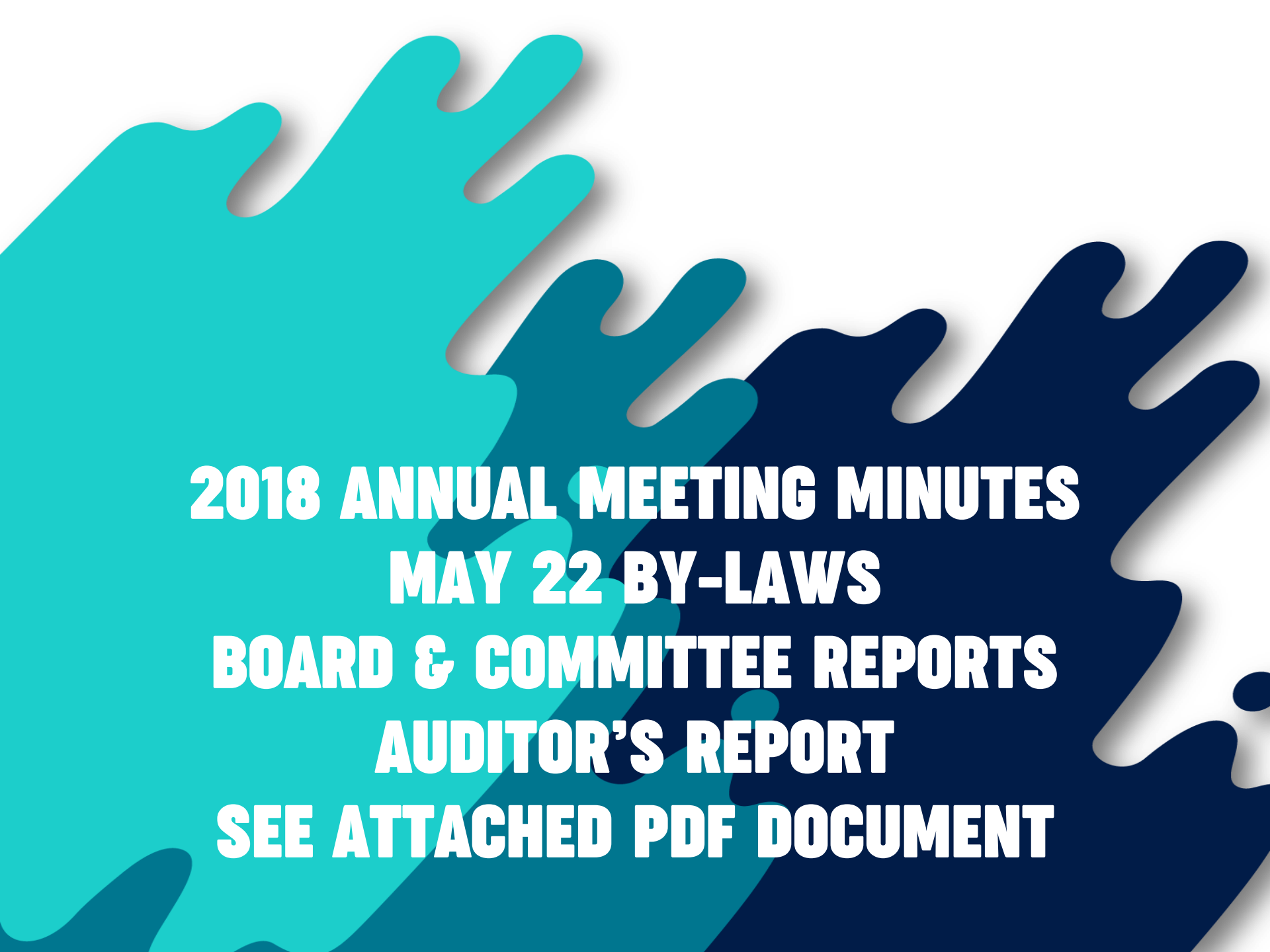
Saturday, June 22, 2019

Ontario Artistic Swimming
12-89 Galaxy Blvd, Etobicoke, ON, M9W 6A4

8:30 – 9:00 Registration

9:00 – 10:50 Annual Meeting

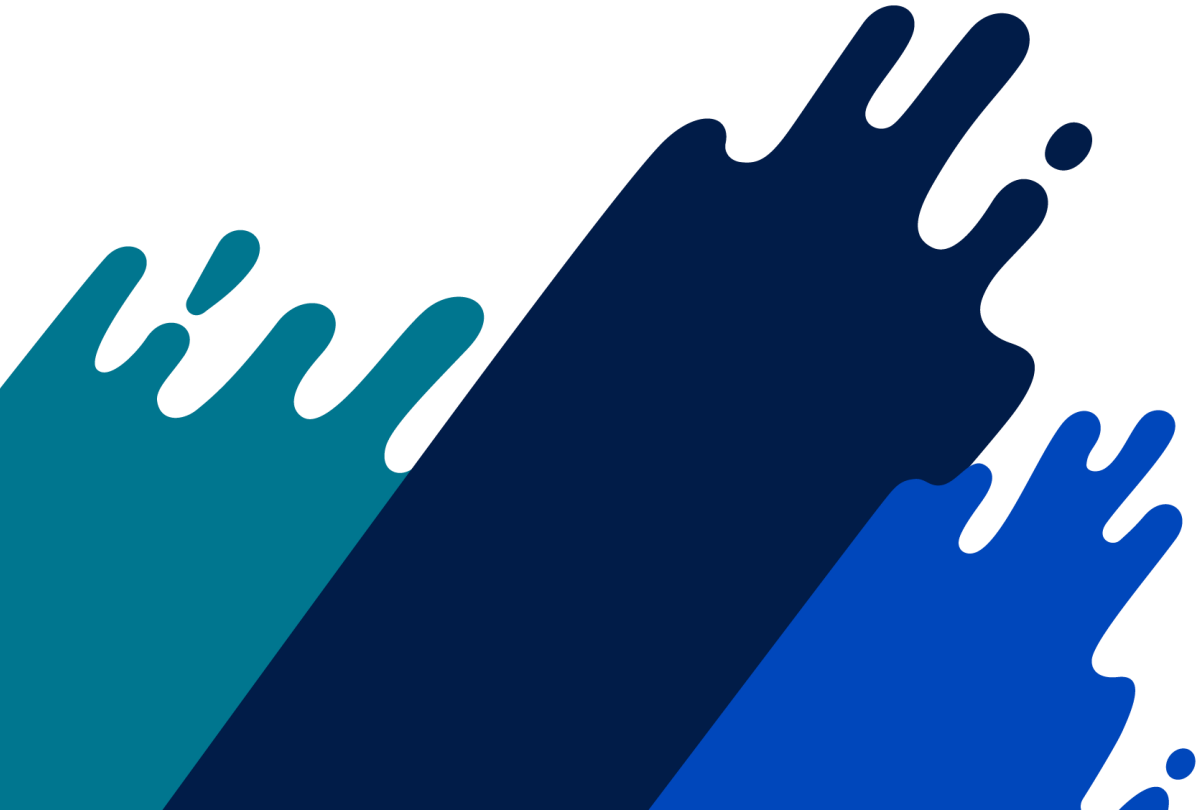
1. Call to order (Ruth Belcher)
2. Establishment of quorum²
3. Approval of the agenda
4. Approval of the minutes of the previous Annual Meeting
5. Business arising from the minutes
6. Confirmation of changes to the OAS By-laws
7. Presentation and approval of Board & Committee reports
8.
 - 7.1. Human Resources Committee (Christine Fink)
 - 7.2. Marketing & Communications Committee (Sandra Inglis)
 - 7.3. Nominations Committee (Hilary Caldwell)
 - 7.4. Program Policy Committee (Ruth Belcher)
 - 7.5. Ontario Officials Committee (Karen Seymour)
 - 7.6. President (Ruth Belcher) & Executive Director (Mary Dwyer)
 - 7.7. Finance & Audit Committee (Catrine Klein)
9. Report of Auditors
10. Appointment of Auditors
11. Election of new Directors
12. Other business
13. Adjournment



**2018 ANNUAL MEETING MINUTES
MAY 22 BY-LAWS
BOARD & COMMITTEE REPORTS
AUDITOR'S REPORT
SEE ATTACHED PDF DOCUMENT**

FINANCIAL REPORT

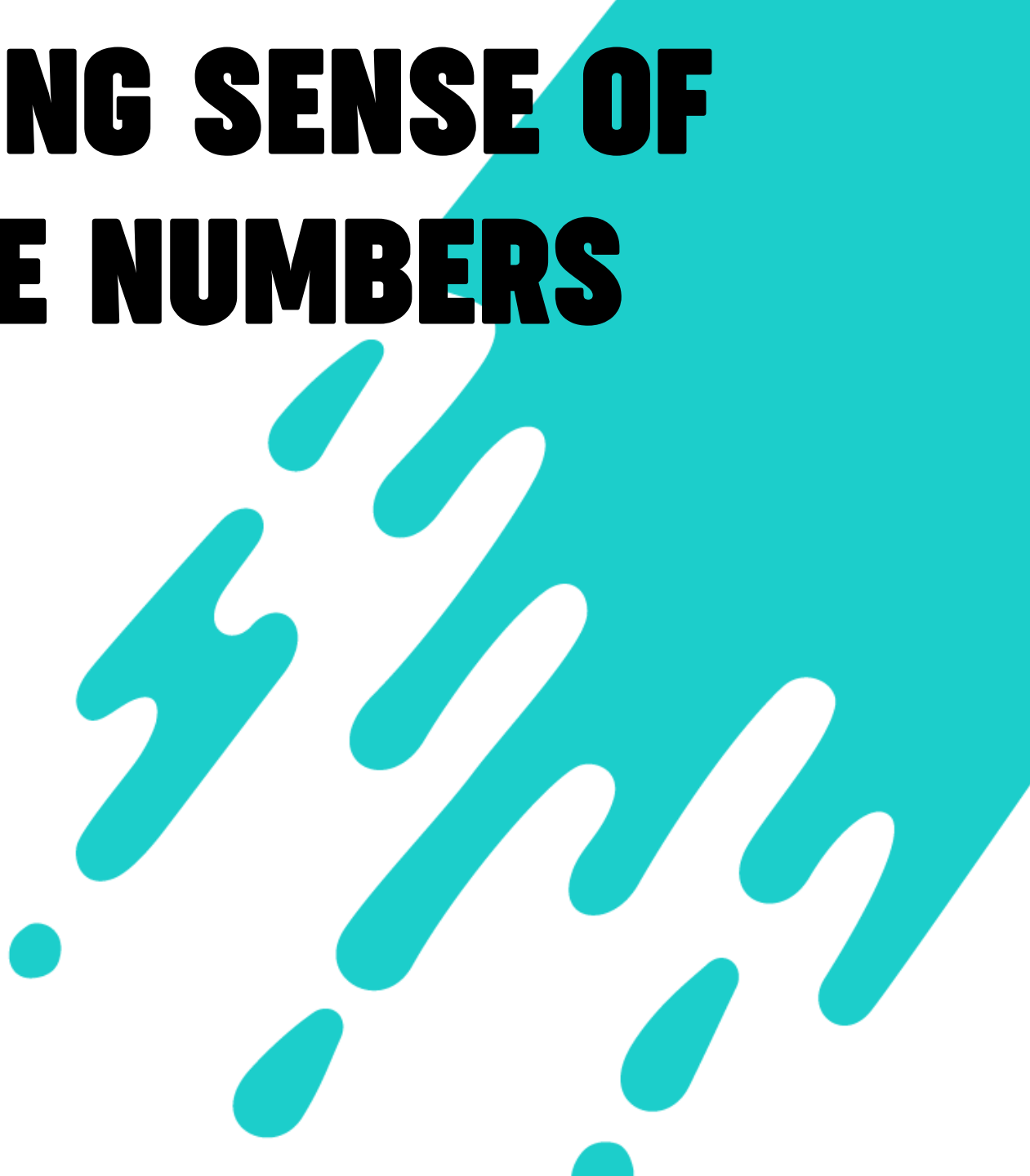
YEAR ENDED MAR 31, 2019



ONTARIO 
ARTISTIC
SWIMMING

MAKING SENSE OF THE NUMBERS

ONTARIO 
ARTISTIC 
SWIMMING



**ONTARIO ARTISTIC SWIMMING
STATEMENT OF OPERATIONS
FOR THE YEAR ENDED MARCH 31, 2019**

| | 2019 | 2018 |
|---|------------------|------------------|
| REVENUES | | |
| Grants | | |
| -Ministry of Health Promotion - base | \$ 178,701 | \$ 178,701 |
| -Coaches Association of Ontario | - | 5,000 |
| -Other Grants (Note 6) | 30,000 | 2,979 |
| Regional training centre - Ontario (Note 8) | 290,518 | 270,274 |
| Meet award fees | 299,923 | 209,152 |
| Entry and course fees | 4,548 | 17,799 |
| Membership fees (Note 4) | 164,523 | 171,156 |
| High performance programs | 204,970 | 141,375 |
| Marketing and promotion | 60,095 | 34,993 |
| Other revenue | 21,358 | 20,593 |
| | 1,254,636 | 1,052,022 |
| EXPENSES | | |
| Regional training centre - Ontario (Note 8) | 290,460 | 266,314 |
| Salaries, wages and benefits | 286,403 | 271,950 |
| Travel and hospitality | 199,002 | 156,865 |
| Facility rental | 148,363 | 91,947 |
| Honoraria and leadership services | 89,510 | 73,695 |
| Occupancy costs | 56,328 | 35,317 |
| Office and general | 37,529 | 67,063 |
| Canada games | 35,851 | - |
| Professional fees | 19,919 | 24,649 |
| Insurance | 19,868 | 13,849 |
| Supplies | 9,339 | 13,226 |
| Telephone | 6,729 | 7,250 |
| Meet awards | 1,121 | 576 |
| Amortization | 1,590 | 1,178 |
| | 1,202,012 | 1,023,879 |
| EXCESS OF REVENUES OVER EXPENSES | \$ 52,624 | \$ 28,143 |

Overall Financial Position

ONTARIO ARTISTIC SWIMMING
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2019

| | 2019 | 2018 |
|--|------------|------------|
| ASSETS | | |
| Current Assets | | |
| Cash and short-term investments (Note 7) | \$ 551,388 | \$ 684,060 |
| Accounts receivable | 24,284 | 32,345 |
| Inventory | 16,837 | 19,198 |
| Prepaid expenses | 12,501 | 20,257 |
| | 605,010 | 755,860 |
| Long Term Assets | | |
| Property and equipment (Note 5) | 9,010 | 10,600 |
| | \$ 614,020 | \$ 766,460 |
| LIABILITIES AND NET ASSETS | | |
| Current Liabilities | | |
| Accounts payable and accrued liabilities | \$ 23,427 | \$ 55,385 |
| Deferred membership and grants | 165,566 | 342,981 |
| Sales and payroll taxes payable | 18,978 | 14,669 |
| | 207,971 | 413,035 |
| Net Assets | | |
| Unrestricted net assets | 136,049 | 83,425 |
| Restricted net assets (Note 7) | 270,000 | 270,000 |
| | 406,049 | 353,425 |
| | \$ 614,020 | \$ 766,460 |

Lease commitments (Note 9)

ON BEHALF OF THE BOARD

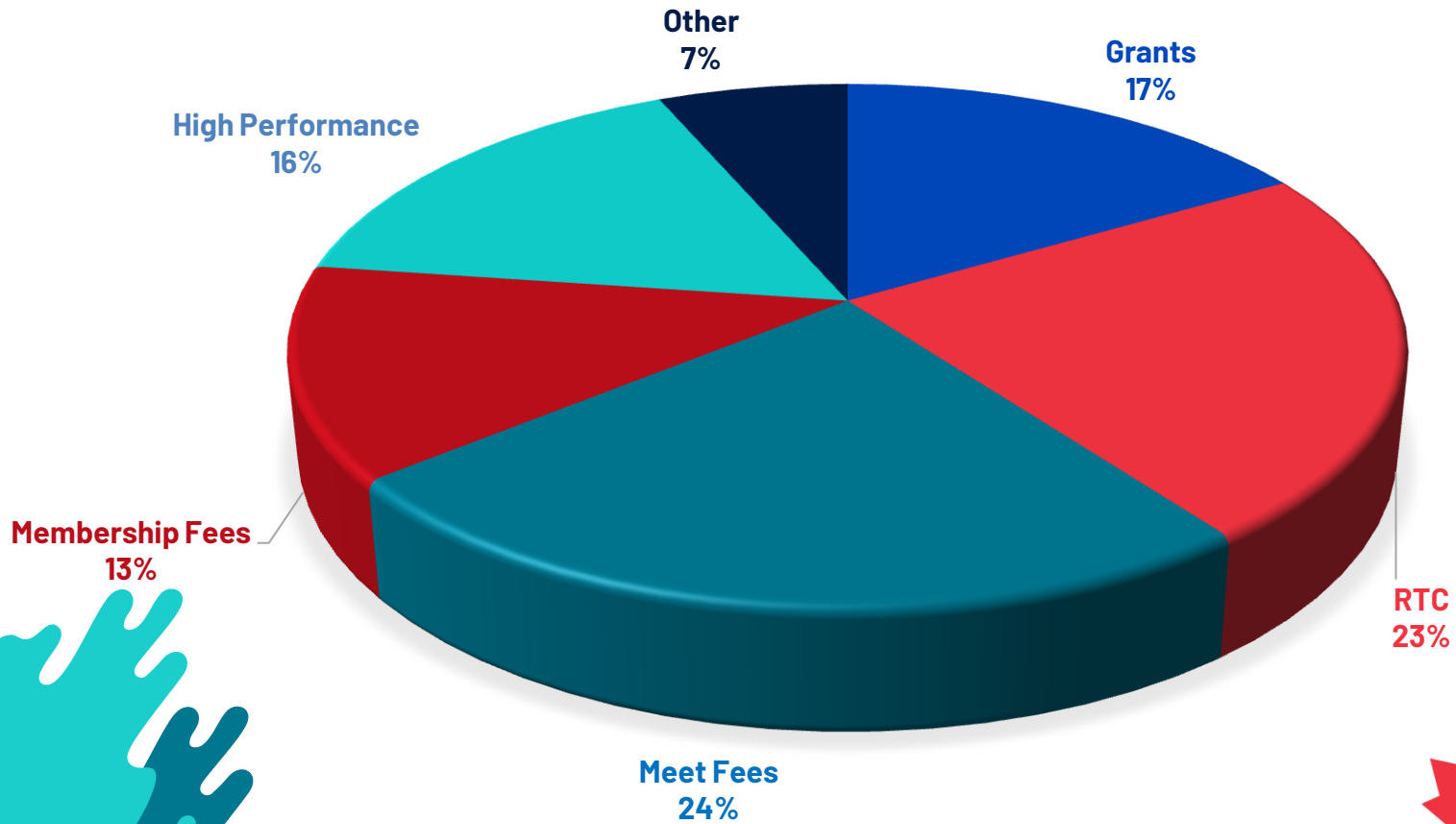


Director

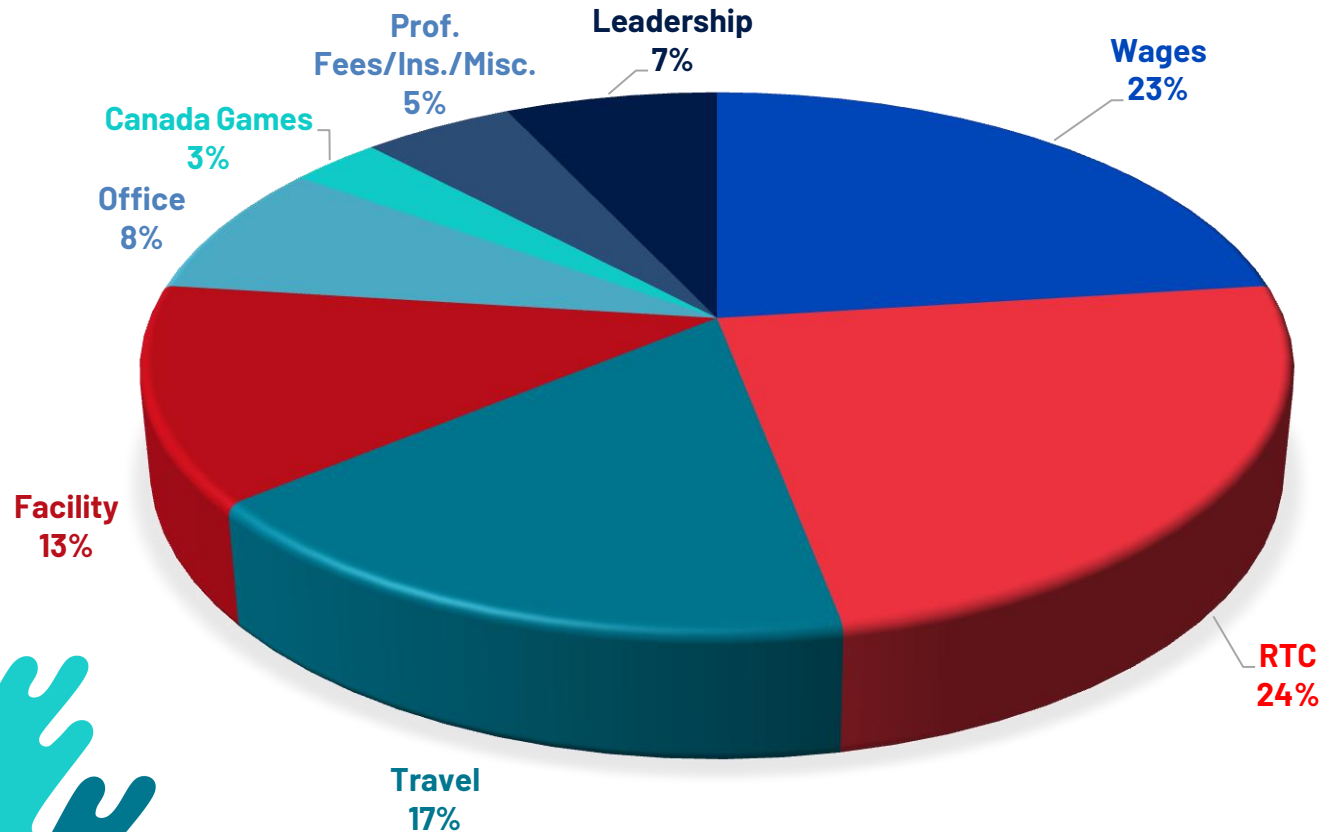


Director

Revenue Breakdown



Expense Breakdown



RTC

2017/18

RTC-SYNCHRO SWIM ONTARIO

Income Statement 2017-09-01 to 2018-08-31

REVENUE

| | |
|------------------------------------|-------------------|
| RTC Revenue | |
| Coaching Grants CAO | 15,000.00 |
| Athlete Fees Junior | 240,000.00 |
| Athlete Fees Senior | 10,000.00 |
| Extra Routines | 17,325.00 |
| CSIO "OTHER" (coaching, facility) | 48,068.00 |
| CSIO SSSM Services | 37,682.00 |
| OTP Grant SC | 7,500.00 |
| Synchro Swim Ontario Contributi... | 9,207.36 |
| CSIO IST Staff Travel | 4,500.00 |
| RTC Trials | 900.00 |
| Other (Outreach) | 3,275.00 |
| Watershow | 710.00 |
| Net Sales | 394,167.36 |

TOTAL REVENUE

394,167.36

EXPENSE

| | |
|---------------------------------|-------------------|
| RTC Expenses | |
| CSIO SSSM Services | 37,682.00 |
| IST Services Apr to Aug | 7,094.75 |
| OTP SC IST Services | 7,500.00 |
| Experts | 1,064.17 |
| Support Coaching | 32,701.97 |
| Satellite Athlete Coaching | 847.50 |
| NET COACHING | 34,613.64 |
| Facility Rental | 43,226.15 |
| Parking | 958.20 |
| Off Deck Space | 1,931.61 |
| Total Cost of Goods Sold | 133,006.35 |

Payroll Expenses

| | |
|------------------------------|-------------------|
| Coaching Wages & Salaries | 140,225.52 |
| EI Expense | 3,238.64 |
| CPP Expense | 6,421.28 |
| Employee Benefits | 2,855.34 |
| Total Payroll Expense | 152,740.78 |

General & Administrative Expe...

| | |
|--|------------------|
| Synchro Swim Ontario Entry Fees | 2,846.32 |
| Synchro Canada Entry Fees | 969.00 |
| Competition Entry Fees | 10,606.00 |
| Athlete Travel Fees | 44,582.21 |
| Athlete Clothing | 3,360.29 |
| Competition Music | 1,611.07 |
| Bathing Suits | 5,468.00 |
| Equipment | 5,603.71 |
| Bank Charges | 376.80 |
| Admin. Office | 617.91 |
| Travel Extra In & Out | 8,570.89 |
| Total General & Admin. Expen... | 84,612.20 |

TOTAL EXPENSE

370,359.33

NET INCOME

23,808.03

RTC-SYNCHRO SWIM ONTARIO

Income Statement 2018-09-01 to 2019-03-31

REVENUE

| | |
|------------------------------------|-------------------|
| RTC Revenue | |
| Athlete Fees Junior | 57,000.00 |
| NexGen | 16,800.00 |
| Athlete Fees Senior | 5,000.00 |
| CSIO "OTHER" (coaching, facility) | 30,825.00 |
| CSIO SSSM Services | 31,675.00 |
| OTP Grant SC | 20,000.00 |
| Synchro Swim Ontario Contributi... | 7,302.98 |
| Net Sales | 168,602.98 |

TOTAL REVENUE

168,602.98

EXPENSE

| | |
|---------------------------------|------------------|
| RTC Expenses | |
| CSIO SSSM Services | 31,675.00 |
| OTP SC IST Services | 10,000.00 |
| Experts | 250.00 |
| Support Coaching | 5,779.46 |
| NET COACHING | 6,029.46 |
| Facility Rental | 26,352.84 |
| Parking | 474.60 |
| Off Deck Space | 5,227.81 |
| Total Cost of Goods Sold | 79,759.71 |

Payroll Expenses

| | |
|------------------------------|------------------|
| Coaching Wages & Salaries | 42,585.92 |
| EI Expense | 730.56 |
| CPP Expense | 1,691.70 |
| Employee Benefits | 2,121.35 |
| Total Payroll Expense | 47,129.53 |

General & Administrative Expe...

| | |
|--|------------------|
| Synchro Swim Ontario Entry Fees | 110.00 |
| Synchro Canada Entry Fees | 1,566.43 |
| Competition Entry Fees | 2,766.00 |
| Athlete Travel Fees | 6,176.08 |
| Athlete Clothing | 2,034.25 |
| Competition Music | 683.65 |
| Bathing Suits | 862.14 |
| Bank Charges | 61.69 |
| Total General & Admin. Expen... | 14,260.24 |

TOTAL EXPENSE

141,149.48

NET INCOME

27,453.50

RTC – OAS Program

2017/18 season – Grant Revenue **\$112,750** = 26.6% of overall Revenue

2018/19 season – Grant Revenue **\$82,500** = 48.9% of overall Revenue

- 
- In 2017/18 Season Ontario Artistic Swimming contributed \$9,207.36 to RTC Program
 - Canada Artistic Swimming contributed \$7,500 (Own the Podium funding)
 - In 2018/19 Season Ontario Artistic Swimming contributed \$7,302.98 to RTC Program to Mar/19
 - Canada Artistic Swimming contributed \$20,000 (Own the Podium funding)

OAS PROGRAMS

PROGRAMS COVERED UNDER THE MINISTRY OF HEALTH GRANT FUNDING:

LEARN TO TRAIN

TRAIN TO TRAIN

NEXGEN

REGIONAL TRAINING CENTRE

CANADA GAMES TEAM

FUTURGEN

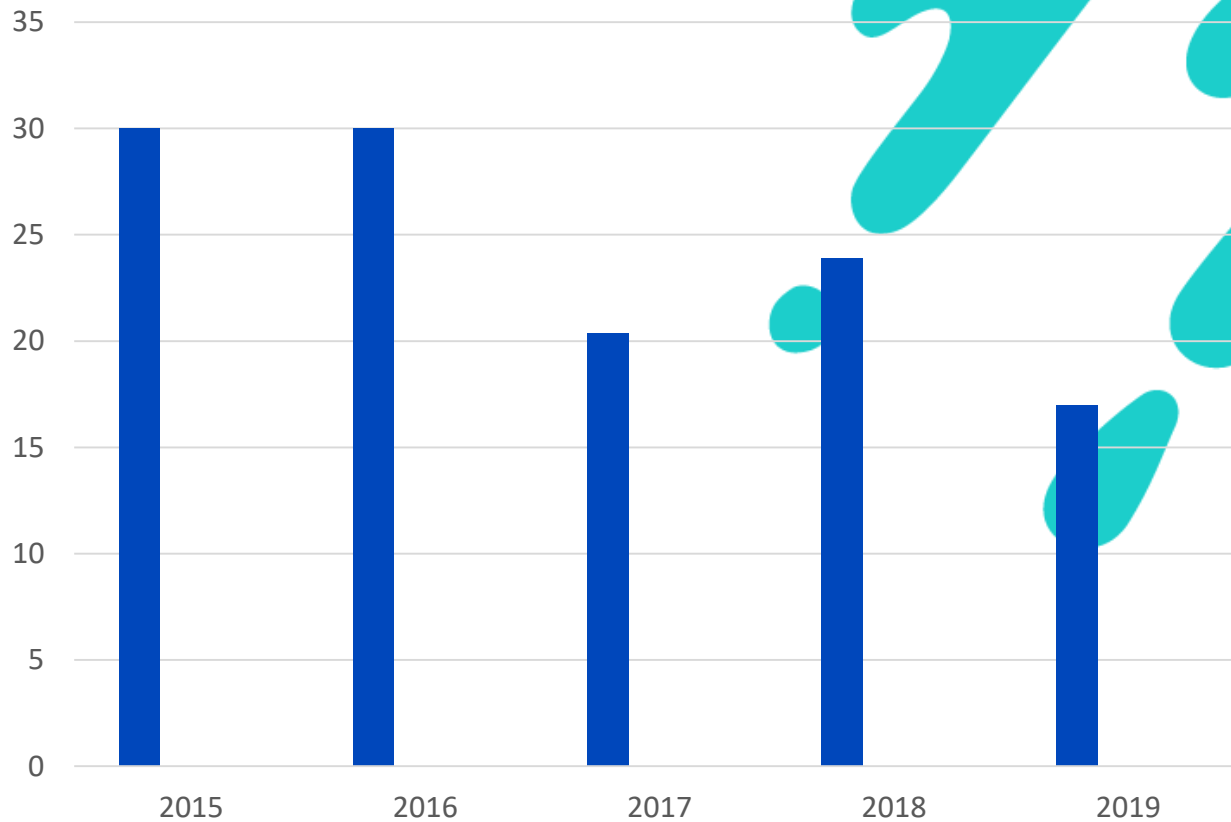
ONTARIO PROVINCIAL TEAMS

COACH UP

AQUAGO COACH TRAINING



GRANTS % OF OVERALL REVENUE OVER PAST 5 YEARS



ON

OAS RESERVE PLAN

OAS has approximately 2 years of Base Grant funding in reserve.

With the change in government since the last GameOn Grant funding, OAS is still waiting to hear what the April 2019 funding will be. With our reserve fund in place and a solid surplus of revenues ,we are able to continue with all OAS programs as planned.

RESERVE FUND - OAS STRATEGY

To maintain security for our members should funding change, or should there be a drastic drop in membership - giving us time to react.





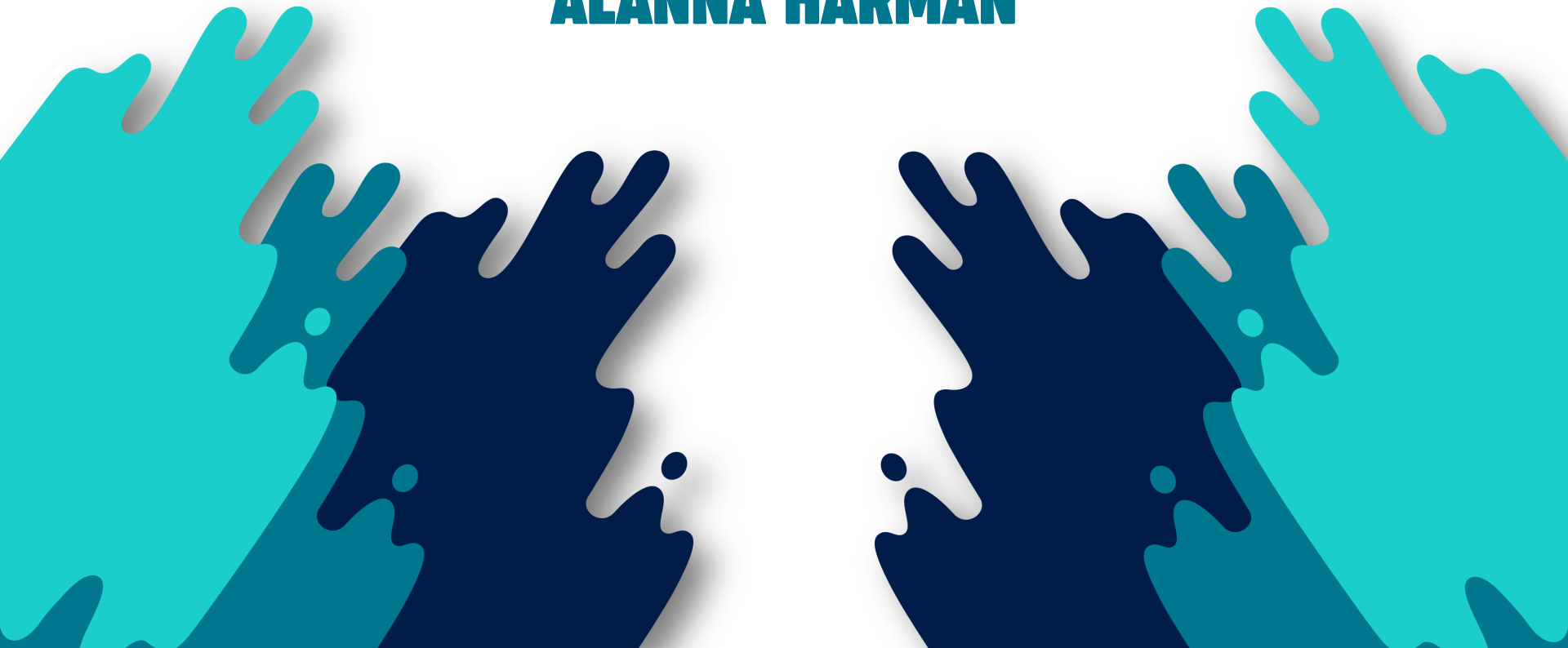
ELECTIONS

CONGRATULATIONS!!!!!!

CHRISTINE FINK

&

ALANNA HARMAN



GENERAL MEETING AGENDA

Saturday, June 22, 2019

12-89 Galaxy Blvd, Etobicoke, ON, M9W 6A4

- 10:30 – 11:00 Registration for Head Coaches and additional club management
- 11:00 – 11:05 Welcome and Introductions (Ruth Belcher)
- 11:05 – 11:45 Programs Update & Calendar Review (Mary-Jane Ling)
- Provincial teams & summer programming
 - HP program announcements
 - Journey to Excellence Conference (Sept. 14-15)
 - Coach & Officials' Training & Development Calendar
 - Club calls & topic-specific training
- 11:45 – 12:15 Canada Artistic Swimming (CAS) Update (Jackie Buckingham)
- Question & Answer Session
- 12:15 – 12:45 Lunch
- 12:45 – 1:45 CAS & OAS Policy Developments (Jackie Buckingham & Ruth Belcher)
- Safe Sport Update
 - Discussion
- 1:45 – 2:15 CAS & OAS Rule Changes (Jackie Buckingham & Mary-Jane Ling)
- Consideration for AWAD Name Changes
 - Discussion
- 2:15 – 3:00 CAS & OAS Competition Structure Review (Jackie Buckingham & Transition Working Group)
- Recommendations and Discussion Items Resulting From Transition Working Group Deliberations
 - Rule Changes and Process Needed to Accommodate Recommendations
 - Discussion
- 3:00 – 3:15 Meet Competition Schedule for 2019-20 (Mary Dwyer & Ellen Blainey)
- 3:15 – 4:00 General Question & Answer Session
- 4:00 Adjournment



2018-19 PROGRAMS

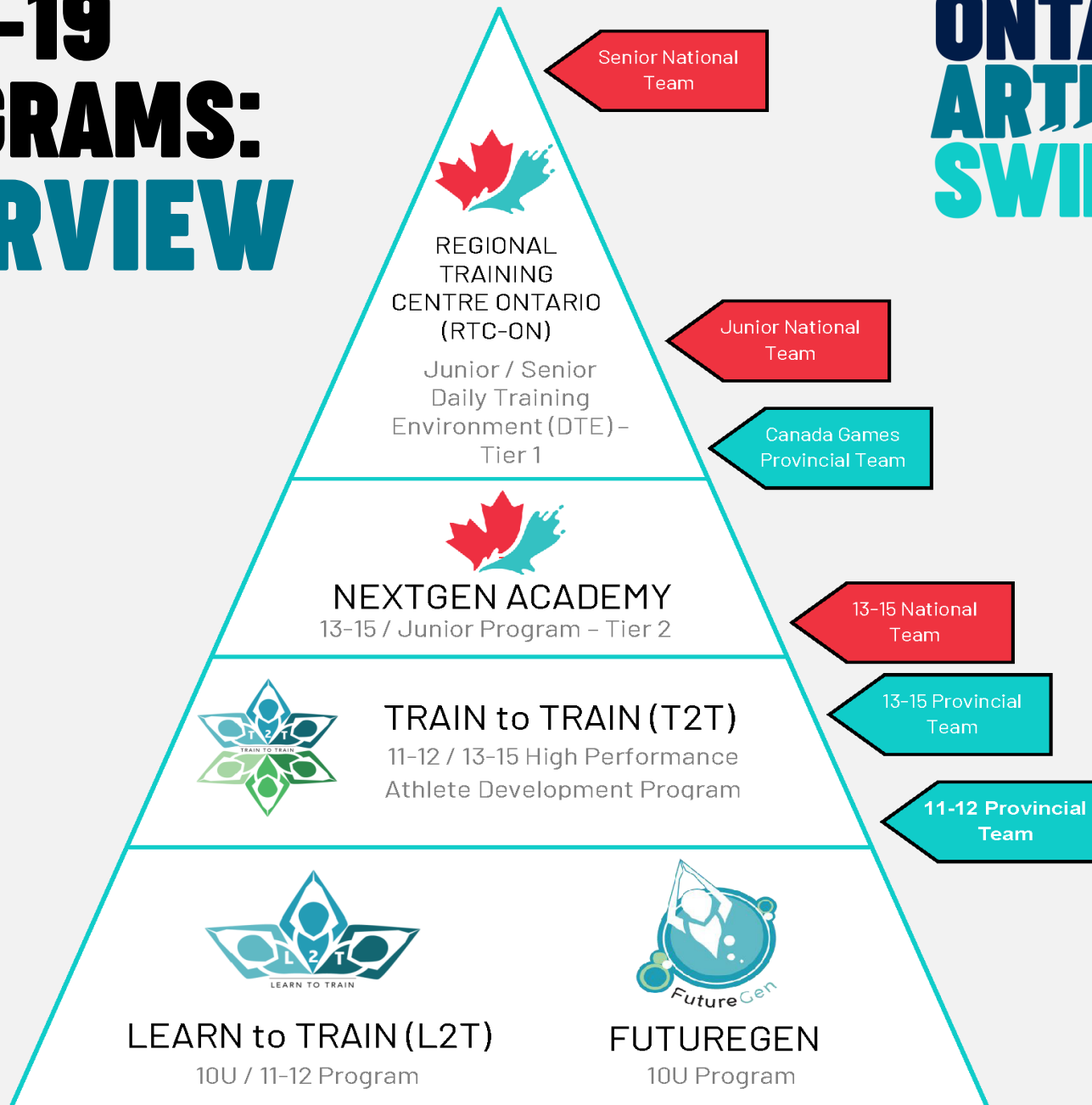
Review



ONTARIO 
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2018-19 PROGRAMS: OVERVIEW

ONTARIO 
ARTISTIC
SWIMMING



2018-19 Programs



Regional Training Centre Ontario

Junior/Senior Daily Training
Environment (15+ years)



Canada Games Team

(15 - 21 years)



NextGen Academy

13-15 & Junior (13 - 18 years)

2018-19 Programs



Provincial Teams

11-12 / 13-15 / Junior Summer Provincial Teams



Train to Train (T2T)

11-12 / 13-15 High Performance Athlete Development Program (12-15 years)



Learn to Train (L2T)

10U / 11-12 Capacity-Building & Physical Literacy Program (9-11 years)

2018-19 Programs



FutureGen

10U Development Program (9-10 years)



Aqua GO!

Grassroots foundation program (CAS)



Coach UP

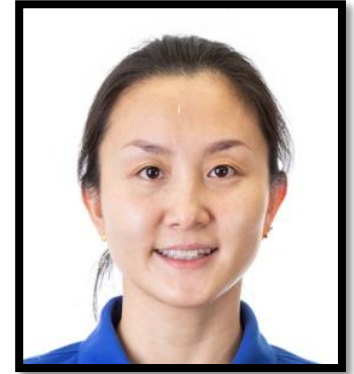
Coach Development Workshops

Regional Training Centre Ontario

Head Coach: Manny Wu

RTC-ON ATHLETES:

Charlotte Gray
Scarlett Finn
Mayah Knott



Canada Championships Results:

1st – 13-15 Figures (Charlotte Gray)

1st – 13-15 Solo (Charlotte Gray)

5th – Junior Tech Duet (Gray/Knott)

5th – Junior Free Duet (Finn/Knott)

5th – Junior Tech Solo (Scarlett Finn)

6th – Junior Free Solo (Scarlett Finn)



2019 Canada Games Team



Canada Games Quick Facts:

- Held once every 4 years
- Multi-sport games experience
- Stepping stone to major international competitions (Pan Am Games, Olympics)
- Major career highlight for athletes
- Evaluation of 2015 SSO Canada Games, aimed to:
 - Build towards **2019 Canada Winter Games** sooner
 - Develop a **larger base** of athletes in Year 1 (2017-18)
 - Select the **Final Team** in Year 2 (2018-19)
 - **Junior Provincial Team** (Summer 2017 & 2018) added as a further component of this plan



2 Year Plan:

Timeline

Action

Summer 2017

Junior Provincial Team (June Selection, July Training, SYNC Competition)

Summer 2017

Invites went out to Fall 2017 CGT Training Pool (x24 Junior and 13-15s)

September 2017 to February 2018

CGT-Training Pool Sessions (dates aligned with T2T HPAD) – facilitated by CGT Coaching Staff

November 2018

Canada Games Team Selection Criteria Posted

February 2018

Phase 1 Selection (February 16th – Top 40 Selected to move on)

April 2018

Phase 2 Selection (April 19th – Top 24 Selected to move on)

June 2018

Phase 3 Selection (June 10th – Final Team of 10 selected) *Overlap with 2018 Junior Provincial Team

2019 Canada Games Team - Review



Coaching Staff – Head Coach **Yingli Hou** & Assistant Coach **Chihiro Ishii** (from September 2017)



Final Team of 10 Athletes – Selected June 2018

Choreography Camp – **June 28 – July 1, 2018** (new Free Routine, guest coaches included: Jin Na, Stephanie Breitigam, & Jacqueline Simoneau)



Training Camps – **August 2018 – February 2019:**

August 27 – Sept 1

Sept 21-23 (3 Day Camp)

Oct 12-15 (4 Day Camp)

Nov 23-25 (3 Day Camp)

Dec 27 – Jan 2 (6 Day Camp)

Jan 21 (1 Day Camp)

Feb 9-13 (5 Day Pre-Departure Camp)



2019 Canada Games Team - Review



Final Team of 10 – Representing 6 different Ontario Clubs



Xinya CALHOUN (OLYMPIUM), **Renee CHAN** (GRANITE), **Marissa ENNS** (OLYMPIUM), **Scarlett FINN** (RTC-ON), **Emma FOX** (GO CAPITAL), **Chloe MASSEY** (WATERLOO REG.), **Claire SCHEFFEL** (WATERLOO REG.), **Emma SPOTT** (VARIETY VILLAGE), **Jade WARREN** (GO CAPITAL), **Madeline WHITTEN** (VARIETY VILLAGE)

2019 Canada Games Team - Review



The Games – February 14-22, 2019

Red Deer, Alberta



2019 Canada Games Team - Review



Results

TEAM ONTARIO – BRONZE / 3rd

DUET – BRONZE / 3rd – SPOTT, Emma / WHITTEN, Madeline

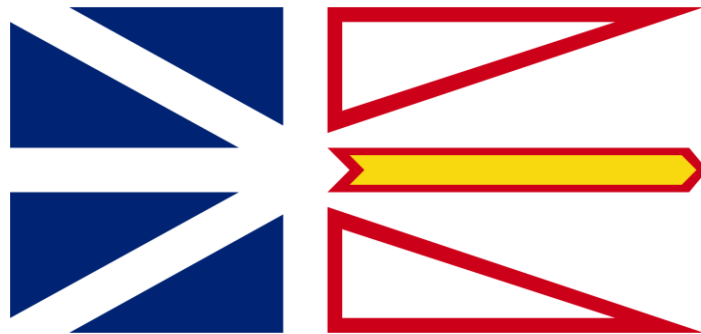
SOLO – BRONZE / 3rd – SPOTT, Emma



2019 Canada Games - Update

Next Canada Games:

2025 Newfoundland & Labrador



**After successful application to move Artistic Swimming
to the Summer Games**

NextGen Academy



PURPOSE/MANDATE:

- Provide an in-reach training program for selected Talent Identified high performance athletes aged 14-16 from across Ontario
- Increase depth, accessibility and long-term sustainability of the high performance pathway in our province
- Give more athletes access to the programming and world-class sport science expertise available to our sport through the CSIO



NextGen Academy



PROGRAM INCLUSIONS:

- 9 months of in-reach programming
- TPASC membership & CSIO athlete status
- Average of 3 training days per month (15 hours/month)
- Testing and sport science data collection (CSIO)





Provincial Teams

Summer 2018



Provincial Teams

11-12 Team

Attended: SYNC Invitational (Toronto) &
11-12 National Development Camp



Junior Team

Attended:

SYNC Invitational (Toronto) & UANA Pan
Am Championships (Riverside, California)



13-15 Team

Attended:

SYNC Invitational (Toronto) & UANA Pan Am
Championships (Riverside, California)



Provincial Teams

RESULTS - SYNC

11-12

Team – Gold

Duet – Gold
(Cabedo/Jiang)

Solo – Gold (Alyssa You)

13-15

Team – Gold

Duet – Gold
(Raybould/Seed)

Solo – Bronze (Wallace)

Junior

Team (Tech/Free) –
Silver

Free Duet – Silver
(Fox/Ohrling)

Tech Duet – Gold
(Fox/Ohrling)

Free Solo – Gold & Silver
(Gossling & Putin)

Tech Solo – Gold, Bronze
& 5th (Gossling, Koza &
Putin)



Provincial Teams

RESULTS - UANA

13-15

Team – 4th-highest score **only one per federation in finals*

Duet – 5th-highest score (Lapierre/Seed) **only one per federation in finals*

Solo – 2nd-highest score (Wallace) **only one per federation in finals*



Junior

Team (Tech/Free) – Gold

Free Duet – Bronze (Fox/Warren)

Tech Duet – Bronze (Gossling/Whitten)

Free Solo – Gold & 3rd-highest score (Gossling & Putin)

Tech Solo – Silver (Madeline Whitten)

Combo – Bronze

Train to Train (T2T)

11-12 / 13-15 High Performance Athlete Development Program (12-15 years)



PURPOSE/MANDATE:

- Provide **a best-in-class** High Performance Program for Ontario Athletes
- Build the base of talent in Ontario and **support the flow of future talent upwards** in Synchro Swim Ontario's High Performance Athlete Development Pathway
- Streamlined **Athlete Talent Identification & Tracking**
- Target athletes in the **Train to Train CS4L-LTAD stage**

Train to Train (T2T)

AFTER 5 YEARS:

- 2018-19 third year fully OAS-supported T2T (started with a 2-year grant program)
- Demonstrated Results at Provincial/National events
- Placement on Provincial / National Teams
- Training ground for Coaches
- Consistent Experts / Programs
- Reinforcement of programming throughout the season

Train to Train (T2T)

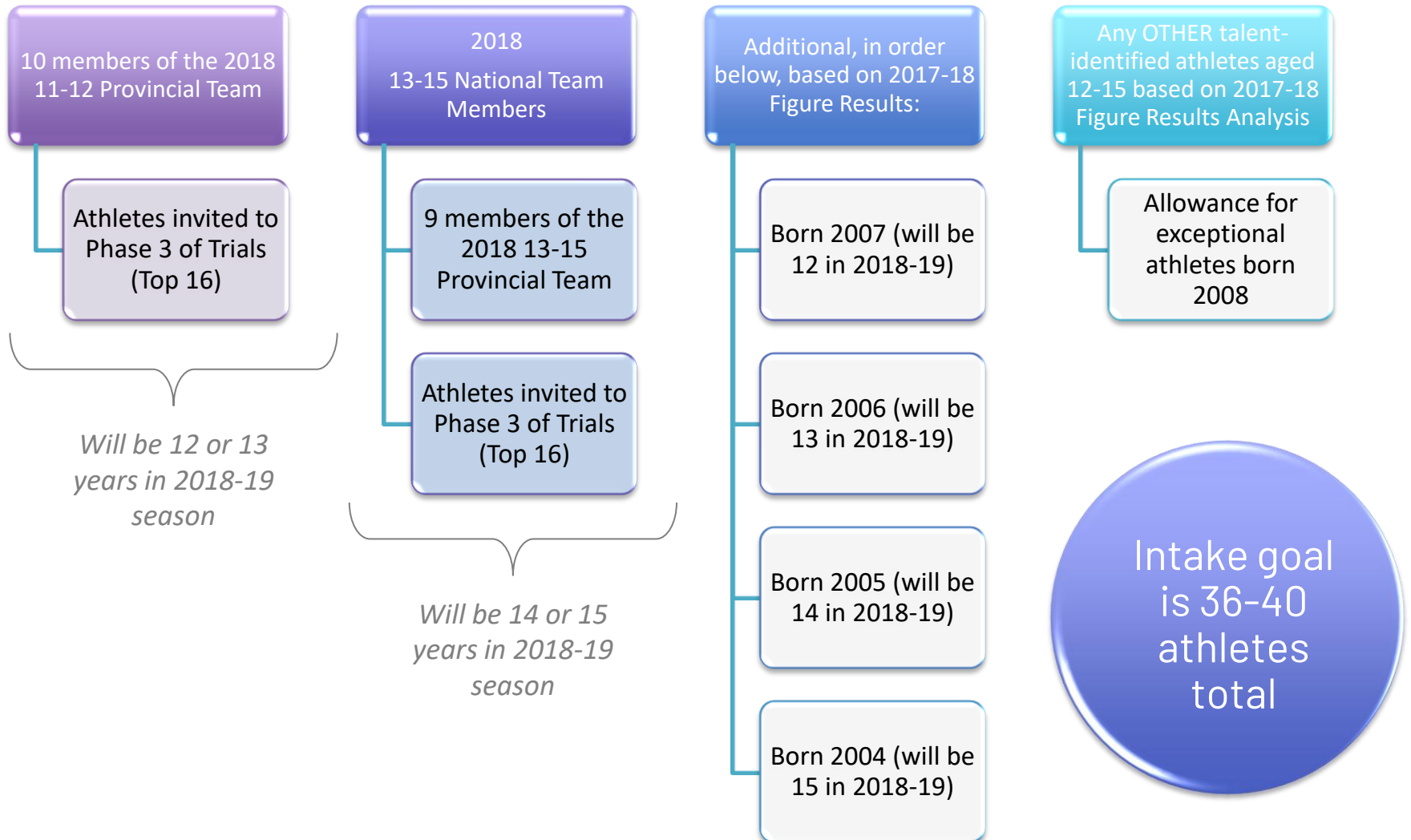


2018-19 T2T KEY FACTS:

- 39 participants representing 12 different Clubs
- 10 new 12-year old athletes (first year eligible), 23 new T2T athletes overall in 2018-19
- 9 athletes in second year of T2T, 3 athletes in third year of T2T, 2 athletes in fourth year, and 2 in all five years of T2T
- High-level guest experts in a range of programming areas
- Full-day Training Camps (7 days, from September to March)

Train to Train (T2T)

SELECTION CRITERIA



T2T Experts 2018-19 Include:

Sheilagh Croxon (Former Olympic Coach, International Artistic Swimming Expert)

Sylvie Fréchette (Olympic Gold Medallist)

Julie Healy (CAS Chief Sport Officer)

Fanny Letourneau (Olympian, Former National Team Member, Pilates Expert)

Carolyn Waldo (Olympic Gold Medallist)

Jennifer Nichols (Extension Expert, Professional Ballet Dancer)

Pam Lumb Collett (Gymnastics Coach, Active Flexibility/Strength Expert)

CSIO Sport Nutritionist, Speed Swim Coach, Dance Instructor, Sport Psychologist, Drama Coach, Diving Coach, Yoga Instructor

MANY high-level artistic swimming coaches & officials

Incorporation of technology to enhance training



SAMPLE T2T SESSION

45 minutes – Opening Keynote **Sylvie Fréchette** (Olympic Gold Medallist)

4 x 50 minutes – Rotating Stations with Guest Experts :

Eggbeater &
Presentation with
Sylvie Fréchette



Extension with
Jennifer Nichols



Vertical Height &
Stability with
Sheilagh Croxon



Gymnastics / Active
Flexibility with **Pam
Lumb Collett**



30 minutes – Lunch Break

2 x 45 min – Rotating Stations with Guest Experts:

Sport Nutrition at
CSIO



Recovery Self-
Massage Workshop
with an **Athletic
Therapist**



Learn to Train (L2T)

10U / 11-12 Capacity-Building & Physical Literacy Program (9-11 years)



PURPOSE/MANDATE:

- **Continue success** of T2T program > expand components to earlier development and recruitment stages (target athletes aged 9 – 11 Years)
- **Broaden the base** of artistic swimming athletes in Ontario, strengthening the Athlete Pathway
- Target key stakeholders (swimmers, coaches & parents) to improve **education, technical programming,** and overall **sport experience**
- Align with NSO-LTAD implementation plans & **address gaps** at entry level

Learn to Train (L2T)

2018-19 L2T KEY FACTS:

- Third year of L2T program (began in 2016-17 as a grant program)
- Two full-day development clinics:
 - FALL 2018 (November 17th)
 - SPRING 2019 (March 24th)
- x110 athletes in 2018-19
- x16 Clubs participated
- Athletes are 100% club-selected, within the eligibility of being age 9, 10 or 11 and registered in the competitive stream
- Each Club sends one Coach Leader to monitor athletes and observe programming

SAMPLE L2T SESSION

30 minutes – Large Group Land Activation (led by Jacqueline Simoneau)

3 x 40 minutes – Rotating Stations with Guest Experts :

Routine Basics with **Stacy Melbye & Jacqueline Simoneau**



Figure Breakdown with **OAS Officials**



Diving with **Anna Dacyshyn**



60 minutes – Lunch Break / Rotate Stations

Dance/Movement with **Jenna Katz**



Flex & Strength with
Gymnastics Coach, **Krista Dales**



Drama & Performance Workshop with **Karen O'Meara**





FUTUREGEN



PURPOSE/MANDATE & KEY FACTS:

- Provide an **enhanced training experience** for the Top 10 & Under athletes in the province
- Expose athletes to a **high performance training environment** (without the intensity/length of a full Provincial Team Program)
- Align with **NSO-LTAD implementation** plans & **address gaps** at entry level
- 2018 was **second year** of FutureGen program
- **x24 participants** (Top Figures Results from Trilliums/Age Groups 2018)
- **2 summer training days** (alongside Provincial Teams) & **1 Fall training day**



COACH UP



OVERVIEW:

- Designed to provide Ontario coaches with access to top-level expertise and professional development.
- Leverage resources through integration with the Canadian Sport Institute Ontario (CSIO)
- Four full-day clinics offered exclusively to Coach UP Participants
- Application-based selection, open to Comp Dev coaches province-wide

SESSIONS INCLUDED:

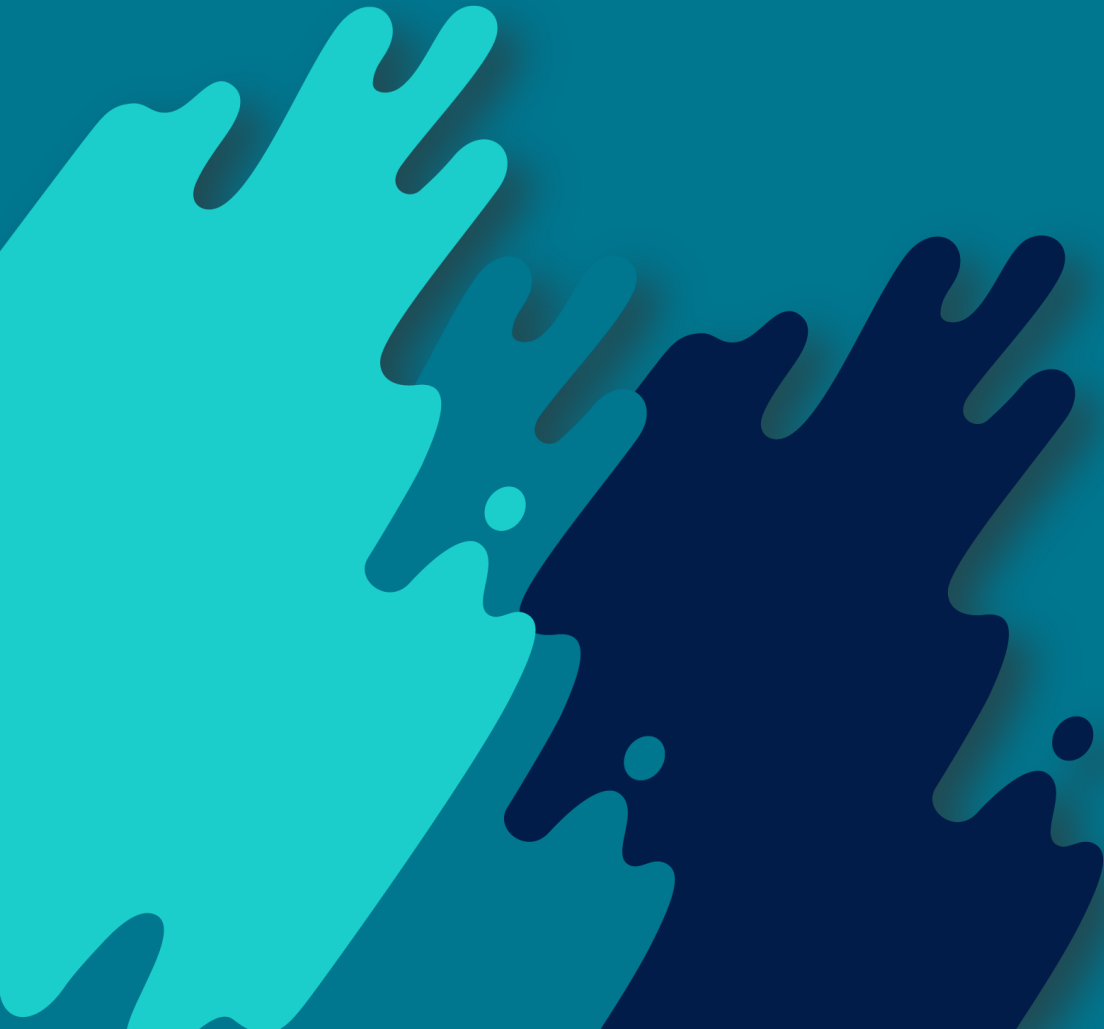
- **Physiology of an Artistic Swimmer** with Eric Viana (CSIO Physiologist)
- **CAS National Development & Evaluation Camp: Debrief & Discussion** with Manny Wu (RTC Head Coach) and Kara Heald (Sport Development Consultant)
- **Designing Routine Choreography** with Diane Van der Pol
- **Strength & Conditioning** with Kiri Langford (CSIO Strength & Conditioning Coach)
- **Extension** with Jennifer Nichols (T2T Guest Expert, founder of The Extension Method)
- **Athlete nutrition** with Melissa Kazan (CSIO Sport Nutritionist)
- **Mental performance** with Fiona Meikle M.Sc. (CSIO Mental Performance Consultant)
- **Highlight/diving training** with Anna Dacyshyn (Diving Coach)
- **Sport-specific skills analysis** (VIDEO) with Sheilagh Croxon (Olympic Coach, Founder/Director of SyncEffect)



Aqua GO! Is a new grassroots community program from Canada Artistic Swimming, which focuses on fundamental skills

In 2018-19, OAS ran two Aqua GO! Instructor Courses (September 2018 & December 2018), with a total of 17 Instructors trained in Ontario

PROGRAM UPDATES



2019-2020 HIGH PERFORMANCE PROGRAMS

| L2T & FUTUREGEN (Learn to Train) | T2T (Train to Train) | NEXTGEN (Train to Compete) | ETE (Train to Win) |
|--|---|---|---|
| PROGRAM DESCRIPTION | | | |
| Learn to Train (L2T) and FutureGEN 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. | The T2T high performance athlete development program supports the growth of talent identified athletes aged 11-12 who are entering the podium pathway. Focused on consolidating specific skill sets critical to the 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 in the NextGen Academy and ETE. | This Academy program is an underpinned program to the ETE designed to inspire and 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. | This program is the pinnacle OAS's high performance pathway to support and develop podium potential athletes into podium ready athletes. Through the support of Ontario High Performance Sport Initiative (OHPSI) and the Canadian Sport Institute Ontario (CSIO) the program delivers athletes a world-class IST supported Enhanced Training Environment (ETE) that enables their personal performance plan. |
| VISION STATEMENT | | | |
| To provide fun, inspiring and motivational programming to young competitors that will support their ongoing growth and development and ignite their passion for artistic swimming. | 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 athletes with an inspiring and educational podium pathway that develops accountability to high performance habits. | To provide podium potential athletes with an innovative world-class enhanced training environment that best prepares them for their pursuit of international podium success. |
| SLOGAN | | | |
| Inspiring the Next Generation | Developing Future Champions | Developing the Next Generation of Champions | Developing Podium Potential into Podium Success |
| PROGRAM SCHEDULE | | | |
| | | | Session 1: July 2 – July 2, 2019 |
| | Session 1: September 27 – 29, 2019 | Session 1: September 27 – 29, 2019 | Session 2: September 27 – 29, 2019 |
| L2T | Session 2: October 19 – 20, 2019 | Session 2: October 19 – 20, 2019 | Session 3: October 19 – 20, 2019 |
| Session 1: November 24, 2019 | Session 3: November 16 – 17, 2019 | Session 3: November 16 – 17, 2019 | Session 4: November 16 – 17, 2019 |
| Session 2: February 23, 2020 | Session 4: December 9, 2019 | Session 4: December 9, 2019 | Session 5: December 9, 2019 |
| FUTUREGEN | Session 5: January 20, 2020 | Session 5: January 20, 2020 | Session 6: January 20, 2020 |
| Summer 2020 – TBD | Session 6: February 15 – 16, 2020 | Session 6: February 15 – 16, 2020 | Session 7: February 15 – 16, 2020 |
| COST | | | |
| L2T: \$100 | | | Session 1: \$1200.00 |
| FUTUREGEN: \$250 | Sessions 1 – 6: \$1300.00 | Sessions 1 – 6: \$1500.00 | Sessions 2 – 7: \$1700.00 |
| | | | Sessions 1 – 7: \$2800.00 |
| LOCATION | | | |
| Toronto Pan Am Sport Centre 875 Morningside Ave, Toronto M1C 0C7 | | | |
| REGISTRATION | | | |
| Click on the link below | | | |
| L2T & FUTUREGEN | T2T | NEXTGEN | ETE |
| By Selection ONLY | By Selection ONLY | By Selection ONLY | Open to athletes born 2002, 2003, 2004, 2005 |

SAMPLE PROGRAM OVERVIEW

[illegible]

JOURNEY TO EXCELENCE 2019 - TENTATIVE SCHEDULE

Friday, September 13, 2019

7:00pm Coaches CSIO (TPASC)

Saturday, September 14, 2019

Club Presidents / Registrars / Recreational Coordinators and Volunteers / Meet Managers / Coaches / Officials / Guests

7:45am *Register and Continental Breakfast*

8:30am Welcome and Opening Comments - Ruth Belcher

8:45am Keynote Address /Champion Culture - Brad Davis

9:15am
10:00am Safe Sport - Steve Indig and/or Lise Maclean

10:15am BREAK

10:30am Understanding Physical Literacy & LTAD - Hilary Caldwell

11:30am Mental Health in Athletes - "Building Healthy Athletes" - Dr Margaret White

12:30pm LUNCH

1:30pm Club Organizational Behaviour - Alanna Harman

2:15pm Concussion Protocol & Rowan's Law - Laura Steacy

3:00pm BREAK

3:15pm Accident Incident Reporting Process & Insurance - Nancy Au

4:00pm Club Tool Box - 5 x 5 x 5
1. How to Write a Grant, Boys in AS 2. Working with Volunteers 3. AWD Programming
4. Recruitment & Retention of Athletes, Coaches 5. Recruitment & Retention of Volunteers

5:00pm PERSONAL TIME

6:00pm DINNER BANQUET Journey to Excellence Event Social

Officials and Coaches Session
World Series & PanAm Games



ONTARIO 
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SWIMMING

CANADA ARTISTIC SWIMMING UPDATE



Canada Artistic Swimming - Strategic Planning Priorities

OAS Annual Meeting
2019



OUR CORE VALUES

Athlete Focus-Coach led
Excellence
Teamwork & Collaboration
Ethics/Respect



VISION: TO BE A WORLD LEADING NATION IN ARTISTIC SWIMMING



**Align &
Strengthen
Organization**

Align and Strengthen our Organization

Shared Goals and Priorities:

- Policy Development - align across all levels;
 - Conduct (Safe sport) – Federal Government initiative to develop a common conduct policy across all sport
 - Coaching Registration and Certification
 - Mandatory NCCP certification; Respect in Sport Activity Leader (every 3 years); acknowledgement of Conduct Policy
 - Revised Comp Intro course – pre-requisite to Comp Dev; age minimums: 15 (AquaGO!); 16 (Comp Intro); 18 (Comp Dev); 13 for AquaGO! Program Assistants

Align and Strengthen our Organization

Shared Goals and Priorities:

- Policy Development – align across all levels;
 - Screening –Sterling Talent Solutions (BackCheck) – EPIC – every 5 years
 - Concussion and Management Protocol – new this week (national injury tracker)
 - Others?

Align and Strengthen our Organization


Shared Goals and Priorities:

- Safe Sport
 - Safe sport officer – mini-site on [webpage](#)
 - Small network of case managers to handle PTSOs and club complaints

Align and Strengthen our Organization

Financial, HR capacity, best practices:

- Membership database
 - Coaches register themselves by October 15 (system open August 15)
 - Paypal for individual registrants but not for clubs yet
 - Track screening and RIS training certifications and renewal dates; Track NCCP level
 - AquaGO! new role
 - Ideas: Registration cards, Alumni program
- Competition registration on line process – used for all events



Grow & Improve Feeder System




Feeder System

•Pathways and Programs:

- AquaGO! – soft launch successful, program sells itself, work toward 100% PSO and club participation
- Program Assistant training program coming this summer
- Future: AquaGO!2 – commence development (levels 7-12 and new test system)

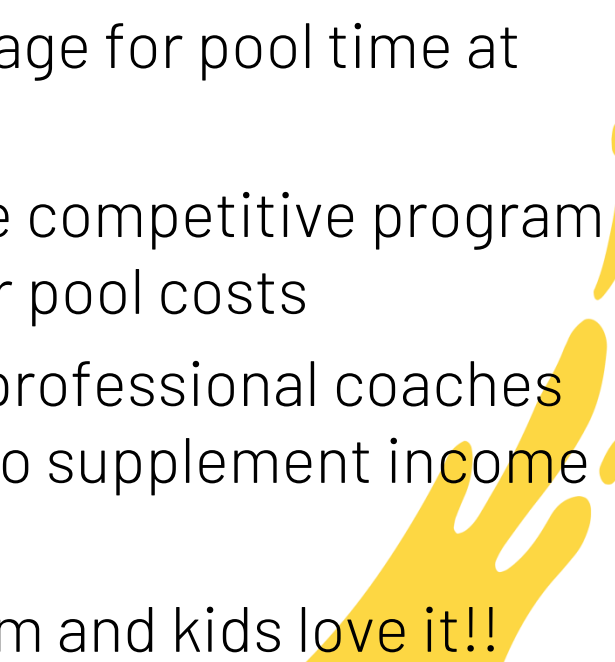
Program Implementation

2019-2020 AquaGO! Work Plan:

- ✓ Hold more AquaGO! Instructor training courses
 - ✓ Clubs offer AquaGO! in September, 2019
 - ✓ AquaGO! website – get content in place
 - ✓ AquaGO! Program Assistant Training
 - ✓ Community/Municipal Implementation
 - ✓ Indigenous Community Outreach
 - ✓ AquaGO! video/photo assets – marketing program tools
- 
- A large, abstract yellow graphic in the bottom right corner, resembling a splash or a stylized wave, with several small yellow circles floating above it.

Program Implementation

Why should your club implement AquaGO!:

- ✓ Member recruitment – 5-9 year olds
 - ✓ Boys
 - ✓ Higher registration = more leverage for pool time at facility users meetings
 - ✓ AquaGO! programs subsidize the competitive program athletes by helping to lower their pool costs
 - ✓ Provide more opportunities for professional coaches to work in the sport – less need to supplement income with other jobs
 - ✓ Because its an awesome program and kids love it!!
- 
- A large, stylized yellow splash graphic is located in the bottom right corner of the slide, extending from the bottom edge and curving upwards and to the left.

Feeder System

Meaningful Competitions:

- Competition re-structure alignment – common calendar and single, results-based stream of progress; one set of categories across Canada and one rulebook
- 3 “C’s”
 - Categories – consistent – one stream
 - Competitions – same pattern with provincial qualifying championships in Feb/Mar and provincial club championships in May
 - Calendar – common
- Plan 42 judging system – develop routine component, continue to pilot and formalize for 2019-2020 for 10U and 12U

Important Resource Materials for Clubs



National
Coaching
Certification
Program



coach.ca
Coaching Association of Canada
Association canadienne des entraîneurs



CANADA
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NCCP Operations Manual

Version 1.0 - March 2019




CANADA
ARTISTIC
SWIMMING


LTAD FRAMEWORK 2.1

Nurturing excellence from pool to podium





A PARENT'S GUIDE TO ARTISTIC SWIMMING



ALBERTA ARTISTIC SWIMMING
SYNCHRO BC
SYNCHRO
SYNCHRO
SYNCHRO
ONTARIO ARTISTIC SWIMMING
SYNCHRO
SYNCHRO
SYNCHRO
SYNCHRO



2020 NATIONAL COMPETITION FEES

Fee changes for 2020:

Athlete Surcharge increased from \$75 to \$115 across all age groups to reflect increased costs in bringing officials from across all provinces, and to support movement of our events annually across Canada.

Technical Fee eliminated as it was a temporary replacement for lost figure revenue

Technical Routine Fees on par with Free Routine Fees given similarity in time required in the schedule, officials, etc.

All Routine Fees increased by 10% to reflect increases in pool rental costs in all locations

COMPETITION ENTRY FEES - 2020 vs 2017-2018-2019

2020

2017-2018-2019

13-15

| | | |
|-------------------|-------|-------|
| ATHLETE SURCHARGE | \$115 | \$75 |
| FIGURES | \$45 | \$42 |
| SOLO | \$45 | \$42 |
| DUET | \$95 | \$85 |
| TEAM | \$175 | \$160 |

JUNIOR & SENIOR

| | | |
|-------------------|-------|-------|
| ATHLETE SURCHARGE | \$115 | \$75 |
| TECHNICAL FEE | \$0 | \$45 |
| SOLO TECH | \$45 | \$21 |
| SOLO FREE | \$45 | \$42 |
| DUET TECH | \$95 | \$42 |
| DUET FREE | \$95 | \$85 |
| TEAM TECH | \$175 | \$80 |
| TEAM FREE | \$175 | \$160 |
| FREE COMBINATION | \$205 | \$185 |
| TEAM HIGHLIGHT | \$205 | \$185 |

POLICY UPDATE

JUNE 22, 2019



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NEW CAS & OAS POLICIES

- CAS Coach Registration & Certification Policy
- CAS Screening Policy
- OAS Club Operations Policy
- OAS New Member Application Policy [Revised]

Coach Registration & Certification Policy

- Effective date 1 September 2019
- Describes the registration and certification requirements for coaching artistic swimming in Canada
- Content is similar to requirements that have existed in Ontario for a number of years
- Requirements are now a condition of CAS and OAS membership incl.
 - Screening [Police Records Check]
 - Making Ethical Decisions [AquaGO! Instructor level or higher]
 - Respect in Sport Activity Leader training [Comp Intro Trained or higher]

Coach Registration & Certification Policy cont'd

- For the first time, there are minimum requirements for competitive and recreational coaches that are applied nationally
- Competitive Coaches [these requirements are already in place in Ontario]
 - Coaches at any OAS hosted competition must be at least Comp Intro Certified
 - Coaches who are Comp Intro Trained have 2 competitive seasons from the first day of their Comp Intro course to complete their certification
 - All coaches are required to maintain their certification and participate in professional development and training activities
- Recreational Coaches
 - Must be AquaGO! Instructor Trained to be on deck instructing AquaGO!
 - Synchro Instructor certified or higher to be on deck instructing any other recreational program

Coach Registration & Certification Policy

cont'd

- Includes appendix with safeguarding best practices
 - One-on-one interactions
 - Communication and social media
 - Intimate or Sexual Relationships
 - Travel
 - Change rooms
- Duty to report
 - Where a coach believes another coach has failed to adhere to CAS, OAS or club values and expected standards of behaviour
 - Must inform their Head Coach or another person in leadership
 - Failure to report misconduct may result in disciplinary action
- Annual acknowledgement of conduct policy & duty to report required
 - Will be part of CAS online registration system for coaches

Screening Policy

- Effective date 1 September 2019
- Content is similar to requirements that have existed in Ontario for a number of years
- For the first time, Screening requirements are standardized across the country
- Applies to all CAS & OAS members and registrants
 - Includes clubs and club members and volunteers

Screening Policy

- All Participants who are in designated positions are required to provide a valid police record check
- Designated positions include:
 - Any coach over the age of 18
 - Any person involved in the delivery of developmental programs to minors and other vulnerable persons such as clinics or camps
 - Any person affiliated with national or provincial teams, whether paid or volunteer
 - All officials
 - All CAS, PTSO and affiliated club directors or officers
 - All CAS, PTSO and affiliated club employees and anyone under contract with them
 - All chaperones including parent chaperones of minors or other vulnerable persons
 - Any Participant with access to sensitive personal or confidential information, or financial records or money
 - Any other role that in the discretion of CAS, its Members or affiliated clubs, as applicable, constitutes a position of trust or authority

Screening Policy cont'd

- CAS has partnered with Coaching Association of Canada and Sterling Talent Solutions
 - Creates a consistent and efficient process for acquiring police records checks
 - Is accessible and affordable regardless of where a Participant resides in Canada
 - Provides a secure database to store and share results and manage renewals
 - Ensures Participant information remains confidential
- Cost is approximately \$25

Screening Policy cont'd

- There will be CAS, OAS & club customized landing pages
 - Participants will be required to provide written consent and to verify their identity online
 - Results will be returned simultaneously to the Participant's personal account and to the requesting organization(s)
- Those with a pre-existing valid police records check must apply for the Sterling Talent Solutions epic check at expiry or by Sept. 1, 2021, whichever comes first
- All designated persons will also have to complete a Screening Disclosure Form
 - Form is available online

Screening Policy cont'd

- Policy also provides for other other background checks at CAS, OAS or club discretion, including:
 - Vulnerable Sector Check
 - Reference check
 - Employment verification
 - Education and credentials verification
 - Social media check
 - Driver abstract
 - International background check
- Reference check should always be undertaken when hiring employees, contractors or coaches over 18
 - Organizations should conduct a 360-degree check and require references from individuals who have supervised, worked with and reported to the applicant

Club Operations Policy

- Effective date 1 January 2020
- Describes the minimum requirements for OAS members to apply for membership or maintain their status as a member in good standing
- Where a recognized Member makes a fundamental change, that Member must reapply for membership within OAS in accordance with the New Member Application Policy
 - Includes a merger of two or more clubs or introduction of a new focus, mandate or competitive stream

Club Operations Policy

- For the first time, OAS has set out club naming conventions
 - Clubs must seek approval from OAS for any legal name change or change to call letters
 - Clubs must include “Artistic Swimming” and “Club” somewhere in their legal name
- Clubs must have a board that is elected by its members and by-laws that govern the financial and legal affairs and other activities of the club
- Clubs must adopt certain, prescribed CAS and OAS policies as part of their operations including:
 - Coach registration & certification policy
 - Conduct policy [including the complaint & appeals processes]
 - Concussion Policy
 - privacy Policy
 - Screening Policy

Club Operations Policy cont'd

- Clubs must post prescribed material on their website where it is available to club members & the public
 - Names of board members
 - By-laws
 - Insurance certificate
 - Minutes of the most recent Annual Meeting
 - All board-approved policies
- Annual verification required
 - Provides assurance that clubs operate in a safe and effective manner
 - Will be added to annual compliance certificate

New Club Application Policy

- Revisions to existing policy Effective immediately [May 2019]
- Describes the application and approval process for candidate Members wishing to apply for membership within OAS
- Application for new membership in OAS is required for any recognized OAS Member that has made a fundamental change
 - Includes a merger of two or more Members or introduction of a new focus, mandate or competitive stream

Rules Review



CANADA ARTISTIC SWIMMING

OFFICIAL RULE BOOK

UPDATED OCTOBER 2018

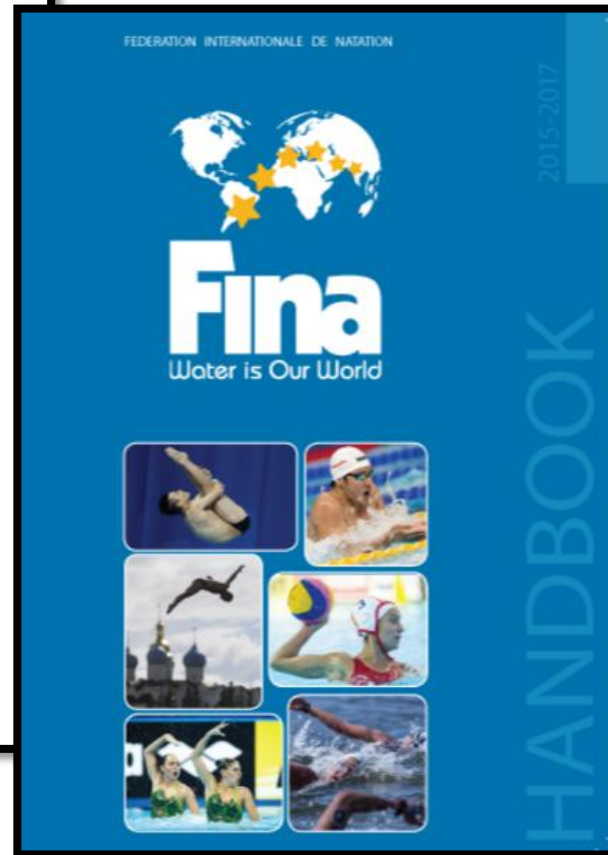
Ontario Addendum



Ontario Addendum to CAS Rulebook

2018-2019 Season

Updated January 7, 2019



CAS RULEBOOK (with OAS Addendum)

For the 2018-19 Season, the **CAS Rulebook** was adopted as **OAS' main rulebook**, with **OAS rules ADDED where required** to govern Ontario/Provincial Events (CAS Rules hold for all CAS/National Events).

There is now one single rulebook to which to refer. Within the CAS rulebook, Ontario-specific rules can be found in **blue text**.

Example: There is no zero penalty on first figure attempts in Ontario, so the rule in blue specifies how Ontario events are run:

4.5.6 Penalties in Figures

a) Awarding Zero - A zero shall be awarded (but not flashed) if:

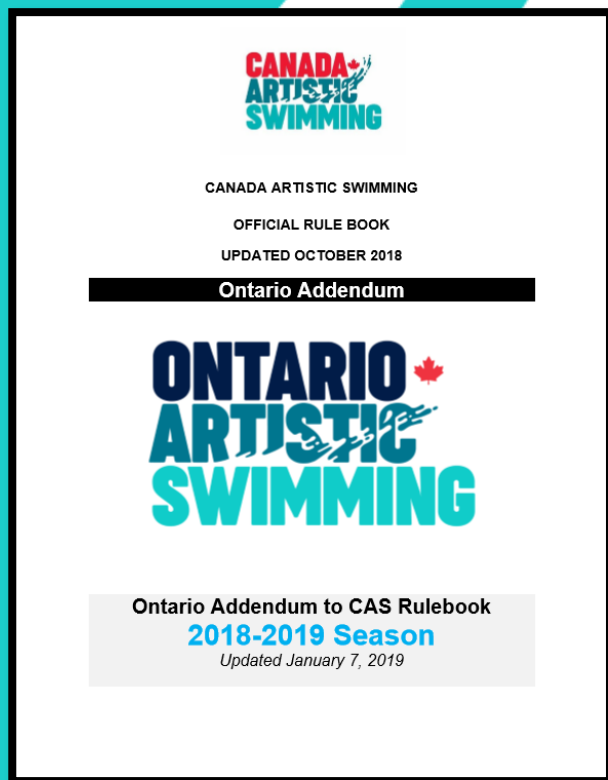
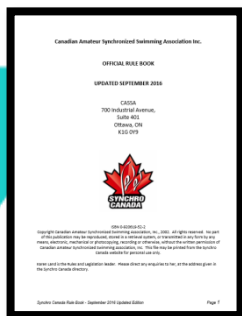
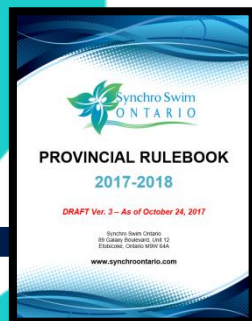
- a competitor performs other than the figure posted for that panel or,
- a competitor stops during the figure
- if a zero is awarded to a figure, the panel judge 1 shall inform the athlete and the panel referee who shall inform the scoring panel that the result will be zero for that figure.

b) ~~a) shall apply only to 13-15 National.~~ For all other categories, a two-point penalty shall be assessed and the athlete will be permitted a second attempt. If following the second attempt the penalty is still applicable, a zero shall be awarded.

ON c) Penalties in Figures

For Ontario Competitive stream Figures Events, rule 4.5.6 b) apply (i.e., Ontario will not enforce zero penalties on the first attempt).

For Ontario Novice stream Figures Events, if an athlete makes an error on their first attempt, the Head Judge shall inform the athlete of the error and the athlete will be allowed to perform the figure again (i.e., no penalty is applied). If, after the second attempt, the athlete still fails to complete the figure as per the FINA description, 4.5.6 a) applies and a zero shall be awarded (but not flashed).



CAS RULE CHANGE PROCESS

- CAS Rule change **proposals** are due on **May 1** each year
- After review, any **Amendments to Amendments** are due on **May 24**
- Proposed changes are to be communicated by June 7
- A meeting to **vote on the changes** takes place before **June 15**
 - Members – 11 votes
 - Board Members – 6 votes
 - Committee Chairs – x votes (depends on number of committee chairs)
 - Amendments must receive a simple majority (50% plus one vote) in order to pass
- The approved amendments are **communicated by July 1**
- A new CAS Rulebook is posted by **August 1**

CAS RULE CHANGE PROCESS

Canada Artistic Swimming RULE CHANGES for the 2019-2020 Season:

- OAS had representatives on the voting call which took place last week
- The following is a summary of the unofficial voting results (official results to be released by CAS on July 1)

CAS RULE CHANGES (SUMMARY)

- **#1: Competitor Levels (Rule 3.1.5)** – A 13-15 athlete may compete in both 13-15 Free Team AND either a Junior or Senior Tech Team (however, no more than 50% of the Junior or Senior Tech Team members can be 13-15s)
 - Rationale: Smaller provinces/clubs don't always have enough Juniors to field a full Tech Team, this rule allows strong 13-15 athletes an exemption to compete on a second team routine in this scenario (also allows talent ID athletes to gain experience swimming on a team if they are from a smaller centre)

CAS RULE CHANGES (SUMMARY)

- **#2: Team Composition (Rule 3.1.6)** – The number of competitors may not change between team prelims and team finals or between technical teams and free teams
 - An exception is allowed if a team has no alternate listed, and a team member cannot compete due to exceptional circumstances (illness/injury)
 - Must submit request to Referee 2 hours before event (unless sudden illness/injury)
- Rationale: Aligns with the FINA rule already in place, but adds the allowance above (rather than automatic disqualification)

CAS RULE CHANGES (SUMMARY)

- **#3: Team Composition (Rule 3.1.6)** – A rule stating that a “team” is between 4 and 10 competitors (at Provincial level), has been extended to include Masters teams as well
 - Rationale: Added for clarification
- **#4: Coach’s Eligibility (Rule 3.1.9)** – In addition to being Comp Dev Certified, all coaches at Qualifier/CASC must also be registered and in good standing with CAS
 - Rationale: To clarify requirements for coaches to be accredited by the entry deadline for the event (or will not have deck access)

CAS RULE CHANGES (SUMMARY)

- **#5: Coach's Eligibility (Rule 3.1.9)** – Coaches at Masters Nationals must be at least Competition Introduction certified
 - Rationale: To comply with terms of the Coach Registration and Certification Policy
- **#6: Quotas for Routines (Rule 3.2.3)** – Part d) of this rule, which allows the top three University solos/duets/mixed duets/teams at the University Championships to enter Canadian Championships as Seniors (without attending the Qualifier or needing to compete in Tech routines), has the added note that they must be registered as competitive athletes with CAS.
 - Rationale: Important because of online event registration system, and because university athletes are a separate registration category

CAS RULE CHANGES (SUMMARY)

- **#7: Time Limits for Routines (Rule 4.2.3)** – A proposal for allowing trios at 11-12 and aligning duet/trio time limits was not approved on the voting call.
 - This rule does not impact Ontario events, as OAS already has a rule in place which considers duets and trios the same event (no need to align time limits)
- **#8: Free Combination Routine (Rule 4.4.1)** – Clarification to combo rule that states “at least two (2) parts must have fewer than three (3) competitors,” where all remaining competitors must be still or maintaining a pose in order to meet this requirement.
 - Rationale: To align with clarification made by FINA

CAS RULE CHANGES (SUMMARY)

- **#9: Routines (Rule 4.7.2)** – A rule was proposed regarding how Championship score is shown (out of 200 total or out of 100 total). This discussion will go back to the Rules Committee for final wording.
- **#10: Masters (Appendix C)** – “Duet required elements” changed to “Duet and Trio required elements”
 - Rationale: For clarification

Additional housekeeping items will also be made to the CAS rulebook

ONTARIO RULE CHANGE PROCESS

- Ontario Rule Changes may be submitted at any time prior to the deadline each summer (the OAS deadline follows the vote on CAS rule changes)

2019 Ontario Rule Change Deadline: Monday July 8

- Ontario rule change requests may only be submitted by:
 - Registered Ontario Artistic Swimming **Officials**
 - Ontario Artistic Swimming **Board Members and Staff**
 - Ontario Artistic Swimming **member clubs** (for which a proposal must be submitted jointly by the **Club Head Coach and Club President**)
- To submit, **complete the form** on the OAS website (About > Policies and Forms) and **submit via email** to Mary-Jane Ling (mjling@ontarioartisticswimming.ca) by the deadline above

CAS & OAS COMPETITION STRUCTURE REVIEW

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2019-2020 Competition Schedule

2019-20 Proposed Competition Schedule

| New Competition | Competitors | Events | Location | Dates | Registration Deadline | Pool | Host Club |
|--|--|---|----------------------------------|--|-----------------------|---------------------------------------|--------------------|
| Early Bird Skill Testing Event | Mandatory for: All Novice, All Competitive | Land & water skills, LTAD | Central East West North | Tent Oct 26 Tent Nov 2 Tent Oct 27 Tent Nov 3 | TBD | TBD | |
| Lisa A Figure & Elements Meet | Mandatory for: Competitive:11/12, 13-15, Jr., Sr., AWD-C, AWD-P No 9-10 Events | Modified Figures for 11/12; Full Figures/ Elements for other age groups | All Regions | Dec. 7-8, 2019 | Oct. 29, 2019 | Etobicoke Olympium | TBD |
| WINTER BREAK- Dec. 23, 2019- Jan. 3, 2020 | | | | | | | |
| OWG Qualifer | Mandatory for any team planning on attending OWG | 11-12.13-15 & AWD Figures 11-12, 13-15 Team AWD Solo | Any Region | Jan. 17-19, 2020 | Nov. 20, 2019 | TBD Orillia Rrecreation Sportsplex | TBD |
| Routine Meet | Optional for: Competitive: 13-15, Jr., Sr., AWD-C, AWD-P | Routine only | | | | | |
| Trillium Novice,12U Competitive & Masters Regionals | Mandatory for: All Novice, Competitive: 10U & 11/12 Optional for: Masters, AWD-C, AWD-P | Figures, Routines | West | Jan. 31- Feb. 2, 2020 | Dec. 9, 2019 | Canada Game Aquatic Centre | London Synchro |
| | | | East/ North | Feb. 7-9, 2020 | Dec. 16, 2019 | Nepean Sportsplex | Go Capital Synchro |
| | | | Central | Feb. 7-9, 2020 | Dec. 16, 2019 | Etobicoke Olympium | TBD |
| FAMILY DAY WEEKEND ONTARIO- Feb. 14-17, 2020 | | | | | | | |
| Ontario Winter Games | Qualifing Teams 11-12, 13-15 & AWD-P, AWD-C | 11-12, 13-15, AWD-C, AWD-P Figures and Routines | OWG Host | Feb. 27- Mar. 1, 2020 | Jan. 22, 2020 | Orillia Recreation Center | OWG / OAS |
| Leslie Taylor Ontario Cup Qualification (for National Qualifier) Phase 1 PTT 13-15/JR | Mandatory for: Competitive: 13-15, Jr., Sr. Optional for: AWD-C, AWD-P | 13-15, AWD-C, AWD-P Figures All Routines | Central Region | Ma.r 12-15, 2020 | Jan. 13, 2020 | Markham Pan Am Pool | Toronto Synchro |
| MARCH BREAK-Mar. 16-20, 2020 | | | | | | | |
| SC CANADIAN QUALIFIER, EAST- Mar. 23-29, 2020 | | | | | | | |
| EASTER WEEKEND Apr. 10-12, 2020 | | | | | | | |

2019-20 Proposed Competition Schedule

| New Competition | Competitors | Events | Location | Dates | Registration Deadline | Pool | Host Club |
|---|--|--|--|------------------|-----------------------|--|------------------|
| Phase 1 PTT 11/12 Phase 2 PTT 3/15 & Jr | | TBD | OAS Hosting, not open to bids | Apr. 15, 2020 | Mar. 16, 2020 | Markham Pan Am Pool | OAS |
| Extra Routine Qualifier for Championships(11-12, 13-15 extra routines only) | Mandatory for: Competitive: 11/12, 13-15 extra routines to qualify to ON CHAMPS | Figures for: 11-12 and 13-15 qualifying Extra Routines for Trillium & Ontario Championships Based on Regional Quotas | | Apr. 15-16, 2020 | Mar. 16, 2020 | | |
| Hilton Worldwide Invitational | Optional for: 9-10,11-12, 13-15, Jr., Sr., teams AWD-C, AWD-P | Routines only | | Apr. 16-19, 2020 | Feb. 17, 2020 | | |
| Combined Novice & Masters' Provincial Championships | Mandatory for: All Novice Optional for: Masters, AWD-C, AWD-P | Figures and Routines | East Region | May. 1 - 3, 2020 | Mar. 9, 2020 | Nepean Sportsplex | Nepean Synchro |
| SC CANADIAN CHAMPIONSHIPS, East- May. 3-10, 2020 | | | | | | | |
| VICTORIA DAY WEEKEND- May. 15-18, 2019 | | | | | | | |
| Ontario Championships | Mandatory for: Competitive: 13-15, Jr., Sr. Optional for: AWD-C, AWD-P | Figures and Routines | <i>Rotation indicates Central region</i> | May. 14-17, 2020 | Mar. 30, 2020 | Etobicoke Olympium | Olympium Synchro |
| Trillium 12U Championships Phase 2 PTT (11/12) | Mandatory for: Competitive: 10U, 11/12, Optional for: AWD-C, AWD-P | Figures and Routines | <i>Rotation indicates West Region</i> | Jun. 4-7, 2020 | Apr. 6, 2020 | Victor Davis Pool Victoria Road Recreation Centre | Guelph Synchro |
| SYNC | Optional for: Competitive: 11-12, 13-15, Jr. | Figures and Routines | National (ON, AB, or QC) <i>Rotation indicates Alberta to host</i> | | | | |



**Q
&
A**

The background features two stylized hands reaching towards each other. The hand on the left is a bright teal color, and the hand on the right is a dark navy blue. Both hands have a soft, white drop shadow, giving them a three-dimensional appearance as if they are floating or about to clasp. The hands are positioned behind the central text.

**THANK YOU FOR
JOINING US TODAY**