

SWIM ONTARIO'S

“Long Term Athlete Development Strategy” (LTADS) in a Nut Shell

To better address the different rates of growth which occur between males and females, the ‘LTADS’ committee has differentiated the Jr. Provincial age categories.

To better address the physiological capabilities and needs of our athletes at each phase of their development, the ‘LTADS’ committee has differentiated which events would be offered to each age category.

To reduce the physiological age disparity that 2 year age increments bring, and to provide a fairer playing field for all, the ‘LTADS’ committee has introduced single year age increments at Jr. Provincials for all girls up to 14 yrs of age and all boys up to 15 yrs of age.

Because scientific research indicates that athletes lock in their skills during the first three to four years of swimming, the emphasis should not be on how fast you swim but how well you swim. Skill development is far more important than winning! There for the ‘LTADS’ committee commissioned Swim Ontario to develop a skill’s curriculum for any club to access starting in the fall of 2005.

To insure that swim programs focus on avoiding soft tissue injury caused from repetitive freestyle workouts, improve motor learning skills, increase interest and benefit long term development, the ‘LTADS’ committee has introduced pre-requisite qualifying events at Jr. Provincials only, in the 200 IM for girls 11 yrs & under and boys 12 yrs & under, and the 400 IM for girls 12 to 14 yrs and boys 13 to 15 yrs.

Because sports physiologists have discovered that age group swimmers are pre-disposed to aerobic training (distance), and derive far greater benefits long term by developing their aerobic capacities as opposed to their anaerobic capacities (sprint), the ‘LTADS’ committee has introduced the 800 Freestyle pre-requisite event at Jr. Provincials for all girls 14 yrs and under, and all boys 15 yrs and under. For tracking purposes, clubs are encouraged to run Sanctioned Time Trials in the 800 Freestyle for all their age group swimmers and upload them to SWIM DIRECT within 7 days of the completion of the event.

Except for girls 15-17 and boys 16-17, all other swimmers must attain both the IM and 800 FR pre-requisite times and at least one (1) Jr. Provincial qualifying standard in order to participate at Jr. Provincials.

It often takes between 10 and 15 years of the best possible preparation to reach international performance levels. With such a long career ahead, the ‘LTADS’ committee decided it was far more beneficial to allow swimmers 12 yrs of age and under the free time necessary to participate with friends and family in other sports and social activities, and reduce the unnecessary fatigue that accumulates from participating in heats and finals throughout the season. Therefore, all sanctioned invitationals and time trials within the province of Ontario will be TIME FINAL EVENTS only (see 12 & under rules below)

12 & UNDER RULES (Within Ontario only)

1. Regardless of meet format or age categories, all individual and relay events for 12 and under are TIME FINAL (no progression to second swim)
2. 12 and under may ‘Swim up’ on relays held during the 12 & under session only. (no progression to an older age relay final is permitted)
3. 12 and under who qualify, may swim heats and finals of individual events at Ontario Senior Provincials, Canada Games Trials or other SNC Senior Level competitions hosted in Ontario)
4. 12 & under may participate on relays in both preliminaries & finals at Ontario Jr. Provincial Championships, Ontario Senior Provincial Championships, Ontario Team Championships and Ontario Regional Championships and any SNC Senior Level Meet held in Ontario.

To help us achieve a province wide strategy, the ‘LTADS’ committee recommends that invitationals and regional championships offer the same event selection as Jr. Provincials. Invitationals do not have to run their meets in the same event order nor do they have to run single year increments. All sanctioned competitions must honor the 12 & under TIME FINAL Rule

In order to recognize the need to re-charge our batteries, and re-focus on the new Long Course Season, March has been identified as a Refocus/Revitalization Period. No Sanctioned meets or time trials will be permitted. (Approved meets for non-competitive swimmers only is allowed)

To insure we can properly track Ontario Swimmers both provincially and federally, and to help with proof of times, provincial team selection and athlete carding, all sanctioned meet and time trial results must be uploaded to SWIM DIRECT within 7 days of the completion of the event.

The recommended swim meet session length including warm-ups is 4.5 hours. If a meet exceeds this length, you are requested to report that to the Technical Director of Swim Ontario at cliff@swimontario.com

For a more information on any of Swim Ontario’s Programs, including the “Long Term Athlete Development Strategy, or Provincial Qualifying Standards, please visit the Swim Ontario website at www.swimontario.com