

## **Swim Ontario Competitions Rationale for Changes to the Competitive Template for 2012-2016**

- Greater emphasis of “Senior” swimming by inclusion of a "Senior/Open" Category at the Provincial Championship competition (July 2013).
- Creation of a Provincial Championship competition that includes all age groups; this more accurately reflects a *true* Provincial Championship - especially in the last (LCM) Macro-Cycle of the season.
- Strategic placement of Long Course competitions in each Macro-Cycle to aid in the preparation of “Senior” swimmers in pursuit of national and international excellence.
- Each season is defined by 3 Macro-Cycles with the emphasis of LCM or SCM based on Age & Ability as defined by Long Term Athlete Development.
  - Fundamentals (~10&Under) & Learn to Train (Ages: ~10-13): SCM/SCM/SCM
  - Train to Compete (Ages: ~13-16): SCM/SCM/LCM
  - Train to Excel (Ages ~16 and over): SCM/LCM/LCM
- Emphasis on a team event: Division 1-2-3 Team Championships at the end of the 1st Macro-Cycle (SCM); this is great way to *start* the competitive season.
- Address the fact of oversubscription of the Junior Provincial competition with over ~1000 swimmers participating.
- Expose a greater number of younger swimmers to Swim Ontario Provincial Competitions with the creation of the Festival competitions (2 locations - each with 500 swimmers).
- Make it **FUN** at the Festivals the emphasis will be a Team atmosphere with swimmers aged 13 and under.
- Building of new pool infrastructure over the next quadrennial 2012-2016.