



OSA Selection Procedure: 2024-25

The following steps are an outline of the of the application process for the full-time OSA daily training environment.

- 1) Swimmer/parent or coach contacts Swim Ontario Karen Wilson at karen@swimontario.com
- 2) Athletes will be checked against the OSA consideration times:
 - a) Two consideration times are required for application **but does not guarantee acceptance into the program. A one week tryout will be required of all athletes to assess their current fitness, skill development and coachability.**
- 3) Family must be registered with a home club and be a member in good standing and must inform home coach/club of swimmers interest in the OSA program.
- 4) Inform the family that Swim Ontario will be communicating with their home club's head coach once the family has initiated discussion with home coach.
- 5) If an OSA consideration standard is evident, an interview/meeting is scheduled with OSA Coach & Team Manager
- 6) If interview and tryout is successful, final acceptance is approved by OSA Coach & Team Manager
Then Home Coach/Club will be notified of acceptance into the OSA program.
- 7) Team Manager will make arrangements for the athlete to register with OSA. Athlete/Parents sign the OSA Athletes Agreement/Code of Conduct/Team Handbook.
- 8) Team Manager will make arrangement for athlete to complete the Healthy Athlete – Medical Testing program/protocol with CSIO.
- 9) Athlete has a 6 week probationary period upon joining the OSA program.
- 10) Coach Don Burton to discuss & collaborate competition logistics and planning with home club coach.



Ontario Swim Academy - Consideration Times 2024-25

MALE			EVENTS	FEMALE			
18	17	15/16		14/15	16	17	18
2006	2007	2009/08		2010/2009	2008	2007	2006
52.31	54.27	55.81	100m Freestyle	1:00.89	59.40	58.53	57.78
1:54.84	1:57.87	1:59.03	200m Freestyle	2:11.36	2:07.49	2:06.26	2:04.32
4:03.27	4:08.51	4:10.95	400m Freestyle	4:32.96	4:30.16	4:25.65	4:21.75
			800m Freestyle	9:25.58	9:13.45	9:04.11	8:56.04
16:11.14	16:30.25	16:45.01	1500m Freestyle				
1:05.75	1:07.95	1:08.61	100m Breaststroke	1:15.42	1:13.69	1:12.68	1:11.80
2:23.07	2:29.67	2:31.12	200m Breaststroke	2:43.57	2:39.04	2:36.43	2:34.16
56.73	58.58	59.14	100m Butterfly	1:06.07	1:04.15	1:03.04	1:02.08
2:06.04	2:10.63	2:11.90	200m Butterfly	2:26.51	2:21.46	2:18.54	2:16.01
58.83	1:01.05	1:01.64	100m Backstroke	1:08.42	1:06.29	1:05.05	1:03.99
2:07.15	2:12.17	2:13.45	200m Backstroke	2:26.22	2:21.64	2:18.99	2:16.69
2:09.19	2:13.79	2:15.09	200m Ind. Medley	2:28.36	2:24.30	2:21.95	2:19.93
4:32.41	4:41.55	4:44.28	400m Ind. Medley	5:15.71	5:04.57	4:58.11	4:52.55

* Athletes should have a minimum of 2 consideration times. Times to have been achieved in a 50m pool in a sanctioned meet since April 2024.

* We request that all potential athletes have a 1 week tryout with the OSA training group prior to acceptance in the group.

* Age as of December 31st, 2024

* These times will be reviewed and may be improved annually.