



2016-17 L2T Program Information

Learn to Train 2016-16 Program Information

Synchro Swim Ontario is excited to announce the implementation of our new Provincial Learn to Train Programming Initiative (“L2T”) for the 2016-17 season. This program is made possible by the generous support of the Ontario Ministry of Tourism, Culture and Sport’s “Sport Priority Funding.”

As part of L2T, Each Ontario club is invited to select six (6) athletes and two (2) coaches to attend the **Learn to Train** Programming Clinics. Maximum capacity is 120 athletes province-wide.

Once registration is complete, should more spaces become available, a random draw will be conducted to fill placements (please note on the registration form if your club would like to be considered for the draw to send additional athletes and/or coaches).

Pending numbers at the September Clinic and pending regional representation following club registrations, additional athlete/coach placements per club may be added for the follow-up clinics in January & March (available at a prorated fee).

Program Outline

Participating L2T Coaches/Athletes will attend the following events:

EVENT	DATE		TIME	LOCATION
September Clinic	Saturday September 10, 2016		8:00am – 4:00pm 8 hours	Etobicoke Olympium, Toronto <i>(to be confirmed)</i>
Follow-up Clinic #1 Lisa A. East or C/N/W	EAST	January 14, 2017	Time TBD (following competition) 2 hours	Nepean Sportsplex, Ottawa
	C/N/W	January 20-22, 2017	Time TBD (following competition) 2 hours	Etobicoke Olympium, Toronto
Follow-up Clinic #2 East Regionals, West Regionals, or C/N Regionals	EAST	March 11-12, 2017	Time TBD (following competition) 2 hours	Nepean Sportsplex, Ottawa
	WEST	March 11-12, 2017	Time TBD (following competition) 2 hours	Gretzky Sportplex, Brantford
	C/N	March 3-5, 2017	Time TBD (following competition) 2 hours	TBD

At the **September Clinic** (8 hours), Coaches/Athletes will participate in the following programming:

Component	Description
L2T Goal Setting Program	Athletes and Coaches will be educated in an expert-led, Learn to Train Goal Setting Program & will be given relevant materials. Athletes will utilize these tools with their coaches throughout the season.
Physical Capacity Programs	<p>Athletes will participate in several expert-led physical capacity programs (coaches will observe/ask questions, and in some cases try the programs themselves). Athletes will be divided into groups, and will rotate between several land and water stations. The stations will include:</p> <ul style="list-style-type: none"> ○ Flexibility ○ Extension ○ Strength ○ Swimming <p>These expert-designed programs will be made available via video AFTER the clinics for continued learning, and to assist with disseminating the programs into clubs across the province.</p>
L2T Land Routine	Coaches and athletes will learn the new L2T Pre-Set Land Routine. The land routine is a new, optional event that will be piloted (by clubs who choose to participate) at Lisa A. and Regionals in 2016-17. This will be a fun, music-based routine that emphasizes key physical skills, synchronization, and pattern transitions.

At the **Follow-up Clinics** (2 hours each) in January and March, Coaches/Athletes will:

Check-in and review the programs taught at the September Clinic. There will be time for Q&A and updates on program implementation, and program leads will outline areas to continue to focus on for the season. The goal of the Follow-up Clinics is to deliver on-going support for coaches and athletes and encourage the implementation of programs within the clubs, as well as allowing for discussion around strengths/weaknesses observed and strategies for proper implementation.

For Coaches only:

Coaches, in addition to attending the three (3) clinics above, will be invited to attend two (2) Coach Support Conference Calls led by the HP/Tech Lead who will provide mentorship and guidance regarding program implementation in-between the September and January Clinics.

ELIGIBILITY

When selecting Athletes & Coaches to attend Learn to Train, clubs should be aware of the eligibility requirements below:

Coach Eligibility	Selected coaches should regularly work with Learn to Train stage athletes (ages 9-11)
	Minimum Competition Introduction "Trained" Status
	Able/willing to observe and participate in L2T programming: September Clinic, Follow-up Clinic #1, Follow-up Clinic #2, plus two (2) Coach Conference Calls
	Excellent communication skills
	Able/willing to facilitate sharing of information and support implementation of skills learned at club level
	Provide feedback to Synchro Swim Ontario as requested

Athlete Eligibility	Must be registered as a Competitive, Provincial Stream athlete with the club
	Aged 9, 10 or 11 (Born in 2006, 2007 or 2008 – Learn to Train ages, will be competing in 10U or 11-12 Provincial Stream during 2016-17 season)
	Able/willing to attend and participate in L2T Programming: September Clinic, Follow-up Clinic #1, Follow-up Clinic #2

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 (i.e. you may select six 11 year-olds, two from each age, three 9 year-olds and three 10 year-olds etc.)

PROGRAM COST

The Learn to Train Program will be available for Athletes at a cost of \$50.00 (includes attendance at 8-hour September Clinic, 2-hour Follow-up Clinic #1 and 2-hour Follow-up Clinic #2)

Each club must send at least one (1) coach to supervise their athletes. Clubs can send a maximum of two (2) coaches. There is no cost for coaches to attend L2T.