



2019 CANADA GAMES TEAM PLAN

Since its inception in 1967 the Canada Winter Games has been an exciting multi-sport Games experience for synchronized swimmers and coaches across the country. Occurring every four years at a selected host city, the event is a major career highlight for athletes, and a stepping stone for many to national teams, international competition and international Games experiences (Commonwealth Games, Pan Am Games, Olympics). Athletes not only enjoy the training and Games experience of representing their province with fellow synchro athletes from clubs across the province, they also love the unique experience of being a member of "Team Ontario" along with athletes from many other sports.

After review of the 2015 Canada Games Team program and results, and in alignment with the development of the 2017-2020 Synchro Swim Ontario (SSO) High Performance Plan, SSO determined that an improved, innovative, and comprehensive 2019 Canada Games Team development program, training plan and selection process was required. In evaluating the past Canada Games Team programs, and making observations of other strategies it was decided that Ontario should implement a 2-year training and team development plan that develops and monitors a larger pool of athletes in Year 1 (2017-18), and selects the final team earlier in Year 2 (2018-19). It is the goal that this new preparation strategy brings Ontario to the top of the podium at the 2019 Canada Winter Games which will take place February 15 - March 3, 2019 in Red Deer, Alberta. As determined by Synchro Canada, only athletes aged 15-21 as of December 31, 2019 are eligible for the 2019 Games (athletes born between 1998-2004).

To kick-off the Year 1 development program, SSO has decided to make 2017 Provincial Team programming a component of the 2019 Canada Games Team Training Pool activities. In doing so SSO will be adding a Junior (16-18) Provincial Team program to the previously announced 13-15 and 11-12 Provincial Team programs. Only the Junior (16-18) and 13-15 Provincial Team programs will be those falling under the 2019 Canada Games Team Training Pool activities in alignment with the 2019 Canada Winter Games age eligibility.

On the following pages please see an overview of the 2-Year plan for Ontario's Canada Games Team Training Pool/Canada Games Team and a compilation of frequently asked questions.

Questions regarding the 2019 Canada Games Team Training Pool, Canada Games Team Plan or 2017 Provincial Teams can be directed to SSO's Sport Development Manager Rachel Klein at rklein@synchroontario.com.



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Phase/Event:	Date:	Selection:	Notes:
2017 13-15 and Junior Provincial Team Selection	June 2017	Junior Provincial Team and 13-15 Provincial Team as per 13-15 and Junior PT selection criteria	
Summer 2017 Training & Competition for 13-15 and Junior Provincial Teams	July 2017	As per 13-15 and Junior Provincial Team Selection Criteria	13-15 & Junior Provincial Teams to compete at 2017 SYNC Invitational
Canada Games Team Training Pool Selection	July 2017	Training Pool Selection will be finalized by April 30, 2017, but is planned to include those athletes who participated on 2017 13-15 and Junior Provincial Teams, as well as any CG eligible NT athletes, or other id'd athletes.	Training Pool invitations will be sent by July 30, 2017
Canada Games Team Training Pool Development Sessions	Sept 2017 to Feb 2018 (TBC)		Development sessions will facilitate ongoing assessment and feedback from the CGT Coaches, work to build routine and figure skills, identify areas for additional training, and build the Team Ontario vision and goals for 2019
Phase 1 of 2019 Canada Games Team Selection*	February 2018*	Selection Criteria under development and will be posted by October 31, 2017	*TBC – 3-phase selection timing planned to be similar to past/ongoing Provincial Team selection process
Phase 2 of 2019 Canada Games Team Selection*	April 2018*	Note: Selection will be open to all athletes (not just those selected to the Training Pool)	
Phase 3 of Team Selection* (select final team of 10)	June 2018*		
Canada Games Team Training	July 2018 – Feb 2019	Solo, Duet and Alternate selection as per Selection Criteria that will be posted by October 31, 2017	Specific training plan and schedule will be built with CGT Coaches
2019 Canada Winter Games	Feb 14-22, 2019	n/a	Synchro is scheduled for week 1 of the 2019 Canada Winter Games



2019 CANADA GAMES TEAM – FAQ's

Q - Who is eligible for the 2019 Canada Games Team?

A – Registered competitive athletes (Provincial or National Stream) who are members in good standing with Synchro Swim Ontario, hold a current CASSA membership, are aged 15-21 as of December 31, 2019 (born 1998-2004), and who comply with all other requirements as per the official Synchro Canada 2019 Canada Games Technical Package.

Q - Who is ineligible for the 2019 Canada Games Team?

A – TO BE CONFIRMED - The Synchro Canada 2019 Canada Games Technical Package will provide further details on athlete eligibility/ineligibility.

Q – What are Ontario's past results?

A – In 2015, Ontario won bronze in team, duet and solo. In 2011, Ontario won bronze in team, silver in duet and bronze in solo. In 2007 Ontario won silver in team, duet and solo. The last time Ontario won team gold at the Canada Games was in 1991.

Q – If an athlete is not able to compete or does not qualify for a 2017 Provincial Team, are they then deemed ineligible for the Canada Games Team Training Pool?

A – No, athletes who are unable to participate or who do not qualify for a spot on a 2017 Provincial Team will still have a chance to be identified and selected to the Training Pool pending analysis of athlete results, which will be detailed in the Training Pool Selection Criteria which will be posted by April 30, 2017. However, participation on a 2017 Provincial Team is a key stepping stone for athletes wishing to vie for a spot on the Canada Games Team, and it is strongly recommended that athletes endeavour to participate in Provincial Team programming in 2017.

Q – If an athlete does not qualify into the Training Pool are they still eligible to vie for a spot on the Canada Games Team?

A – Yes, while the Training Pool Development Sessions will facilitate a much needed jump-start on many aspects of training and development, all age-eligible athletes (whether part of the Training Pool or not) must enter in Phase 1 of Canada Games Team Trials beginning in February 2018. This allows any potential emerging age-eligible athletes who improve and excel in 2018 to be part of the selection process so we ensure Ontario is assembling the strongest team possible.

Q – If an athlete chooses not to participate in the Training Pool are they still eligible to vie for a spot on the Canada Games Team?

A – No - If an athlete declines their spot in the Training Pool then they are choosing not to commit to the required training and development plan, and thereby opting-out of the Canada Games Team.

Q – When will Training Pool invitations be sent out and when will registration be due?

A – If selected to the Training Pool, email invitations will be sent by July 31, 2017 (similar to the process implemented for the T2T Program). The deadline to register for the Training Pool will be communicated at that time.

Q – When and where will Training Pool Development Sessions take place?

A – Training Pool Development Sessions are being considered to take place at TPASC once per month, similar to how the T2T program is run, and potentially will run “side by side” with that program in 2017-18 (pending approval that T2T will be sustained) so that facility cost and experts can be shared across both programs, as well as to facilitate mentorship, spirit, and community across the programs.

Q – How much will participation in the 2017-18 Training Pool cost?

A – The Training Pool fee is under development and will be announced by April 30, 2017 with the selection criteria.

Q – How much will participation on the 2019 Canada Games Team cost?

A – The 2019 Canada Games Team fee (applicable only to the final team of 10 that is selected in June 2018) is under review and will be announced by March 31, 2018, or earlier if possible. It can be noted that travel to Red Deer and all Games related costs (accommodations, meals, and Team Ontario uniform/kit) are covered by Team Ontario. As a general reference point, the team fee for the 2007 and 2011 Canada Games Teams was \$1500, and the fee for the 2015 Canada Games Team was \$1800.