



To: All Synchro Swim Ontario members

From: Synchro Swim Ontario Staff & Board

Date: November 19, 2014

Re: 2015 High Performance Athlete Development Plans & Programs

Over the past four years, Synchro Swim Ontario has delivered a significantly increasing number of successful High Performance programs which are aligned with LTAD and Synchro Canada directions and focus on athlete identification and development. The projects work in a top down manner from the highest competitive level (with Junior athletes in Train to Compete), to 13-15 talent-identified athletes, to our newest program addressing the development of 11-13 year-old athletes in the Train to Train phase of LTAD. This approach has delivered successful results on the national stage and has produced the highest results in 20 years for Ontario athletes. As we continue to identify next steps and build our plans for the future, SSO is working hard to develop a thoughtful and refreshed High Performance Athlete Development programming strategy that will leverage the success of the programs that will be in place for 2015-16, as well as broaden the reach for development of a greater number of athletes in both the Provincial and National Streams.

Journey to Excellence Summit

The most exciting initiative we have been working on is the expansion of the highly successful Journey to Excellence Conference into a "Journey to Excellence Summit" which will include an athlete and coach development component that will reach athletes at all levels and streams and will allow athletes, coaches and officials to work together in a collaborative setting aimed at delivering excellence at all levels. The goal of this Summit is to share the best of the best programming, best practices for athlete development, and vetted experts implemented and established successfully in current High Performance Programming (OHPSI Academy and T2T HPAD) and substantially expand the key success factors to a greater number of athletes and coaches through access to all clubs. The Summit will also be an opportunity for Synchro Swim Ontario to seek stakeholder input to the development of the 2016-2020 Synchro Swim Ontario High Performance Plan. Provincial Stream and National Stream athlete selection to the Summit will be done via club selection, and will ensure equal representation of every club and age-group. Details will come in the New Year regarding this collaborative selection process. Currently the Summit is being planned for September 9-13, 2015 at the Olympium Pool and the Hilton Garden Inn.

11-12 Provincial Team

For Summer 2015, Synchro Swim Ontario will be fielding an 11-12 Provincial Team as part of the current two-year Ministry of Tourism, Culture & Sport Priority Funding "Train to Train" High Performance Athlete Development Program. Synchro Swim Ontario has placed a bid to Synchro Canada for the 2015 UANA Championships taking place in Calgary from August 10-16. Synchro Swim Ontario will notify membership of the bid status as soon as notice is given. *The 11-12 Provincial Team Selection Criteria is completed in full and attached as a separate document.

The two-year Ministry of Tourism, Culture & Sport Priority Funding "Train to Train" High Performance Athlete Development Program targeting athletes aged 11-13 will continue for its second year from September 2015 to March 2016. Selection for the 2015-2016 "Train to Train" High Performance Athlete Development Program will be based on athlete results at 2015 competitions. Specific selection to the 2015-2016 program for athletes competing in the 10&U and 11-12 Age Groups in 2015 will be published by January 31, 2015.

OHPSI Junior Academy Program

The Synchro Swim Ontario OHPSI Junior Academy Program targeting FINA 13-15 and FINA Junior athletes will continue for 2015-16 pending annual review from the Canadian Sport Institute Ontario. Selection to the 2015-16 Academy will be determined by 2015 National Team Trials results (Phase 1-3), as well as tracked athlete data from all 2015 National Stream competitions. Selection will be approved and communicated by the OHPSI Management Committee which is comprised of members from Synchro Swim Ontario, Synchro Canada and the Canadian Sport Institute Ontario.

10&Under Provincial Team Decision

After careful consideration, Synchro Swim Ontario has made the decision that a 10 and Under Provincial Team/Squad camp program will not be delivered for Summer 2015 due to the challenges concerning conflicts with family vacation plans, the observation that athletes and families and the synchro community in general are tired after the season ends, and lastly the high cost of program delivery. The T2T HPAD program as well as the 2015 Journey to Excellence Summit will serve as the programming that will capture the top athletes within this age group and provide them with the development needed as they head into the 2015-16 season.

Provincial Team Programming for Summer 2015

Further, no other "Provincial Team" programming will be delivered for 13-15 or 16-18 in Summer 2015. After careful consideration of the opportunities in Summer 2015 and lack thereof, including the US Open being moved to late May, it has been determined that there is not a suitable assignment for these age groups. Synchro Swim Ontario encourages interested clubs to place bids on events that may be suitable for their athletes, and staff is available to provide support, consultation, and assistance for clubs who may want to place a club bid on an international event. Any clubs interested in pursuing a bid are encouraged to communicate with Kara Heald, Sport Development Manager, HP & CS4L.

2015 is an exciting year ahead which will include the 2015 Canadian Open Championships (being held at the Toronto Pan Am Sports Centre), which will serve as a test event for the Pan Am Games. Also the 2015 Hilton Worldwide Invitational and 2015 Age Group Championships being held at the newly renovated Etobicoke Olympium (which will serve as a practice facility for the Pan Am Games). It is amazing that our entire synchro community is able to be part of the action! Synchro Swim Ontario is excited for all its members to be motivated and inspired by this legacy event and provide us with momentum into the planned Journey to Excellence Summit and onward with our journey into 2016 and beyond!