

HIGH

PERFORMANCE

CENTRE

ONTARIO



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**SWIMMING
CANADA**

INTRODUCTION

The Swimming Canada High Performance Centre - Ontario (HPC-Ontario) is one of three High Performance Centres in Canada. Based at the Toronto Pan Am Sports Centre, HPC-Ontario is supported by a partnership group made up of Swimming Canada, Swim Ontario, Canadian Sport Institute - Ontario and the University of Toronto. This partnership makes it possible to provide world-class facilities, training environment and support services. HPC-Ontario provides athletes access to full-time world-class coaching staff and an integrated support team (IST).

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3.0M DEEP AREA

3.0M DEEP AREA

HPC-ONTARIO HEAD COACH BEN TITLEY

Ben Titley has a big vision for the Swimming Canada High Performance Centre – Ontario. The world-renowned coach from England is aiming to maximize the international success of Canada's next wave of emerging talent, developing 50-m, 100-m and 200-m events as an area of expertise.

He made his international coaching debut at the 1998 Commonwealth Games and was head coach at the 1999 World University Games. In more than seven years at British Swimming he coached at three Olympic Games (appointed as head women's coach at age 31), seven world championships, five Commonwealth Games and numerous other major international meets.

In 2003 Titley coached James Gibson to become the first British male world champion in 28 years. He has coached athletes to more than 125 senior international medals, 300 national records, eight European records and two world records. Five of Titley's athletes have won a total of 10 individual medals at FINA World Championships – including three gold – in distances ranging from 50 to 400 metres. He worked with Chantal Van Landeghem in 2013 and in the lead-up to her 2014 performances, which included a bronze medal and Canadian record in the 50-m freestyle.





HPC ATHLETE TIERING MODEL

LEVEL	SWIMMING CANADA TERM	DESCRIPTION
Tier 1	World-class Achievement	<p>POOL</p> <ul style="list-style-type: none"> •Medal (individual or relay) at the Olympic Games •Medal (individual or relay) at the FINA World 50m Championships in an Olympic event <p>OPEN WATER</p> <ul style="list-style-type: none"> •Medal at the Olympic Games •Medal at the FINA World Championships in the 10km
Tier 2	World-class Performance	<p>POOL</p> <ul style="list-style-type: none"> •Finalist (individual or relay) at the Olympic Games or FINA World 50m Championships in an Olympic event •Individual - Top 16 world ranked (Olympic events, 2 per nation) •Relay - Top 8 world ranked relay team member (Olympic events) <p>OPEN WATER</p> <ul style="list-style-type: none"> •Top 8 in 10km at the Olympic Games or FINA World Championships •Top 3 & Top 1/4 finish at a 10km World Cup event
Tier 3	World-class	<p>POOL</p> <ul style="list-style-type: none"> •Individual - Top 50 world ranked (Olympic events, absolute) •Relay - Top 12 world ranked relay team member (Olympic events) •Swimmers achieving Swimming Canada “On Track” model target time in an event <p>OPEN WATER</p> <ul style="list-style-type: none"> •Top 1/4 finish at a 10km World Cup Event
Tier 4	World-class Potential	<ul style="list-style-type: none"> •Swimmers achieving standards on the Swimming Canada “On Track” time model in an even •Must demonstrate annual improvement
Tier 5	Coach Discretion	<p>Junior ID athletes, National Development Team Program members etc. ALL MUST BE APPROVED BY THE SWIMMING CANADA HIGH PERFORMANCE DIRECTOR</p>

WHY CHOOSE HPC-ONTARIO?

WORLD-CLASS COACHING STAFF

The coaching staff has a proven record of producing world-class swimming results. With the support of the IST, the coach will develop specific plans and individualized training programs for the athletes who train with the HPC. There is a low athlete to coach ratio, which is ideal for optimal performance.

WORLD-CLASS FACILITIES

Pool

HPC-Ontario has use of two 10-lane 50m pools as well as a 25m dive tank for 10 pool sessions (22.5 hours of pool time) a week.

Strength and Conditioning

HPC-Ontario will have full access to the dedicated high performance training areas within the Canadian Sport Institute - Ontario facilities at the Toronto Pan Am Sports Centre.

ENVIRONMENT

The coach and staff have created an environment that empowers the swimmers with opportunities for growth through a culture of accountability, responsibility and self-reliance that leads to reliability of performance at the world level.

WORLD-CLASS RESULTS

HPC-Ontario has produced international finalists in its first few years of operations. The addition of Coach Ben Titley, whose athletes have won 125 international medals at World, European and Commonwealth levels, will help bolster the HPC-Ontario international results for years to come.





ABOUT TORONTO PAN AM SPORTS CENTRE

Toronto Pan Am Sports Centre is located on the beautiful grounds of the University of Toronto Scarborough Campus. The facility is home to the Canadian Sport Institute – Ontario (CSI-O), fitness centres, a field house, competition pools and a training pool.

TORONTO PAN AM SPORTS CENTRE BENEFITS

- COMPETITION POOL: 10 Lane 50m pool (interchangeable to 25m)
- TRAINING POOL: 10 Lane 50m pool (interchangeable to 25m)
- DIVING TANK: 25m x 21m
- 3m, 5m, 7.5m and 10m springboards
- Swim warm-up/training area
- Dive dryland training area
- Club offices

WEEKLY TRAINING

The HPC – Ontario offers dynamic, individualize training schedules designed to meet the needs of the resident athletes. A typical weekly schedule may include 8-10 swimming sessions, 2-3 strength sessions, and 3-4 conditioning sessions. In addition, the state-of-the-art competition tank allows

ALSO AVAILABLE ON SITE

- Field House
- 2 x FIBA sprung wood floors
- 2 x all-purpose courts
- 200m jogging track with Mondo surfaces
- High performance change rooms
- High performance storage areas
- Sports medicine clinic
- Teaching/fitness studios
- Weight and conditioning centre
- Climbing wall
- Meeting rooms
- CSI-O Sport Science & Sport Medicine facilities

unique pool configurations (e.g. 10-m, 15-m, 25-m, 35-m, 50-m) that helps to provide highly specific training situations. Routine recovery and regeneration sessions are also provided the the partnership with the Canadian Sport Institute Ontario.





INTEGRATED SUPPORT TEAM (IST) SERVICES

The Swimming Canada High Performance Centres employ an evidence-based approach to the systematic evaluation and preparation of athletes. This approach supports the pursuit of high performance and consistently produces world-class swimmers. The success of these programs is directly related to the strong partnerships in place between Swimming Canada and the local Canadian Sport Institute. World-class training facilities, combined with a world-renowned coaching staff and world-leading sport scientists and medical practitioners form the culture of excellence at each location.

Each HPC provides the resident coaches and athletes full access to a broad range of services that encapsulate a holistic approach to athlete development.

The sport science and sport medicine support teams (IST) include service providers in:

- Performance Analysis
- Physiology
- Strength and Conditioning
- Sport Nutrition
- Mental Performance
- Health Services
- Life Services
- Innovation and Technology

TRAINING AND COMPETITION PLANS

The annual training and competition plan for the HPC – Ontario is based on an individual's specific needs and requirements in line with the national team plan. The resident athletes are supported in their development and preparation

through multiple warm-weather training opportunities both within the USA and Europe. In-season competition against world-class opposition includes events such as the US Pro Swim Series and summer racing in Europe.





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“WE ARE HERE TO SUPPORT THE COACH’S PROGRAM, AND PART OF THAT IS TO CHALLENGE COMMON BELIEFS AND MISCONCEPTIONS WITH OBJECTIVE ANALYSIS AND EXPERTISE. THE ATHLETES WHO RECOGNIZE THAT WE ARE THERE TO HELP THEM ACHIEVE THEIR POTENTIAL RESPOND BEST, AS THEY ARE MORE WILLING TO MAKE ADJUSTMENTS THAT MAY LEAD TO SHORT-TERM DEFICITS BUT RESULT IN LONGER-TERM GAINS.”

**RYAN ATKISON
(CSI-O SPORT BIOMECHANIST)**





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ACADEMIC OPPORTUNITIES

HPC-Ontario is located on the University of Toronto Scarborough Campus (UTSC). UTSC offers more than 180 program options across fifteen departments. Students enjoy a close-knit campus community as well as the extensive resources of a world-class academic institution.

UNIVERSITY OF TORONTO

Scarborough Campus (HPC-Ontario located on UTSC campus)
www.utsc.utoronto.ca

Downtown Campus
(approx. 31km from HPC-Ontario)
www.utoronto.ca

Established in 1827, the University of Toronto has one of the strongest research and teaching faculties in North America, presenting top students at all levels with an intellectual environment unmatched in depth and breadth on any other Canadian campus. The University of Toronto has three campuses, one being in the downtown core, Mississauga in the west end and Scarborough in the east end.

YORK UNIVERSITY

(approx. 38km from HPC-Ontario)
www.yorku.ca

RYERSON UNIVERSITY

(approx. 31km from HPC-Ontario)
www.ryerson.ca

HUMBER COLLEGE

(approx. 44km from HPC-Ontario)
www.humber.ca

SENECA COLLEGE

(approx. 17-24km from HPC-Ontario)
www.senecac.on.ca

GEORGE BROWN COLLEGE

(approx. 30-32km from HPC-Ontario)
www.georgebrown.ca

SECONDARY SCHOOL

Swim Ontario and Canadian Sport Institute Ontario are partnering with local secondary school programs to offer education opportunities for exceptional developmental athletes considering training full-time with the HPC-Ontario program.



TORONTO, THE LARGEST CITY IN CANADA AND THE CAPITAL OF THE PROVINCE OF ONTARIO, CELEBRATED ITS 175TH ANNIVERSARY IN 2009. LOCATED ON THE PICTURESQUE SHORELINE OF LAKE ONTARIO, TORONTO IS THE HEART OF CANADA'S MOST POPULOUS REGION AND JUST OVER AN HOUR'S DRIVE FROM THE AMERICAN BORDER.



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