



## TALENT IDENTIFICATION PROGRAM (TID) 2018-19 SEASON

### PURPOSE

The purpose of the Synchro BC's High Performance Program is to identify and train BC's athletes with the greatest potential to be members of Synchro Canada's National Teams.

### KEY STRATEGY

Synchro BC's Talent Identification (TID) Program will provide a sport academy environment geared towards training athletes with the common purpose of improving their individual skills in the sport of synchronized swimming.

- Incorporating the TID Integrated Support Team (IST) to work with the personal coaches of the TID Athletes;
- including the personal coaches in camps to deliver their personal expertise to TID Athletes; and,
- building excellent working relationships between our High Performance Director, TID Coaching Team, and the personal coaches of the TID Athletes through mentorship and High Performance club visits.

### SIGNIFICANCE

Synchro BC's Vision is to build, sustain and advance excellence in all levels of synchronized swimming. Under the High Performance umbrella of sport there is no higher achievement than the National Team. By fostering programs that have the ability to place athletes onto the National Team we will ultimately be strengthening our Provincial Team, national stream clubs, and coaches while improving our provincial results in all competitive events.

### TID PROGRAM GOALS

PHSSC (Positive, Healthy, Strong, Successful Champions):

- Encourage **POSITIVE** lifelong relationships
- Develop athletes with a **HEALTHY** mind/body relationship
- Building **STRONG** athletes
- Develop the physical and mental capacity to achieve **SUCCESSFUL** lifelong health and wellness

## PRIORITIES

The 2018-19 season will consist of the training and competition of the 2019 Canada Winter Games Team for both the games and an additional summer competition.

### 1. TID Program – Athlete Selection

TID Program Trials will identify the Top 18 athletes in BC to participate alongside the already selected Top 12 CWG Team Athletes, totally 30 in the 2018-19 TID Program.

### 2. Training Program

#### a. 2019 Canada Winter Games Team

The Top 12 2019 CWG Team Athletes will be training for the Canada Winter Games Competition until mid-February. There will be some joint camps with the TID 18 athletes however the team training will be these athletes' number one priority.

#### b. Individualized – Personal Coaches & Club Development

Individualized training programs will be established for the 18 TID Athletes. Personal coaches will be engaged in the development of the individualized training programs and invited to participate in TID camps. Private training opportunities will be available to TID Athletes based on a program determined in collaboration with their respective personal coaches.

The 12 pre-selected Canada Winter Games Athletes will train for the games until after the competition where they will then join the TID athletes within the above training format.

### 3. Training Camps

A series of five training camps will provide opportunities for TID Athletes to improve their individual skills and abilities by training with the TID Coaching Team and accessing **IST Team** support.

**IST Team Support** will include, but is not limited to:

- |   |  |
|---|--|
| a. Athlete Functional Screening         | c. Mental Training   |
| b. Strength & Conditioning              | d. Nutrition   |
| i. On deck Program                      | i. Seminars  |
| ii. Correction Program                  | ii. Individual athlete assessment and follow-up            |
| iii. Training Program creation          | iii. Optional Blood work analysis                          |
| iv. Private/Group Training availability | e. Fortius Health Team access for TID and personal coaches |

### 4. Apprenticeship Program

The TID Program will include a coach mentorship program for the TID Coaching Team and personal club coaches who participate as guest coaches during individual camps.

## 5. National Team Trials Support

Upon request, the High Performance Director will provide support to TID Athletes participating in National Team Trials.

## PROGRAM CALENDAR

### TID Trials

2018 National Stream Training Meet #1                      November 2-4, 2018 – Victoria

### TID Training Camps

1. November 9-12<sup>th</sup>, 2018 – Fortius Sport & Health, Burnaby & SSLC, Surrey
2. December 1-2<sup>nd</sup>, 2018 – Training Meet #2 & TID Camp – CCAC, Coquitlam
3. January 3-6<sup>th</sup>, 2019 – SSLC, Surrey
4. February 2-3<sup>rd</sup> – SSLC, Surrey
5. March 8-10<sup>th</sup>, 2019 – Provincial Championships & TID Camp – SSLC, Surrey

### 2019 Canada Winter Games Team Training Camps

1. Sept 8-9<sup>th</sup>, 2018 - SSLC
2. Sept 22-23<sup>rd</sup>, 2018 - Victoria
3. Oct 12-14<sup>th</sup>, 2018 - SBC Summit & Camp – Burnaby/CG Brown
4. Oct 20-21<sup>st</sup>, 2018 – SSLC
5. Nov 2-4<sup>th</sup>, 2018 - Training Meet #1 & Camp – Victoria
6. Nov 9-12<sup>th</sup>, 2018 – SSLC
7. Nov 24-25<sup>th</sup>, 2018 – SSLC
8. Dec 1-2<sup>nd</sup>, 2018 - Training Meet #2 & Camp - CCAC
9. Dec 8-9<sup>th</sup>, 2018 – SSLC
10. Dec 22-23<sup>rd</sup>, 2018 – SSLC
11. Jan 3-6<sup>th</sup>, 2019 – SSLC
12. Jan 18-20<sup>th</sup>, 2019 - Provincial Qualifier & Camp - Watermania
13. Jan 26-27<sup>th</sup>, 2019 – SSLC
14. Feb 2-3<sup>rd</sup>, 2019 – SSLC
15. Feb 9-12<sup>th</sup>, 2019 - SSLC
16. March 8-10<sup>th</sup>, 2019 – Provincial Championships & Camp – SSLC
17. Summer Training - TBD
  - a. June weekends
  - b. July weeks
  - c. August weeks
18. Summer Competition - TBD

### HPD Club Visits

Schedule to be determined based on requests of personal coaches.



## Summer 2019 Competition and Training Schedule

The summer training schedule for the Top 12 2019 CWG Team Athletes will be similar to the summer of 2018 with weekend training camps in June followed by weeklong camps in July and or August. Potential competitions for the team will be:

- 2019 Cancun Open
- 2019 SYNC Competition

## PARTICIPATION FEES

### TID 2018-19 Program

The 2018-19 Talent Identification Program will continue to be supported through a combination of funding from Synchro BC and registered athlete fees. Athlete fees for 2018-19 will be as follows:

Talent Identification Athlete Registration Fee:	\$250.00 (Top 12 CWG Athletes Excluded)
Talent Identification Athlete Program Fee:	\$1,000.00
Top 12 2019 CWG Team Athletes Fee:	\$2,500.00*

*\*Please note that additional fees may be charged for the Top 12 2019 CWG Team Athletes for the costs of the summer training and competition.*

## PROGRAM REGISTRATION

To register your athlete, please fill out the [Online Registration Form](#) by October 12th, 2018.