



2004-2005

Coach Development Series

2004 Synchro Ontario Athlete Development/High Performance Summer Camps

Invitation to volunteer at three development camps in July & August working alongside the province's top coaches and top Tier 1-6 athletes.

Synchro Ontario Tier 7 Jr. High Performance Camps coached by Sheilagh Croxon

Invitation to observe former National Team and Olympic Team coach Sheilagh Croxon train Tier 7 Junior athletes over a 2-day camp in both August and December.

Synchro Ontario Coach Development Seminar with Sheilagh Croxon

Full day seminar with former National Team and Olympic Team coach Sheilagh Croxon on Effective Planning: "If you fail to plan, you plan to fail" (one coach per club).

Monday, August 30, 2004 - Victor Davis Pool, Guelph

Synchro Ontario Fall Meeting - Coach Development Session

As part of Synchro Swim Ontario's Annual Fall Meeting, one coach per club is invited to attend the morning update session, and then attend a coaches only development session in the afternoon. Saturday, September 11, 2004 ~ Sport Alliance Building, Toronto

Synchro Spirit 2004 Athlete & Coach Development Workshop

Synchro Ontario's annual athlete and coach development workshop which includes pool and classroom sessions with top coaches, Olympic athletes, and sport specialists.

Synchro Ontario Annual Fall Technical Courses

Annual Fall Technical Courses for NCCP/CBET Levels I, II and III.

Competition Feedback Sessions

Synchro Ontario will continue to provide coach feedback sessions for the 2004-05 competitive season with high-level officials and coaches.

Regional Coach Clinics

Olympic medal winning coach Sheilagh Croxon will lead regional coaching clinics. Clubs must attend the clinic in their competitive region.

East Region Clinic: Saturday, February 26th ~ 11:30-4:00 @ Orleans Rec Complex

Central & North Region Clinic: Sunday, March 6th ~ 3:30-8:00 @ Etobicoke Olympium

West Region Clinic: Wednesday, March 2nd @ Waterloo Regional Synchro Club Pool

2005 Synchro Ontario Sport Development/High Performance Summer Camps

Development opportunities will be available for coaches during the 2005 High Performance and Sport Development camps being offered for Summer 2005.