

**BOARD OF DIRECTORS
MEETING # 6 (2017-2018)
March 13, 2018
Teleconference**

H. Dwinnell – **Recording Secretary**

Present:

D. Thompson
C. Atkinson
T. Barker
M. Brown
D. Leckie
P. Legault
B. Seawright

Staff:

J. Vadeika
H. Dwinnell

| ITEM | ACTION |
|---|----------------|
| <p>6-2018:01.1 CALL TO ORDER D. Thompson called the meeting to order at 12:03pm. D. Thompson confirmed that the call was being recorded.</p> | |
| <p>6-2018:02.1 APPROVAL OF AGENDA MOTION: P. Legault To approve the agenda as distributed.</p> | CARRIED |
| <p>6-2018:03.1 APPROVAL OF JANUARY 19, 2018 BOARD MINUTES MOTION: C. Atkinson/T. Barker To approve the January 19, 2018 Board of Director minutes with addition of “C. Atkinson abstained because she was not in attendance at that meeting”.</p> | CARRIED |
| <p>6-2018:04.1 BOARD REPORTS President’s Report Included in Board Administration item.</p> | |
| <p>6-2018:04.2 Board Administration D. Thompson reviewed expectations for the April in-person Board meeting weekend: Friday April 27 – (time to be confirmed) Program Policy Committee meeting Friday April 27 – (time to be confirmed) Finance/Audit Committee meeting Friday April 27 - 6:00pm – 8:00pm Swim Ontario Board meeting Saturday April 28 - 8:00am – 4:00 pm Governance Workshop, Move Us Forward Update and distribution of the Board Orientation information.</p> <p>D. Thompson proposed that the June 5th board meeting be an in-person meeting to receive the final report on the Move Us Forward Project but timing was TBD depending on the exact submission date of the report.</p> | M. Brown |

6-2018:04.3

Program Policy Committee

M. Brown confirmed the Board Orientation/Welcome document package and the Nominations Committee TOR would be presented at the April in person meeting. In response to an inquiry regarding other Standing Committee's TOR, M. Brown confirmed that all standing committees report to the Board.

C. Atkinson suggested there be a central location for all documentations to allow for easier access. Management to come back with a recommendation for the next meeting.

J. Vadeika

MOTION: M. Brown/P. Legault

To accept the Program Policy Committee Terms of Reference as presented and approved by Program Policy Committee.

CARRIED

Vulnerable Sector Check for Master Coaches – the committee was tasked with the review of VSC requirements for Master Coaches and after review by the committee it was recommended that the requirement stand. D. Thompson is continuing with research on various sports procedures for this and will provide a report to the Board. C. Atkinson requested he include officials in his research.

D. Thompson

Bylaw Inconsistency – Club Voting Privileges – M. Brown summarized the research of the secretary and committee and the challenges with the motion passed at the 2017 AGM. It was decided that M. Brown and T. Barker schedule a meeting with the people who made the motion at the AGM and a report be presented to the Board at the April meeting.

M. Brown
T. Barker

6-2018:04.4

Finance and Audit Committee

B. Seawright reported the following:

- Finances are on track and a surplus is projected
- Expenses – 37% left to pay out – expecting a lot of year end expenses to come in
- Income – 7% remaining to collect
- SNC registration fee invoice should be received March 31, 2018
- Previously reported pressure for Athlete Assistance has eased up because 3 athletes retired
- Regional projects, regional coaches, Officials and regional camps – are behind in spending but there will be more expenses by year end
- Performance events – OJI expenses may require a motion from the finance committee to reduce the High Performance Reserve Fund. This will be updated next meeting.

T. Barker requested a quarterly financial report including at least Balance Sheet, P&L, and any necessary notes. In addition a verbal summary of highlights (similar to this meeting) at every board meeting if possible. D. Thompson agreed. B. Seawright will work with the 2

Finance/Audit
Committee

accountants on the committee to recommend a format and produce a summary for Board approval.

- 6-2018:04.5 **Nominations Committee**
The Committee will be struck once the TOR are approved at the April board meeting. D. Thompson recommended that the presentation for the TOR review should be conducted after the governance workshop which will speak to policy governance best practices around board recruitment and selection.
- 6-2018:04.6 **Move Us Forward Project**
R. Mercier distributed a report to the Board prior to the meeting which summarized the activities to date and the schedule of next steps. D. Thompson confirmed the survey had been sent to each member in the registration system and was posted to the website. The survey will be open until March 27th.
- 6-2018:04.7 **Executive Director Report**
J. Vadeika distributed a written report prior to the meeting. Three items from his report would be discussed as individual items as per the agenda. D. Thompson inquired about registration status and J. Vadeika reported that we are on track. D. Thompson requested a comparison of registration statistics from last year at this time. J. Vadeika will send the comparison report. D. Thompson suggested a strategic plan dashboard that targets where we are and to better understand the trend. J. Vadeika agreed to work with the President on the format.
- 6-2018:04.8 **Pool Depth Discussion**
D. Thompson reported that due to a ruling in Regina regarding an insurance claim has caused Swimming Canada to re-look at facilities and how pool and more importantly, water depth is regulated. J. Vadeika is a participant on the task force which is reviewing facility rules and what impact any changes would have on clubs and facilities. The fundamental key issue is water depth within a facility where starting platforms are used while reducing risk and amending the current standard. Target date for implementation of any new rules to be September 2018.
- 6-2018:04.9 **Safe Sport Discussion**
D. Thompson referenced the challenges USA swimming and other sports are encountering regarding a safe sport environment. He referenced current procedures with regards to screening enhancement, inclusion, anti-doping, responsible coaching, bullying and harassment. D. Thompson in light of the Rick Madge (coach/Blogger emails) would like management to clarify for the board the accountabilities/authority around complaints leading to updating of the procedure. D. Thompson also wanted clarity around Swim Ontario Club education practices, screening of IST personnel, role of management versus independent arbitrators and procedures around informing law enforcement officers..
- 6-2018:04.10 **Masters**
The Masters Committee has proposed that the Masters club affiliation

J. Vadeika
D. Thompson

application fee be waived for 2018/19 season. The committee is researching the Quebec model for Masters registration and are working on a promotional program, member benefit chart, communication plan and a Facebook page. Goal is to have more clubs sign up for Swim Ontario in September, have more clubs host Masters meets next season, to secure a Provincials host early in the new season and for an Ontario club to host Nationals.

- 6-2018:04.11 **Executive Session with Staff**
The Board had an executive Session with Staff remaining.
- 6-2018:04.12 **Executive Session Board Only**
Not required
- 6-2018:05.1 **NEW BUSINESS**
There was no new business.
- 6:2018:06.1 **NEXT MEETING**
The next meeting is scheduled April 27-28, 2018 in person at the Swim Ontario office.
Friday April 27th – (time to be confirmed) Finance/Audit and Policy Planning Committees meetings
Friday April 27th - 6:00pm – 8:00 pm Board meeting
Saturday April 28th – 8:00am – 4:00pm - Governance Workshop and Move Us Forward update
- 6:2018:07.1 **MOTION:** P. Legault
To adjourn the meeting.
- 6:2018:07.2 The meeting adjourned at 1:43pm.

ED Report to the BOD – March 13, 2018

Operations Notes

1. AGM -

- i. The Swimming Ontario AGM is tentatively booked for September 21-23, 2018

2. Finance

- i. February financials in draft and have added new accounts
- ii. Will be forwarded to finance for next meeting March 21

3. Nevada

- i. We have 2 new sites – Circle K – Brampton and Corner Market – Wasaga Beach

4. Human Resources

- i. Staff Professional Development – reviewing and negotiating PD with Stitt Feld Handy - soon to be implemented

5. Swim-a-thon -

- i. Clubs have begun registering for 2018 Swim-a-thon
- ii. There were 52 clubs participating last year
- iii. Have received 2 invoices from Raising Spirits for website set up

6. Registration

As of March 7, 2018

Competitive – 12,577

Non-competitive – 5,339

University – 498

Masters MSC – 615

Masters Non-competitive - 233

Coaches – 934

Central Region Competitive – 5,862; non-competitive – 2,244

Eastern Region Competitive – 1,673; non-competitive – 882

Huron Region Competitive – 997; non-competitive – 463

Northeast Region Competitive – 706; non-competitive – 156

Northwest Region Competitive – 300; non-competitive – 208

Western Region Competitive – 2,919; non-competitive – 1,180

Masters Status Update

- i. There are 846 Masters up from 503 previously as of March 5th, 2018 (MSC - 613 ; non-competitive - 233)
- ii. 26 Masters clubs are affiliated – 20 integrated and 6 Masters only (unchanged)
- iii. Independent Masters Swimmer category approved – there are only 10 currently registered
- iv. Provincial championship meet pool time is booked for May 4-6 weekend in Barrie
- v. Hosting agreement almost finalized
- vi. Final competition package has been published and sanctioned
- vii. Created pdf fillable form for registration of SO-M swimmers (ongoing).
- viii. Heather is managing registration to date
- ix. To be posted to SO website
- x. We are waiting for more Masters Clubs to start wanting to host meets, but only one has implemented

Masters Provincials meet package - completed and sanctioned with Google Online form for registration.

- Registration procedure
 - o Swimmer completes online form
 - o Entries document sent to swimmer and SO
 - o SO checks swimmer registration
 - o Once properly registered, they are contacted with fees and payment options
 - o Lindsay is entering the information into Hy-Tek once registration confirmed
 - o Swimmers check their status at <https://docs.google.com/spreadsheets/d/13HCdzL6oyoVZcAWwbxEqi-fpsMPuZonMzvMprXuaEPY/edit?usp=sharing>
- 21 confirmed registered swimmers

7. Club Affiliation Status

- i. ROCS Swimming – significant change (new owners) was approved with requirement to submit proof of dissolution of old entity by November 1 – proof has not been received yet.
- ii. We have received a request for a name change to an existing club. We are reviewing and if name change is approved it will become effective September 2018. Update will be provided when complete.

8. Office Relocation Update

- i. We have signed a representation agreement with CBRE West to represent the 3 sport orgs until May 14, 2018.
- ii. Our representative received approval from all three sports to distribute an RFP to the landlord for an offer. We are waiting for an update.

9. **Facility Infrastructure Impacts - Swimming Canada Working Group** – Facilities Rules (FR) Implementation for September 2018

- SC implemented a FR working group in response to concerns raised by the ED council of the impacts on PSO P&P, and facility infrastructure use in both competition and training.
- This placed a delay on the new SC rule book
- Initial memo from Swimming Canada has been distributed publicly as well as to all club presidents and head coaches -

“Swimming Canada, through their officials’ bulletin has passed along the following information regarding the FINA & CANADIAN RULEBOOK The updated Canadian Rulebook has been delayed while Swimming Canada continues to work on finalizing the changes and reviewing impact with the PSOs, specific to the Facility Rules. A working group, consisting of PSOs, technical experts and staff, has been formed to review the existing facility rules and develop recommendations for facility rules and guidelines to be effective September 1, 2018, with the intent to share those rules and guidelines in the coming months. At this time, competitions within Canada are to be run using the SW FINA rules issued as of September 21, 2017, in combination with the CSW rules found in the 2013 Edition of the Swimming Canada Rules and those CGR and CSW rules shared through the Swimming Canada Rule Memorandums 1 & 2, in September 2017. All documents can be found [HERE](#).”

- The research of this committee indicates that water depth in facilities for diving from a starting platform will be impacted. Specific to Swim Ontario, there is a risk that the changes to be proposed will impact the use of facilities for diving from starting platforms in a significant number of pools in use by Swim Ontario clubs. The mandate of the working group is to provide the appropriate recommendations to Swimming Canada for changes to the facilities rules in an appropriate timeframe to communicate and educate the Swimming Canada community for implementation by September 2018.

Swim Ontario Officials Committee (SOOC) Update - Meetings Jan. 4 (SOOC – ROR) and Feb. 1

- Paul Corkum named OCRC Ontario representative
- Discussion points
 - Facility rule and pool depth certificate
 - Referee shadowing / mentoring / acting definitions
 - Meet Manager sign offs with more and more paid Meet Managers within clubs
 - Education sub-committee update
 - Clinic feedback
- Next meeting March 12 and March 26 (SOOC-ROR)

Swimming Canada – Officials

- Bulletin distributed February 2018
- 500 rule books have been ordered – delay in rule book publishing
- Facility Rules Workgroup weekly meetings
- Officials RTR Enhancement Workgroup – testing underway

RTR enhancement

- 3 enhancements submitted since the launch. No progress with requests submitted.
- Officials RTR enhancement testing underway with “Mass Officials Addition” and “Clinic and On-Deck evaluation” updates as well as Deck Log option for officials to complete.

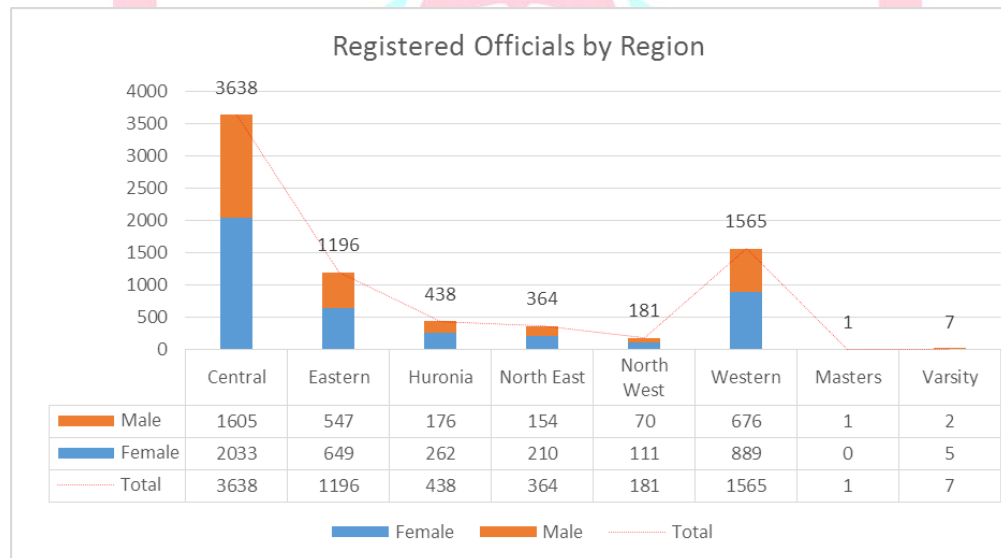
Communication with Officials

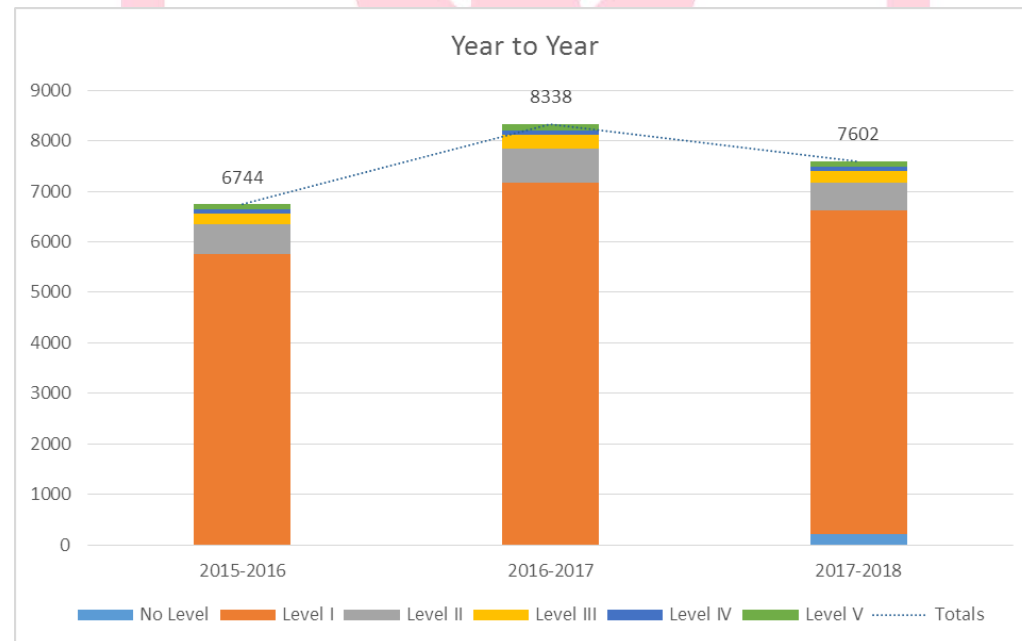
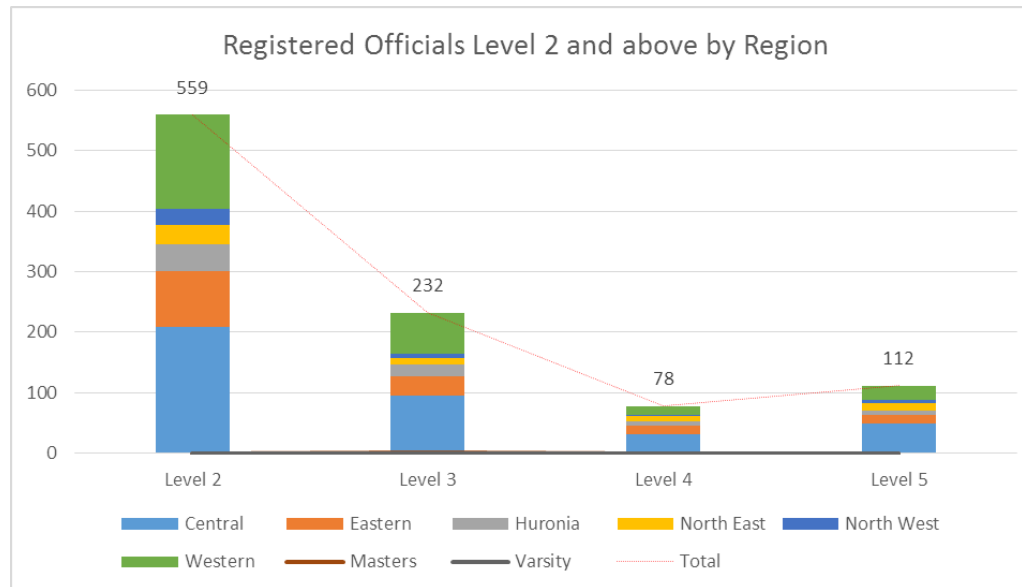
- Officials Bulletin – Jan. 4
- OCRC Bulletin – February
 - Additional communication regarding e-modules and rule books
- Next Bulletin April 2018
- Planned webinars for COC/COAs and Meet Managers

Officials Registrations

- 7602 registered officials (No Level + Level 1 to 5)
- See below report for details and graphs

| Region | | | |
|------------|------|------|------|
| Central | 2033 | 1605 | 3638 |
| Eastern | 649 | 547 | 1196 |
| Huronia | 262 | 176 | 438 |
| North East | 210 | 154 | 364 |
| North West | 111 | 70 | 181 |
| Western | 889 | 676 | 1565 |
| Masters | 0 | 1 | 1 |
| Varsity | 5 | 2 | 7 |
| | | | 212 |
| Total | 4159 | 3231 | 7602 |





Officials Education

Since the last report an additional 79 clinics have been registered with Swim Ontario. Total of 343 for the season so far. Central and Eastern regions conducted regional clinics in January, February and March. A Western Region referee clinic was held in Brantford in February. Most clinics were “in-person” clinics given either by clubs or regions servicing 4339 officials serviced.

- Swimming Canada has launched their e-modules for the Intro to Swim Officiating and the Safety Marshal clinic in late February.
 - Glitches still remain which Swimming Canada is aware of and working on solution.
 - The e-modules work well for NEW officials
 - In the next few weeks additional instructions will be prepared for COAs to prepare for the 2018-2019 season and getting parents / new officials to take these e-modules
- Additional 4 webinars conducted in February. SOOC will review next steps with regards to the delivery and getting additional instructors involved. 200 officials serviced.

Officials Mentorship, Evaluation and Certification

- Certification in Level II and III continues with clubs using the online registration system to update their officials. All new Level II and III details entered in the system are approved by the Provincial Official Administration.
- 6 evaluations upcoming in late March and April for Level IV & V
- Certifications so far this season

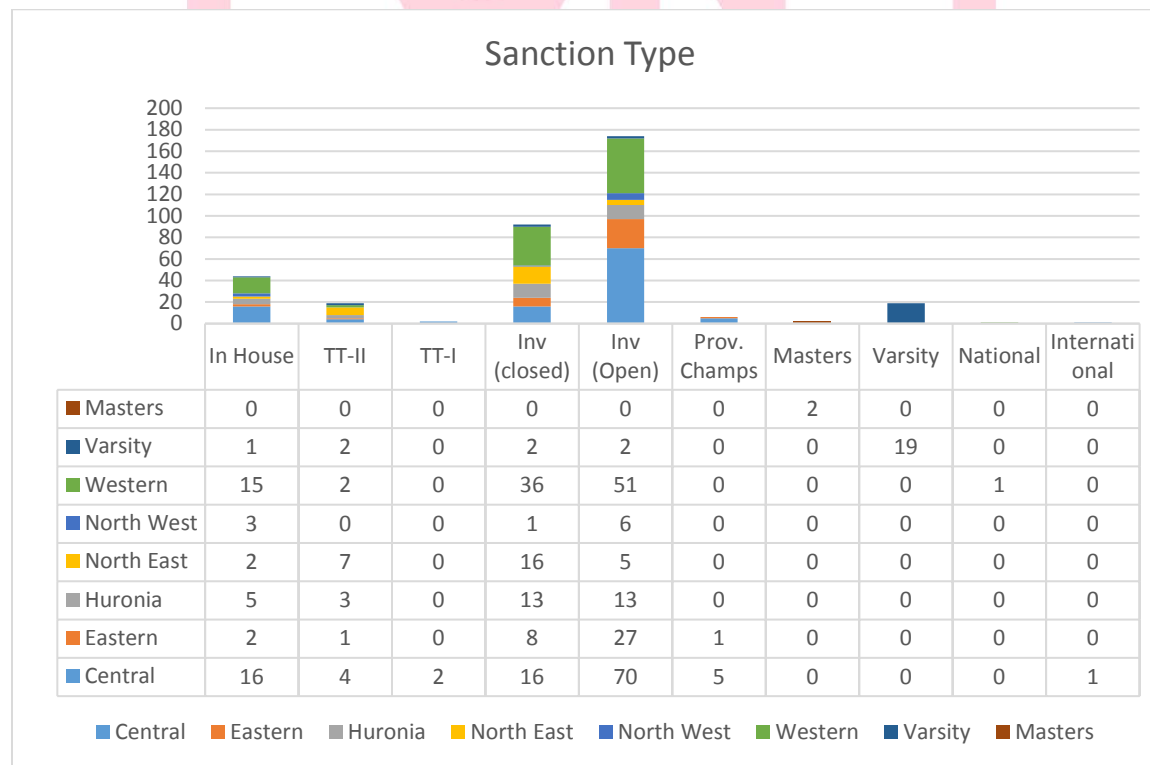
| Region | 2017-2018 | | | |
|------------|-----------|---------|---------|---------|
| New | Level 2 | Level 3 | Level 4 | Level 5 |
| Central | 28 | 19 | 4 | 1 |
| Eastern | 7 | 6 | 1 | 0 |
| Huron | 2 | 0 | 0 | 0 |
| North East | 3 | 1 | 1 | 0 |
| North West | 2 | 3 | 2 | 0 |
| Western | 25 | 10 | 2 | 0 |
| Total | 67 | 39 | 10 | 1 |

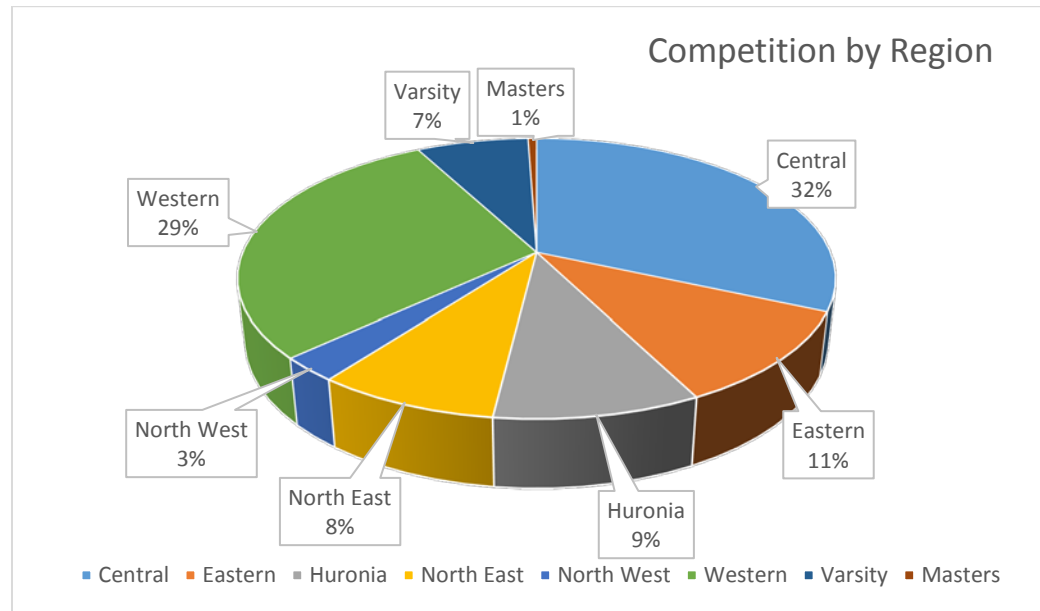
2017-18 Competition Sanctions

| Club Name | No: of Competitions | Club Name | No: of Competitions |
|-----------------------------------|---------------------|----------------------------------|---------------------|
| London Aquatic Club | 10 | Breakers Swim Team | 2 |
| Etobicoke Swim Club | 9 | Brock Niagara Aquatics | 2 |
| Guelph Marlin Aquatic Club | 7 | Cambridge Aquajets | 2 |
| Brantford Aquatic Club | 5 | Collingwood Clippers Swim Club | 2 |
| Greater Ottawa Kingfish Swim Club | 5 | Dryden Dolphins | 2 |
| Hamilton Aquatic Club | 5 | Ernestown Barracuda Swim Club | 2 |
| Mississauga Aquatic Club | 5 | Ingersoll Speed Sharks | 2 |
| Muskoka Aquatic Club | 5 | Kirkland Lake Aquatic Club | 2 |
| North York Aquatic Club | 5 | Lindsay Lightningbolts Swim Club | 2 |
| University Of Guelph | 5 | McMaster University | 2 |
| Cobra Swim Club | 4 | Newmarket Stingrays Swim Club | 2 |
| Golden Horseshoe Aquatic Club | 4 | Northumberland Aquatic Club | 2 |
| Leamington Lasers Swim Team | 4 | Orangeville Otters Swim Club | 2 |
| Markham Aquatic Club | 4 | Owen Sound Aquatic Club | 2 |
| Milton Marlin Swim Team | 4 | Perth Stingrays Aquatic Club | 2 |
| Norfolk Hammerheads Aquatic Club | 4 | Petawawa Predators | 2 |
| Oakville Aquatic Club | 4 | Region Of Waterloo Swim Club | 2 |
| Sault Surge Aquatic Team | 4 | SUDBURY LAURENTIAN SWIM CLUB | 2 |
| St Thomas Jumbo Jets | 4 | Swim Ontario | 2 |
| Trent Swim Club | 4 | SWIM OTTAWA | 2 |
| University Of Toronto | 4 | Whitby Dolphins | 2 |
| WESTERN UNIVERSITY SWIMMING | 4 | Windsor-Essex Swim Team | 2 |
| Wilmot Aquatic Aces | 4 | York Swim Club | 2 |
| Aylmer Optimist Arrows | 3 | Ancaster Alligators | 1 |
| Barrie Trojan Swim Club | 3 | Carleton University | 1 |
| Belleville Youth Swim Team | 3 | Cfb North Bay Thunderbirds | 1 |
| Brock University Swim Club | 3 | Club Warrior Swimmers@UW | 1 |
| Burlington Aquatic Devilrays | 3 | Cornwall Sea Lions | 1 |
| Clarington Swim Club | 3 | Elliot Lake Aquatic Club | 1 |
| Halton Hills Blue Fins | 3 | GARDEN CITY AQUATIC CLUB | 1 |
| Kingston Blue Marlins | 3 | Hearst Phoenix Swim Team | 1 |
| Mallards Swim Team | 3 | Kapswim | 1 |
| Nepean Kanata Barracudas | 3 | Kingston Y Penguins Aquatic Club | 1 |
| Nickel City Aquatics | 3 | Lakeshore Swim Club | 1 |
| Orillia Channel Cats | 3 | Laurentian University | 1 |
| Oshawa Aquatic Club | 3 | North Bay Y Titans | 1 |
| Pickering Swim Club | 3 | Northwest Narwhal Swim Club | 1 |
| Richmond Hill Aquatic Club | 3 | Ottawa Swim Club | 1 |
| Scarborough Swim Club | 3 | Ottawa Y Olympians | 1 |
| Thunder Bay Thunderbolts | 3 | ROC SWIMMING | 1 |
| Timmins Marlins Swim Club | 3 | The Dorado Stars Swim Club | 1 |
| Toronto Swim Club | 3 | University Of Waterloo | 1 |

| | | | |
|----------------------|---|----------------------------|---|
| University Of Ottawa | 3 | Upper Canada Swim Club | 1 |
| Vaughan Aquatic Club | 3 | Uxbridge Swim Club | 1 |
| Windsor Aquatic Club | 3 | Valley East Waves | 1 |
| Blenheim Blast | 2 | W.Ross Macdonald Swimming | 1 |
| | | Wilfrid Laurier University | 1 |

- 250 Completed competitions
- 65 sanctioned competitions
- 29 Listed competitions
- Expect another 75 to 100 competitions before end of season





Provincial Sanctioning 2017-18 – as of March 7, 2018

- Mid-year Review of ODP numbers begins in Feb / March.
- 263 sanctioned meets have run so far
- 62 upcoming meets have been sanctioned
- 4 meets are Sanction Pending
- 3 meet is Region approved
- 29 meets have been listed, but not applied for
 - *Post Meet Invoicing* - there are 22 outstanding Post Meet invoices. Clubs have been reminded to pay before year end.

Coaching

- **Registration**
 - As of March 8 there are 903 Registered Coaches for the 2017-2018 season
 - 572 are Certified at Level 1 Fundamentals or higher
 - 29 have submitted their portfolios for marking
 - 4 are coaches part way through the “Coach Challenge” process
 - 80 are First Year, Level 1 Trained Coaches
 - 43 are Returning Coaches, Level 1 Trained, but not certified. Coaches have been notified of what they are missing for certification requirements.
 - 170 are untrained
 - 5 are Independent Coaches
 - As of March 8 there are 84 coaches in the system who have been entered, but registration is not complete
 - 55 are CSCTA Account Pending (have not completed their CSCTA registration)

- 5 are CSCTA Pending (have not paid for CSCTA membership)
- 20 are PSO Pending (have not provided VSC, paid, or both)
- 4 are PSO/CSCTA Pending (have not paid Swim Ontario or CSCTA, probably haven't submitted VSC)

- **Education**

- Swim Ontario has offered 16 courses since September 1, 2017
 - 15 Swimming 101s
 - Central – 5, Eastern – 3, Huronia – 1, North East – 2, North West – 1, Western - 3
 - 2 courses were cancelled due to low subscription (Central, Northeast)
 - 1 course was offered at \$50 through National Coaches Week (Huronion)
 - 144 coaches trained
 - 1 Swimming 201
 - Central
 - 11 coaches trained
- Swim Ontario currently has upcoming courses being offered in
 - 101 - Mississauga - April 13-15
 - 201 - Nepean - May 7-9
 - 101 - Markham - July 13-15
- Courses for the fall of 2018 are in the process of being scheduled and booked. Between September 1 and November 30 there are 11 101 courses and 1 201 course is on the current draft schedule.

- **Professional Development**

- Coaches are now required to collect a set number of points in a 5 year period to keep their certification active. Their five year period varies depending on their certification date. The earliest end date is January 2019. There are currently 56 registered coaches with an expiry date of 2019 that have not completed their point requirements. All of those are with a 2019 expiry date were emailed in January as a reminder. They will be emailed again in June.
- Upon registration, all certified coaches an email with their current point status, as well as a reminder of their expiry date.

Communications - MailChimp for Mass delivery system

- Approximately 98% of communication is successfully delivered
- Approximately 60% of the communication delivered is opened by the recipient
- We continue to hear the complaint about lack of communication, however, we are challenged with recipients reading the information that we distribute.
- Webinars - Nicole has started to use the Contact North webinar platform. She has run 9 webinars successfully. We have received notification from Contact North that they are going to be changing their platform from Saba to Adobe Connect over the next year and will provide training for the new platform.

Development Programming Updates

- a. PARA Sport Swimming Pilot Final Budget submitted to the Ministry December 19th, 2017 – funding transfer agreement signed and finalized
- b. PARA Ontario Sport Summit Hosted FEB 15/16 with consultant James Hood. See attached report
- c. Ontario PARA Collective
Collective LTAD Pathways sub-committee meeting held on February 16th. Next update after Para Olympics.

ACTION ITEMS:

Request from Little People to Host a “Try It” Day with Swimming included in Guelph. Working with GMAC to secure pool time and format. Date confirmed as Sunday May 6th. 27 confirmed to attend.
Ontario PARA Collective presentation in April – date pending.

- **McMaster Pool Update:**

No new updates.

- **Conference:**

ACTION ITEM:

1. Set up conference call for March 2018 to determine what type of conference themes and deliveries for next year.

- **Awards:**

ACTION ITEMS:

Host Awards Committee Call in March 2018

AGENDA:

- A. Review Swim Ontario Awards
- B. Review Awards Recognition Date
- C. Review Volunteer Recognition
- D. Ontario Sport Awards Application due March 16th, 2018

- **Ministry Women in Sport Grant:**

Grant application submitted November 10th, 2017

CAAW questionnaires submitted December 11, 2017 – UPDATE – I received notice that Janet Hyslop was short listed.

- **Ministry Summer Student Grant 2018:** Application due March 6th – I submitted.

- **Regional Committee Updates**

ACTION ITEM:

Host a RSC Conference call in February 2018

RSC Call was hosted on February 20th, AGENDA

Attendance: Tim Barker; Stu McLean; Joni Marten-Sanders; Steve Downs; Rachelle Campbell; Heather Paige-Fairley; Jason Morowski

1. Review RSC Terms of Reference – Add Tim Barker to email list as board member on RSC.
2. LTT & Fundamentals Camps Updates
3. Regional Budget 2017 – 2018 – status update
4. Provincial Competitions status update & Provincial Hosting 2018-2019.
5. Team Challenge, Showdown & Cup status update
6. NCCP Coach Fund Format/Process Update
7. Swim Ontario Awards Order – medals/ribbons via Nothers for 2018-2019
8. Para update
9. Other Business
10. Next Call – Tuesday March 20th – 7pm

- **OJI Japanese Delegation Update 2018** – Sagamihara has expressed interest in participating in OJI 2018 with homestay if possible and training as follow up.

ACTION ITEM

Meeting set up with Darin & Cheiko March 14th

1. Technical Programming & Sport Management Committee Para OSA Program - Weekly Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---------|--------------------------|----------|--------------------------|
| PRE POOL until 230 PM | OFF | PRE POOL until 230 PM | OFF | PRE POOL until 230 PM |
| 230 - 330 PM | | 230 - 330 PM | | 230 - 330 PM |

- Official start date - Oct 11th
- Up to 3 sessions weekly – 1.5 hours available each session
- 25 Pool sessions to date
- Technical camp - 1.5 days in November
- Individual athlete visitations - 54 visits by 12 athletes

Biomechanics – Amber Hutchinson

- Addressed key strokes and priority skills

Training with Academy Coach – Don Burton

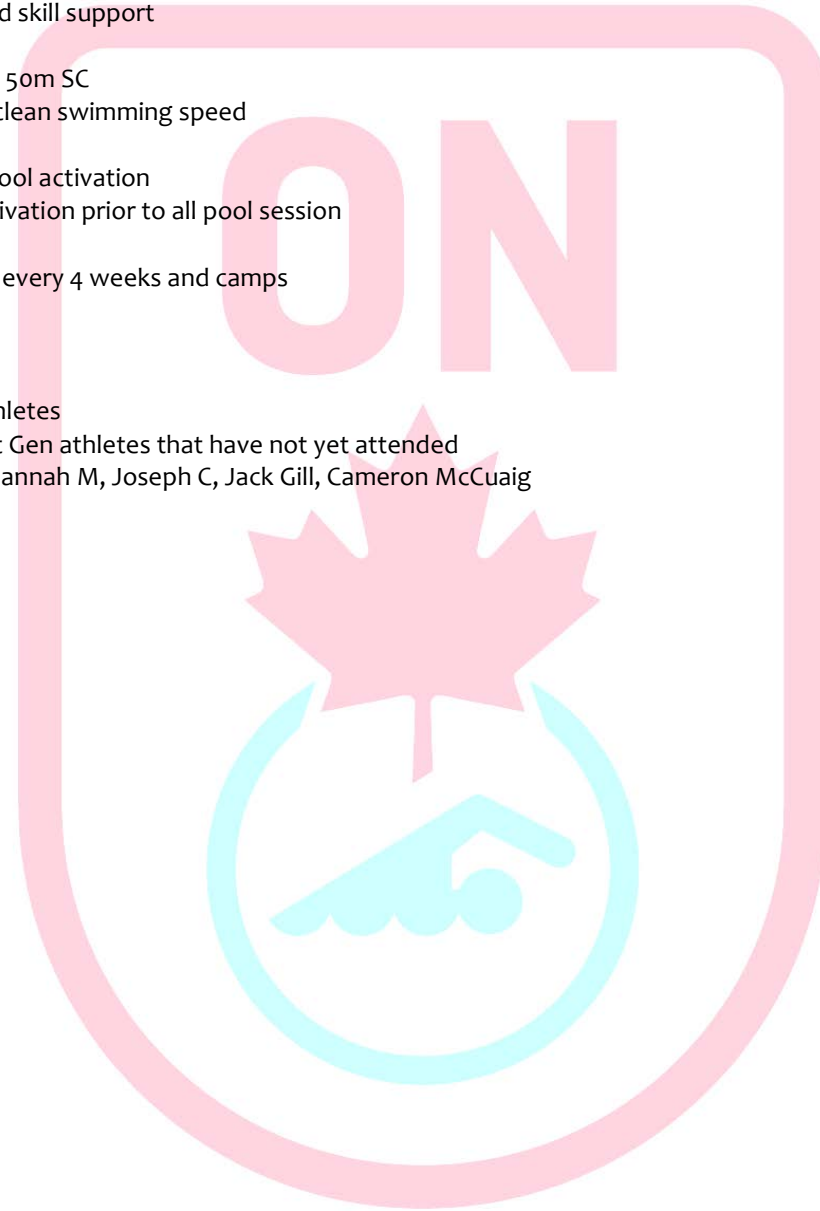
- Training and reinforcing skills under fatigue
- New strategies and training methods
- Supporting home club coach education

IST Plans to begin January 2018

- Biomechanics DTE
 - i. Continue individualized skill support
- Biomechanics Testing
 - i. Every 4-6 weeks - Dive 50m SC
 - ii. Start time, turn time, clean swimming speed
- S&C DTE
 - i. Development of Pre pool activation
 - ii. Create a culture of activation prior to all pool session
- Physiology Testing
 - i. 5x200/5x100 step test every 4 weeks and camps

January 2018

- Technical camp – Jan 26-27
- Invitations to the 12 current athletes
- Invitations to 6 additional Next Gen athletes that have not yet attended
 - i. Angela M, Nikolas T, Hannah M, Joseph C, Jack Gill, Cameron McCuaig



2. Provincial Programming as Part of Spin-off Programing Resulting From the OHPSI - Next Gen Institute Program Partnership

| Dates 2017-18 | Description | YOB and Ranking Process |
|-----------------------|---|---|
| Dec 9-10 | SO Youth Team Camp at TPASC | M/F: YOB 12-14 F & 14-15 M- Multi Event Selection from LCM 2017 |
| Dec 15-17 | OJI at TPASC | Qualifiers |
| Dec 16 | OJI Fundamentals Camp | Regional Selections |
| Jan 10-15 2017 | Austin APS SO Senior & Junior Selection | Absolute - On Track Rank and World Rank LCM 2017 |
| Jan 26-27 | Para Outlier in-reach Camp | Para OSA Select Swimmers |
| February 19-28 (TBC) | Islamorada FL – SO Prov Team Camp | Age as of Dec 31 (YOB) M18&U & F17&U On Track swimmers who are not Swimming Canada Carded |
| March 9-10 | SO Youth Team Camp at TPASC | M/F: YOB 12-14 F & 14-15 M- Multi Event Selection from LCM 2017 |
| March 16-17 | Para Outlier in-reach Camp | Para OSA Select Swimmers |
| March / Apr | Para Performance Camp | Location TBD – Colorado Springs 4-6 NextGen ID and above |
| May 2-8, 2018 | Indianapolis APS – Junior Selection | Absolute - On Track Rank |
| May long | SO Youth Team Camp at TPASC | M/F: YOB 12-14 F & 14-15 M- Multi Event Selection from LCM 2017 |
| May 31 – June 5 (TBC) | Santa Clara APS SO Senior Selection | Absolute - World Rank LCM 2017 |
| June 8-10 (TBC) | Para World Series Indianapolis | Ontario Team Selection based on prescribed Swimming Canada Criteria |
| June 8-9 | Para Outlier in-reach Camp | Para OSA Select Swimmers |
| August 2-6 (TBC) | SO Youth Team – Chicago (TBC) | M/F: YOB 12-14 Girls & 14-15 Boys Selected for North American Challenge Cup |



Notes: The Open water camp originally scheduled for September 15 -16 has been cancelled Mark Perry has been double booked with the Atlantic Coaches Conference that weekend.

3. Camps & Tour Teams

- Team Ontario Para Performance Camp 2 - TPASC – Jan 26-27, 2018
 - i. 11 swimmers attended
 - ii. Vicki Keith (Head camp coach)
 - iii. Don Burton and Marty McKend (Camp Coaches)
 - iv. Coach Mentorship Opportunities for Club coaches
 - v. Amber – Activation and Biomechanics
 - vi. Technical & Skill focused swim sessions
 - vii. Two swimming tests recorded – 5x200 step test & Max Dive 50
 - viii. Group activation prior to each swim session
 - ix. Video session – discussion of world class para swimming
 - x. Funded by Para Collective funds
- Ontario Jr. Team Training Camp – Islamorada Fl. Feb 17-27, 2018
 - i. 12 Ontario Jr team swimmers from 8 clubs were selected.
 - ii. Also attending the camp are 8 full-time OSA swimmers
 - iii. There were two swimmers who were guests of OSA
 - iv. Total of 22 athletes in attendance
 - v. Don Burton (Head Camp Coach)
 - vi. Karen Wilson & Lee Placek - Chaperones (Parents of Ethan Placek – OSA)
 - vii. Alex Ruyter as Camp Educational Tutor
 - viii. Amber Hutchinson – Biomechanics and S & C
 - ix. Sheryl Ross – Sport nutritionist and additional Team Manager
 - x. Andrew Craven (LAC) – Guest Coach – 5 days
 - xi. Ken McKinnon (Jr National Coach) – 4 days
 - xii. Pre Pool Activation - A 20-minute activation was completed prior to each pool session (see right). Camp athletes received printed copies of this activation in the camp package and on deck at camp. Throughout the camp, the activation was modified to allow for additional mobility, strength, or power work as it related to the pool sessions (i.e. extra mobility prior to active recovery sessions, or extra power work prior to sessions of high intensity swimming). Furthermore, this activation was designed for the camp athletes to gain familiarity with the program at camp and for athletes to continue execution during prelims and finals of Provincial Champs.
 - xiii. Biomechanics - Stroke analysis was completed on Day 1 or 2 of camp and progression was tracked throughout the week.
 - xiv. Nutrition – Individual nutrition consultation and follow up throughout the camp. Daily hydration testing and monitoring with daily feedback. Smoothie bar and snack station organized by the team nutritionist.
 - xv. Individualized reports will be sent to home club coaches to summarize the activation, stroke and skill analysis, nutrition feedback, and athlete progress throughout the camp.

Up Coming Activities - Youth Team Camp 2: March 9-10 at TPASC

- i. 21 swimmers from 15 clubs are scheduled to attend the camp
- ii. 4 more swimmers more than the December camp
- iii. 1 coaches (TBT assistant) has asked to attend the camp

Para Swim Camp 3: March 16-17 at TPASC

- i. 20 swimmers invited
- ii. Approx. 10 have confirmed so far.
- iii. Vicki Keith – and Michel Bérubé are Camp Coaches
- iv. Amber IST
- v. Guest coaches TBC
- vi. Funded by Para Collective funds

Partner and Restricted Program Funding

Swimming Canada has submitted proposals to OTP for their funding projects via their Schedule A. we hope to be learning about support and partner funding we deliver our restricted projects on very soon.

Swim Ontario Athlete and Club Funding

Notices have been sent to all athletes eligible for both Sr. APF and Jr. APF funding.

- SR APF - To date we have either requested or allocated approximately \$102,700.00 of the budgeted funds.
- Jr APF – \$12,000.00 of the \$18,000.00 budgeted amount has been allocated.

Club Performance Funding

- To date for both Junior and Senior Club Performance Funding, we have sent cheques to 11 out of 14 clubs in the total of \$31,700.00 which is approx. 58% of the total budget allocation
- The other clubs have been contacted again
- TSC and UT have sent is paperwork for nearly \$11,000.00 – yet to be processed.

OSA Update – January 2018 - Weekly training schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--------------------|--------------------|-----------------------|--------------------|-------------------------|
| PRE POOL 510-530AM | PRE POOL 510-530AM | PRE POOL 510-530AM | | PRE POOL 510-530AM | HANDBALL: 7-730AM |
| 530 - 730 AM - SCM | 530 - 730 AM - SCM | 530 - 730 AM - LCM | OFF | 530 - 730 AM - LCM | S&C 740-850AM |
| | | | | | 900 - 1130AM - LCM |
| | | | | | RECOVERY TUBS 1140-12PM |
| PRE POOL until 330 | | DRYLAND 330-400PM | PRE POOL until 330 | DRYLAND 330-400PM | |
| 330 - 515 PM | OFF | 400 - 600 PM - SCM | 330 - 515 PM - LCM | 400 - 600 PM - SCM | OFF |
| S&C (CSIO) 530-630PM | | STRETCH 600-630PM | S&C (CSIO) 530-630PM | STRETCH 600-630PM | |
| | | | RECOVERY TUBS 645-7PM | | |

- 9 Pool sessions – 18 hours available
- Pre-pool activation prior to all pool sessions
- Afternoon Pre-pool activation led by Team Physiotherapist or S&C coach
- 6 sessions for biomechanics and video analysis
- 3 sessions for S&C
- 2 sessions with Physiotherapist on deck for assessment & treatment
- 1 sessions for handball / team activity on Saturday morning
- 1 Physiology testing session – every 2-3 weeks
- 1 Nutrition session – monthly
- 1 Mental performance session - monthly

Sport Science Support OHPSI and OSA

- **Biomechanics** – Amber Hutchinson
 - i. Individual video analysis – 15 to 30 minutes each athlete weekly
 - ii. Once monthly – intensive pool skill session run by Biomechanist
- **Physiotherapy** – Meghan Buttle
 - i. Twice weekly – Treatment and assessments as requested
- **Sport Psychology** – Dr. Judy Goss
 - i. Classroom session and one-on-one athlete meetings as scheduled
- **Athletic Therapy** – Shawn Jeffers
 - i. 4 afternoon sessions weekly
 - ii. Pre-pool activation, S&C support and injury treatment

Testing

- **Biomechanics**
 - i. Dive 50m – Video analysis
 - ii. Start time, Turn time, Swimming speed
- **S&C**
 - i. Max Squat Jump – Force platforms
- **Nutrition**
 - i. Individualized nutrient tracking
- **Mobility**
 - i. Shoulder Internal/external rotation range of motion
 - ii. Hamstring flexibility and range of motion
- **Physiology**
 - i. 5 x 200 Step Test
 - ii. 30 x 100



2017-2018 Provincial Competition & Hosting Updates:

Winter Festival – NKB – Debrief is set up for Tuesday March 6th at 5:30pm with Megan, Charles, Nicole, Christy

- a. Debrief Agenda to include: entries process; registration process; team/spectator allocation; incident report policy/process; financial report update; dqs; awards process

| | | | | | |
|-------|-----|-----|----------|---------|--------|
| 87 | 386 | 351 | 736 | 3410 | 363 |
| Clubs | ♀ | ♂ | Athletes | Entries | Relays |

- 3 late entries accepted
- Good bonus swim structure.
- Challenges at competition: Awards, Spectator and Team seating, collection of penalty, incident reporting to MM
- Recommendations based on feedback and debrief with host
 1. Provincial Meet Director work with host with participation in meetings and making sure contract obligations and swim meet run based on SO standards. Be on deck at competition to ensure interpretation of meet package is correct.
 2. After all swims verified, unflag stroke 50 bonus swims to ensure proper seeding
 3. Overall seeding to review
 4. Host to number and name sessions BEFORE sanction when they verify database
 5. Educate coaches to report incidents to MMs to ensure everyone is aware of injuries
 6. SO to explore options for collection of NS penalties (e-transfer, CC payment with mobile device) to help host

March AA – MAC:

- Facility Agreement is signed with overflow being removed & reduced rates agreed to by pool supervisor.
- Live Streaming confirmed with Jim Snow as announcer
- Awards have been delivered
- MAC invoiced for awards

| | | | | | |
|-------|-----|-----|----------|---------|--------|
| 53 | 195 | 169 | 364 | 1477 | 95 |
| Clubs | ♀ | ♂ | Athletes | Entries | Relays |

- Initial feedback of the meet is excellent.
- Undersubscribed as predicted however still healthy enough in pilot stage. Challenges - Facility only available on that weekend. Prelims to run using 8 lanes with 10 lanes for finals and scheduled break times.
- 1 late entry and a few changes after the meet was seeded and programs printed which caused swimmers being placed in empty lanes
- A few inquiries regarding running Time Trials
- Education on whom can enter AA Champs required.
- 62 out of 367 have provincial QTs. Need to encourage those 200 swimmers that have 1 QT to attend AA Champs. This is a coaching and club decision on what is the best environment of athlete development and career path.
- Additional recommendations after the competition

March PROV – ESWIM:

- Email sent to request debrief on event
- ESWIM invoiced for awards

| | | | | | |
|-------|-----|-----|----------|---------|--------|
| 88 | 443 | 492 | 935 | 4235 | 448 |
| Clubs | ♀ | ♂ | Athletes | Entries | Relays |

- 42 PARA swimmers – HPC QUE para swimmers attended. Exemption provided to advance to finals
- 1 foreign swimmer – no exemption to advance to finals
- A few late entries
- Meet oversubscribed with 935 swimmers and over 4200 swims resulting in major adjustments required to run the meet.
 1. Chase starts employed
 2. Distance events swum 2 per lane
 3. 400 IM and 400 Free changed to timed final with fastest each of each age group swimming directly in finals
- Sessions were manageable once these measures were put in place.
- Sessions on Friday and Sunday over 4.5 hours. A second session was utilized for Sunday to enable swimmers an opportunity to warmup before 400 free.
- Para events, ranking and scoring was a challenge. Developed an instruction document for future hosts based on those challenges.
 1. Side note: a swim off for 8th place in a para combined event final was required on Sunday!
- Host improvements from past provincial meets: stroke judges, clerk at times and red polos making an appearance.
- Host challenges: following relay protocols, NS penalty
- Debrief required with Host

| | | | | | | | | |
|--------------------|------|------|-----|-----|-----|-----|-----|------|
| Qualifying Time | 1 QT | 2 QT | 3QT | 4QT | 5QT | 6QT | 7QT | 8 QT |
| Number of Swimmers | 201 | 217 | 103 | 80 | 79 | 77 | 72 | 65 |

- 375 swimmers had 4 or more QT
- 620 swimmers had bonus swims
- 950 bonus swims
- Removing all bonus events and running competition in 10 lane pool single ended does not reduce sessions to 4.5 hours unless distance events are swum 2 per lane and 400s are timed finals

Summer Festival – MAC - Summer Festivals – 3 day LC – will be at maximum length of sessions – no wiggle room based on entries from Winter Festivals - pending

Summer AA – RHAC – considering options to increase subscription before sanctioning

Summer Provincials – Conference call held with OAK/MSSAC on January 24th.

- Photography – Ming Leung confirmed
- Hosting Agreement – pending
- Para Awards now to be presented at this competition – Spoke to Vicki Keith, she suggested this.
- look at options to manage sessions before sanctioning

Huronia Regionals – TRENT invoiced for awards and paid – Regional use of provincial medals and SO/Regional signage backdrop a very successful initiative and well received

NEOR Dave Kensit – invoiced for awards and paid

ACTION ITEMS

- Photographer pending for Summer Festival(MAC); Summer AAs(RHAC)
- Other vendors to be considered
- Follow up with MSSAC/OAK on hosting agreement
- Follow up with ESWIM on invoice for awards
- Follow up with Nothers to confirm awards for Team Cup – Whitby to host

2018-19 Provincial Events

ACTION ITEMS

- Need to set a timeline for 2018-2019 Provincial competition bid process – PROPOSED call for March 2018.
- Working on hosts:
 - Winter Festival – interest expressed by BRANT
 - Spring PROV – interest expressed by SCAR & Whitby to co-host & Windsor
 - Spring AA – interest expressed by MSSAC & ESWIM
 - Summer Festival – interest expressed by LAC; MAC
 - Summer PROV – interest expressed by SCAR & Whitby to co-host
 - Summer AA – interest expressed by MSSAC & ESWIM

- **Provincial Records** – Link for the live single age categories & PARA records has gone live

ACTION ITEMS:

1. Record Application needs to be updated to reflect single age request – to be completed end of January 2018.
2. Memo in TAS Bulletin needs to go out reminding meet managers, coaches, clubs of Provincial Record Application Process. For TAS February 2018.

- **Team Championships Status:**

- a. Team Cup – no event in 2017/2018
- b. Team Showdown – Brantford hosted. Brantford invoiced for awards. Report from Brantford pending.
- c. Team Challenge – Whitby is hosting. Swim Ontario awards ordered. Orders to be shipped to Markham Pan Am Pool one week before, Whitby to be notified. Swim Ontario put notice out in TAS for entries.

ACTION ITEM: Proposal that a review be completed in June of 2018 with regards to the team championships program.

Competition – Technical Format and programming

| Name | Ontario Winter Festival Championships | Ontario Summer Festival Championships | Ontario Spring and Summer AA Championships | Ontario Spring and Summer Provincial Championships |
|--------------------|--|--|---|---|
| Dates | February – 2 weeks prior to Spring Provincials | Mid-June – 2 weeks prior to Summer Provincials | First weekend in March Same weekend as Provincials | First weekend in March |
| Days | 2 | 3 | 4 | 4 |
| Course | SC | LC | LC | LC |
| Format | Timed final | Timed final | Heats / Finals | Heats / Finals |
| Age Groups | 10&U, 11, 12, 13 | 10&U, 11, 12, 13 | 13&U, 14, 15, 16, 17&O | 13&U, 14, 15, 16, 17&O |
| Relay Age Groups | 11&Under 12-13 | 11&Under 12-13 | 14&U 15&O (800 FR – OPEN) | 14&U 15&O (800 FR – OPEN) |
| Qualifying | 1 Festivals QT | 1 Festivals QT | 1 AA QT | 1 Provincial QT |
| Meet De-Qualifying | 3 or more Provincial QTs for 13 years old | 3 or more Provincial QTs for 13 years old | 3 or more Provincial QTs | |
| Targeted numbers | 700 - 750 | 700 - 750 | 600 – 750 | 600 - 750 |
| Max events | 6 | 7 | 8 | 8 |
| Bonus structure | 1 QT = 3 Bonus 2 QT = 2 Bonus 3 QT = 1 Bonus | 1 QT = 3 Bonus 2 QT = 2 Bonus 3 QT = 1 Bonus | 1 QT = 2 Bonus 2 or more QTs = 1 Bonus to maximum allowable swims | 1 QT = 2 Bonus 2 QTs = 2 Bonus 3 or more = 1 Bonus to maximum allowable swims |
| Program Comments | <u>13 and Under ONLY</u> De-qualifying Procedure for 13 year olds | <u>13 and Under ONLY</u> De-qualifying Procedure for 13 year olds Long Course 3-day format | QTs are 3.25% slower than Prov QT Heats and Finals Relays at end of session | Relays at end of session |