



2022 OAS COMPETITION INTRODUCTION COURSES

- Dates:** OAS will offer 3 courses in 2022 – 1 in August, 1 in September and 1 in November (see detailed schedule below)
- Facilitator:** Jennifer Scott
- Platform:** ZOOM – it is the participant’s responsibility to ensure you are prepared. If you do not have the app make sure you have enough time on the start date of the course to follow the link to install the app.
- Register:** Registration is via the [Artistic Swimming Coach website](#) > Coach Calendar. Registration is open to all coaches on a first come first serve basis. Min. of 8 and max. of 12 participants.
- Fee:** \$350 online course fee – payable to Ontario Artistic Swimming

\$350 Payment to OAS is made after prerequisites are completed as per the following options:

E-transfers at oaspayments@ontarioartisticswimming.ca

PayPal invoice – subject to 3% administration fee – request invoice from Sue at smwall@ontarioartisticswimming.ca

Cheques payable to Ontario Artistic Swimming – OAS must receive payment one week in advance of the course start date

*Please reference the Comp Intro course date and the candidate’s name.

There will be no refunds after the registration deadline.

Ontario Coaches are eligible for up to \$500 reimbursement through the Coaches Association of Ontario Coach Enhancement Bursary Program” Click here to apply <https://www.coachesontario.ca/programs-resources/funding-for-coaches/>

- Prerequisites:**
- Candidates must be 16 to register – no exceptions
 - Pre-req #1: Completed AquaGO! Modules 1-5.
 - Complete Comp intro Pre-Course Homework Workbook
 - **NOTE:** The registration ‘button’ for the online course will open to candidates who complete their prerequisites.

Course Information:

- The course will be open to all coaches.
- A minimum number of 8 must be registered to run the course and a maximum of 12 will be accepted.
- Candidates must participate via video and audio – candidates must be visible throughout the course. It is your responsibility to ensure your equipment is working.
- Candidates will be considered registered once all prerequisites are completed and OAS has received payment.



- Candidates will receive a link to participate in the workshop no later than 2 days prior to the start of the course
- After completing modules 1-8, candidates will need to complete Module 9 (In Pool) to be eligible to coach. Once COVID-19 restrictions are lifted and coaching returns to normal candidates will have a limited time to complete Module 9 in order to receive full credit as being trained.
- To complete certification please see the information on the [ASC website > Coach Pathway](#).

DETAILED SCHEDULE FOR AUGUST 26 – 28, 2022

	Date	Time
MODULES 1-8	Friday Aug 26	9:00am – 5:00pm
	Saturday Aug 27	9:00am – 5:00pm
	Sunday Aug 28	9:00am – 5:00pm

DETAILED SCHEDULE FOR SEPTEMBER 28 – 30 & OCTOBER 1, 2022

	Date	Time
MODULES 1-8	Wednesday Sep 28	6:00pm – 9:30pm
	Friday Sep 30	6:00pm – 9:30pm
	Saturday Oct 1	9:00am – 5:00pm
	Sunday Oct 2	9:00am – 5:00pm

DETAILED SCHEDULE FOR NOVEMBER 17 – 20, 2022

	Date	Time
MODULES 1-8	Thursday Nov 17	6:00pm – 9:30pm
	Friday Nov 18	6:00pm – 9:30pm
	Saturday Nov 19	9:00am – 5:00pm
	Sunday Nov 20	9:00am – 5:00pm

REQUIREMENTS FOR FULL CERTIFICATION

Module 9: Practical In Person Pool Component
Portfolio
In Training Evaluation
In Competition Evaluation

Competition Introduction Coach Pathway

(NEW Revised Course as of April 2021)

The Competition Introduction program is the entry point for most competitive coaches in artistic swimming. The course supports coaches working with athletes in the Learn to Train and Train to Train stages of development. The program has two distinct phases toward certification. Completion of each phase provides the coach with one of two designations: "**Trained**" or "**Certified**".

TRAINED STATUS:

Coaches have completed the following requirements:

- Artistic Swimming Specific Workshop (NSO/PSO): Introduction Module, Planning for Performance Part 1 Module, Introduction to Athletic Abilities and Skills Module, Figure Foundations Module, Developing and Training Routines Module, Planning for Performance Part 2 Module, Planning a Practice Module, Analyze Performance Module Module, Practical In-Pool component Module
- NCCP Multi-sport: Make Ethical Decisions Workshop (if not previously completed), Making Head Way in Sport eLearning Workshop, Emergency Action Plan eLearning Workshop (if not previously completed), Sport Nutrition eLearning Workshop, Basic Mental Skills Workshop, Teaching and Learning Workshop

CERTIFIED STATUS:

- Portfolio and Evaluation
 - Download and review the Competition Introduction Evaluation Guide [HERE](#) (last revised August 2021)
 - Download and review the Competition Introduction Portfolio [HERE](#) (last revised August 2021) - note that Portfolio word template is provided in Comp Intro workshop documents for coaches who take the course.
 - Download and review the Competition Introduction Evaluation Rubric [HERE](#) (last revised August 2021)
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Step-by-Step Comp Intro Registration Instructions:

Step 1: Sign in to your account at www.artisticswimmingcoach.ca by clicking on “Member Sign In” and filling in your username and password and clicking “Sign In”.

Step 2: After logging in – make sure you are on your “My Status” page which should look like the screenshot below. Scroll down until you see Competition Introduction.

Competition Introduction

Learn to Train

	Component	Registered	Completed
1	Comp Intro Preclinic Reading <i>There is a \$80 charge for this module.</i>	register	–
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-s17259 <i>*Note: NEW instructors must register for a Locker account prior to taking the module</i>	I have completed this. Give me credit.	–
3	S4L Introduction to Physical Literacy	register	–
4	AquaGO! Trained (modules 1-3) Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro.	I have completed this. Give me credit.	–
5	Competition Introduction Coach Workshop	All preclinic modules required	–
6	Make Ethical Decisions (MED)- Training Complete Make Ethical Decisions Training (Workshop) via your FIT Coaching Association.	I have completed this. Give me credit.	–
7	MED Online Evaluation Complete MED Online Evaluation AFTER completion of Training (workshop).	I have completed this. Give me credit.	–

In order to be eligible to officially REGISTER for the COMPETITION INTRODUCTION workshop you must first complete the required prerequisites:

- (1) Comp Intro Preclinic Reading**
- (2) Coach Initiation in Sport**
- (3) S4L Introduction to Physical Literacy**
- (4) AquaGO! Trained (modules 1-3)**

ONCE #1-4 are complete “register” will appear next to **(5) Competition Introduction Coach Workshop:**

Competition Introduction

Learn to Train

	Component	Registered	Completed	to CAC
1	Comp Intro Preclinic Reading <i>print receipt</i>	✓	✓ undo	–
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-s17259 <i>*Note: NEW instructors must register for a Locker account prior to taking the module</i>	✓	✓ undo	–
3	S4L Introduction to Physical Literacy	✓	✓ undo	–
4	AquaGO! Trained (modules 1-3) Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro.	✓	✓ undo	–
5	Competition Introduction Coach Workshop	register	give credit	–

But first let's work through the steps.....

Step 3: Begin by clicking on "register" in the row for **(1) Comp Intro! Preclinic Reading**

Learn to Train

	Component	Registered	Completed
1	Comp Intro Preclinic Reading There is a \$80 charge for this module.	register	—
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-47258 *Note: NEW instructors must register for a Locker account prior to taking the module	I have completed this. Give me credit.	—
3	S4L Introduction to Physical Literacy	register	—
4	AquaGO! Trained (modules 1-3) Effective April 1, 2021 coaches are required to be AquaGO! 'in training' (completed modules 1-3) as a pre-requisite to Comp Intro.	I have completed this. Give me credit.	—
5	Competition Introduction Coach Workshop	All preclinic modules required	—
6	Make Ethical Decisions (MED) - Training Complete Make Ethical Decisions Training (Workshop) via your PPT Coaching Association.	I have completed this. Give me credit.	—
7	MED Online Evaluation Complete MED Online Evaluation AFTER completion of Training (workshop).	I have completed this. Give me credit.	—

You will be taken to a page to process your \$80.00 payment to Canada Artistic Swimming. The payment of \$80.00 is for the Canada Artistic Swimming NCCP Competition Introduction workshop materials, and also includes one year of access to artisticswimmingcoach.ca "Tools".

Click on "Register with Card"

Kara is registering for Comp Intro Preclinic Reading (\$ 80)

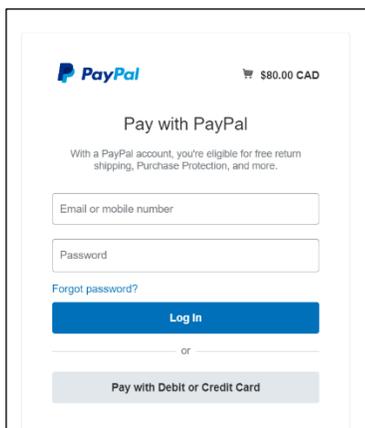
Enter an Access ID Register

OR Register with Card below

Register with Card

© 2021 Canada Artistic Swimming - Coach Education - 700 Industrial Ave, Suite 401, Ottawa, ON K1B 0Y8
email: esc@artisticswimming.ca Voice: (613) 748-5674 Fax: (613) 748-5724

You will then be taken to PayPal to process your payment. Please follow the instructions.



*If you have a PayPal account log in and continue with payment.

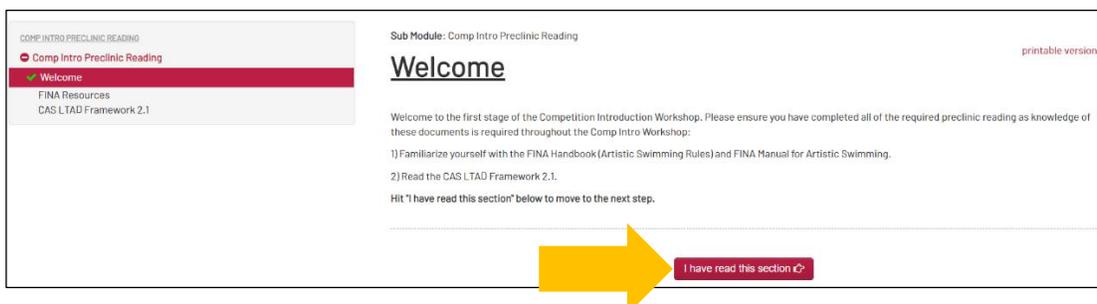
*If you do not have a PayPal account you can create one (if you want) OR you can just simply click on "Pay with Debit or Credit Card" and continue with the payment.

After completing your PayPal payment, you will see a confirmation page/receipt. It is recommended you take a screenshot/save for your records.

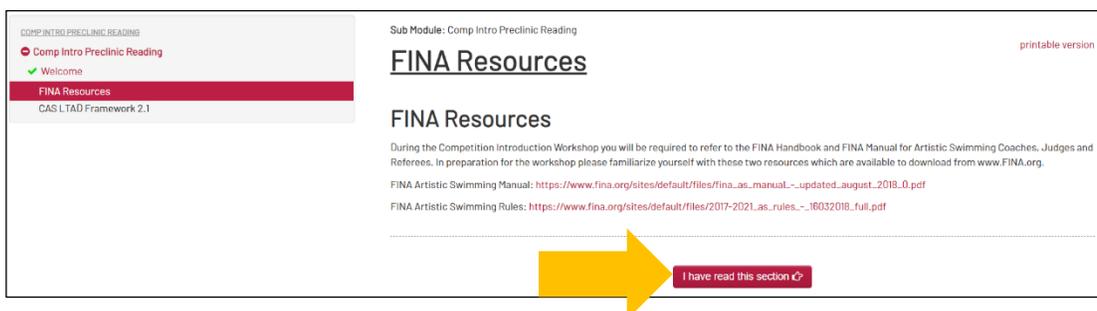
You will need to return to **www.artisticswimmingcoach.ca** and log back in.

A confirmation email with receipt will also be sent to you by PayPal.

Step 4: Type in **www.artisticswimmingcoach.ca** into your browser and you will be brought to the **Comp Intro Preclinic Reading** page. Read the page and then click "**I have read this section**"



On the next page review the FINA Resources (required reading in preparation for the Workshop – links provided). Once complete click "**I have read this section**"



On the next page review the CAS LTAD Framework 2.1 instructions (required reading in preparation for the Workshop – link). Once complete click "**I have read this section**"

COMP INTRO PRECLINIC READING

- Comp Intro Preclinic Reading
- ✓ Welcome
- ✓ FINA Resources
- CAS LTAD Framework 2.1

Sub Module: Comp Intro Preclinic Reading

CAS LTAD Framework 2.1

printable version

CAS LTAD Framework 2.1

Throughout the Competition Introduction Workshop you will be required to refer to the Canada Artistic Swimming LTAD Framework 2.1. Please download and read the framework in advance of the workshop:

<https://artisticswimming.ca/fin-love-synchro/ltad-framework/>

I have read this section

You will then be taken to a summary page that concludes the section! Click on **“Click here to see your current Status”** which will bring you back to the **My Status** page, where you will see that you now have green check marks across Comp Intro Preclinic Reading.

COMP INTRO PRECLINIC READING

- Comp Intro Preclinic Reading
- ✓ Welcome
- ✓ FINA Resources
- ✓ CAS LTAD Framework 2.1

Sub Module: Comp Intro Preclinic Reading

CONGRATULATIONS Kara!!!

You have completed Comp Intro Preclinic Reading

You have completed: "Comp Intro Preclinic Reading" of Canada Artistic Swimming's National Coaches Course

Click here to continue

Click here to see your current Status

If you have not done so already, please complete our [feedback form](#) to help us make improvements to future programming. Feel free to browse through your [Tools](#) section at the top for more coaching tools.

	Component	Registered	Completed
1	Comp Intro Preclinic Reading	✓	✓

Step 5: The next step is to ensure you have completed the **(2) CAC Coach Initiation in Sport** and the **(3) S4L Introduction to Physical Literacy**.

***As AquaGO! Modules 1-3 are now a pre-requisite for Competition Introduction you should have completed these pre-requisites already and you will automatically have green check marks across these rows.**

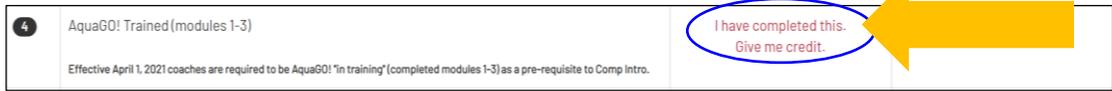
Your **“My Status”** table for Competition Introduction should look like the screenshot below with green checkmarks across your **(2) Coach Initiation in Sport** and **(3) S4L Introduction to Physical Literacy** rows:

Competition Introduction

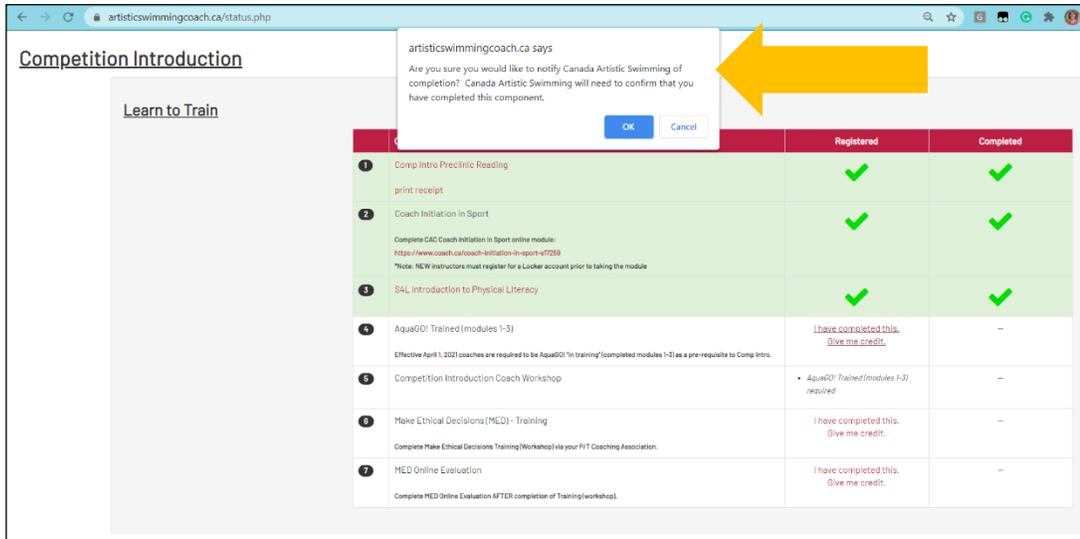
Learn to Train

	Component	Registered	Completed
1	Comp Intro Preclinic Reading print receipt	✓	✓
2	Coach Initiation in Sport Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport/#7258 <small>*Note: NEW Instructors must register for a Locker account prior to taking the module</small>	✓	✓
3	S4L Introduction to Physical Literacy	✓	✓

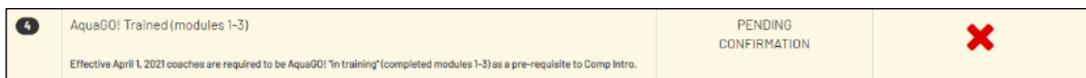
Step 6: The next step is to confirm that you are **(4) AquaGO! Trained (modules 1-3)**. Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro. Click on **"I have completed this. Give me credit"**.



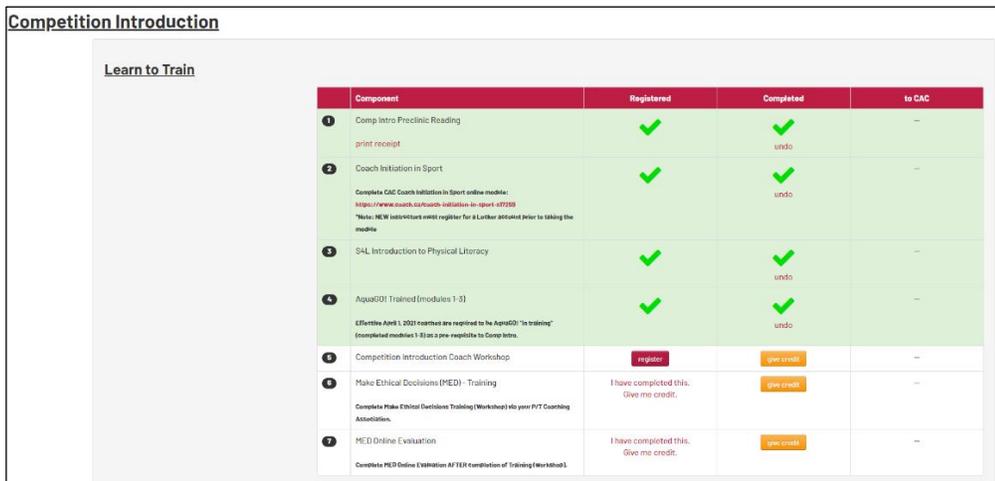
A pop-up box will appear on the screen – click "OK"



The (4) AquaGO! Trained (modules 1-3) row will then be yellow and state "PENDING CONFIRMATION" in Registered column.



Once your AquaGO! training is confirmed – your (4) AquaGO! Trained (modules 1-3) row will have green checks appear and you can proceed with registering for a Competition Introduction Coach Workshop.



Step 7:

You will now see that **“register”** is now available next to **(4) Competition Introduction Coach Workshop**:

Competition Introduction

Learn to Train

Component	Registered	Completed	to CAC
1 Comp Intro Preclinic Reading print receipt	✓	✓ undo	—
2 Coach Initiation in Sport <small>Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/coach-initiation-in-sport-417258 <small>*Note: NEW Instructors must register for a Locker account prior to taking the module</small></small>	✓	✓ undo	—
3 SAL Introduction to Physical Literacy	✓	✓ undo	—
4 AquaGO! Trained (modules 1-3) <small>Effective April 1, 2021 coaches are required to be AquaGO! "in training" (completed modules 1-3) as a pre-requisite to Comp Intro.</small>	✓	✓ undo	—
5 Competition Introduction Coach Workshop	register	give credit	—
6 Make Ethical Decisions (MED) - Training <small>Complete Make Ethical Decisions Training (Workshop) via your PFT Coaching Association.</small>	I have completed this. Give me credit.	give credit	—
7 MED Online Evaluation <small>Complete MED Online Evaluation AFTER completion of Training (Workshop).</small>	I have completed this. Give me credit.	give credit	—

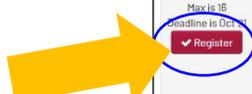
Click on **“register”** to register for the Competition Introduction Coach Workshop.

You will be taken to the clinics page on artisticswimmingcoach.ca.

When you see the clinic you want to register for click on **“Register”** in the first column:

1 Clinics

City	Workshop Name	Notes	Facilitator	Module(s)	Date	Location	Contact	Contact Email	Cost				
Online	COMP INTRO PILOT (note times are MT)	Notes	Jaime Thompson Jennifer Langlois Kara Heald Julie Healy	★ Competition Introduction Coach Workshop	Oct 24/20 @ 9:00am to Nov 1/20 @ 3:30pm	Online	Kara Heald	✉	<table border="1"><tr><th>Option</th><th>Cost</th></tr><tr><td>Comp Intro Pilot Fee</td><td>\$250</td></tr></table>	Option	Cost	Comp Intro Pilot Fee	\$250
Option	Cost												
Comp Intro Pilot Fee	\$250												



A pop-up box will appear on the screen with the following message:

artisticswimmingcoach.ca says

Are you sure you want to register for this clinic? The clinic administrator will be contacting you with payment details once you register for the clinic.

OK **Cancel**

Click on **“OK”** to register and your PTSO will contact you with payment instructions OR will have PayPal set-up here. Contact your PTSO with any questions.

You will also receive a confirmation email.

You will then show a green **“REGISTERED”** box next to the clinic you have registered for.

Step 8: Return to your **My Status** page by clicking **“My Status”** on the top header.

You will see that you have a green checkmark in the **“Registered”** column for the **(5) Competition Introduction Coach Workshop** row and a **“Workshop Documents”** link has now appeared.

Click on **“Workshop Documents”** to see all of the documents you will be using for the Competition Introduction Workshop.

If you have any questions about the workshop contact your PTSO.

Competition Introduction

Learn to Train

Component	Registered	Completed	to CAC
1 Comp Intro Preclinic Reading <small>print receipt</small>	✓	✓ <small>undo</small>	—
2 Coach Initiation in Sport <small>Complete CAC Coach Initiation in Sport online module: https://www.coach.ca/academy-initiation-to-sport-41208 *Note: NEW instructors must register for a Lector account prior to taking the module</small>	✓	✓ <small>undo</small>	—
3 S/L Introduction to Physical Literacy	✓	✓ <small>undo</small>	—
4 AquaSOI Trained (modules 1-3) <small>(Effective April 1, 2021 coaches are required to be AquaSOI "in training" completed modules 1-3) as a pre-requisite to Comp Intro.</small>	✓	✓ <small>undo</small>	—
5 Competition Introduction Coach Workshop <small>View My SOI</small> Workshop Documents <small>Delete registration?</small>	✓	mark as complete	—
6 Make Ethical Decisions (MED)- Training <small>Complete Make Ethical Decisions Training (Workshop) via your PFT Coaching Association.</small>	I have completed this. Give me credit.	<small>give credit</small>	—
7 MED Online Evaluation <small>Complete MED Online Evaluation AFTER completion of training (workshop).</small>	I have completed this. Give me credit.	<small>give credit</small>	—