

NEWSLETTER

Canadian Swimming Coaches & Teachers Association

CSCTA AGM

Tuesday

March 31, 2015

Toronto, Ontario

Immediately following the Technical Meeting for Canadian Swimming Trials

We Need You!

Do you have a suggestion for our newsletter?

An article you've written?

A favourite set or full workout?

Send them in and we may include it in the next edition!

Email [Lauren!](#)

1st FINA Youth Programme Overview

By Liz Collins



At the beginning of December, I found myself on the way to Qatar to be a key leader in the 1st FINA Youth Programme which was running in conjunction with the World Short Course Championships in Doha.

From the moment I got on the plane, I knew this would be an experience like no other. Not only was I going to be working with 260 swimmers aged 14 – 16, but we would also be working with 130 coaches from around the world, one bio mechanist, seven other key leaders from Australia, Spain, Britain and the USA, and the energetic and passionate Todd Schmitz (the superstar coach of Missy Franklin).

“Liz was a tremendous asset and team player for the first ever FINA Youth Program in Doha. She was willing to help out where ever needed and helped design each workout covering all the strokes.”

Todd Schmitz



Changes to the World Anti Doping Agency Code

On January 1, 2015 the [World Anti-Doping Agency](#) introduced major changes to several sections of the World Anti-Doping Code.

Nigel Wynn (Cycling Weekly) has outlined five of the major changes in the new Code that everyone should be aware of.

- ♦ [Full Article from Nigel Wynn at Cycling Weekly](#)

View the

- ♦ [WADA Website;](#)
- ♦ [WADA Code](#)

(Continued from Page 1) Meant to inspire, develop technical skills, promote unity and camaraderie, personal responsibility and passion this program was a valuable stepping stone in the development of any coach, swimmer or person.

Throughout the week swimmers were given seminars on nutrition and doping. Goal setting presentations came from former world record holder and Olympian Penny Heyns (Save the Dream) and former Olympic athletes Martina Moracova, Patrick Murphy and Peter Stoychev. Exposure to long days of travel, unfamiliar foods, languages and separation from familiar faces created tough circumstances where athletes had to remain focused and absorb new information, all while performing at a high level. Not everyone was successful at all times (a lot of dehydration to contend with), but athletes and coaches learned to cope and managed themselves better as the week progressed.

[Continue Reading online](#)



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Winter Training Camp: Jamaica

Tom Rushton has shared the details of his squads recent winter training camp to Kingston, Jamaica.

The full report can be viewed online [here](#)



FINA Coaches Clinic:

Presentations from the FINA Coaches Clinic in Doha, Qatar have been posted online.

Presentations from Andrea Di Nino, Rod Havriluk, Graham Hill, Dirk Lange and Margo Mountjoy can be viewed online at the [FINA Website](#).

CIS Coaches of the Year

Congratulations to UBC Head Coach **Steve Price** (Men's Team) and Universit  de Montreal Head Coach **Pierre Lamy** (Women's Team) on being named the CIS Coaches of the Year at the recent 2015 CIS Swimming Championships in Victoria, B.C.





CSCTA Code of Conduct

Sec II: All Members have a responsibility to:

(a) Not misrepresent their background, experience, qualifications, accomplishments, affiliations or professional competence to CSCTA, to any client or prospective client, or in any publication, broadcast, lecture or seminar.

[Review the Code online.](#)

2015 IPC Worlds Event Order

IPC Swimming has posted the event order for the upcoming IPC World Championships in Glasgow, Scotland. The full event order can be viewed [online](#). Team Canada selection criteria for the IPC World Championships and the Para Pan Am Games is available online [here](#)



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2015 Team Selection/Nomination Criteria

A reminder that selection criteria for this years major competitions including the Pan American Games, FINA World Championships, FISU Games, World Junior Championships and the qualification system for the 2016 Rio 10km Open Water race are available online at [Swimming Canada](#)



Use by Date?

by Bill Sweetenham

(This article was originally shared through the daily WSCA (World Swim Coaches Association) email on Monday March 9, 2015.)

I have listened to the comments by many credible and professional experts on their view about the FINA organisation. These are comments from people who have greater credentials, knowledge and experience than I do. One cannot be more impressed with those who are speaking out.

Before making my observations it is important for me to acknowledge that history will indicate that FINA has achieved much good for all concerned in its long history. However, like all businesses and organisations, the system unless it faces modernisation of strategies within the complexities of improvement or change is soon left with its stakeholders and customers struggling to understand the future and opportunity for the organisation to maintain its strength.

The corporate world, the armed forces and the sporting world have learnt that continual evolution and a requirement for improvement, visionary leadership and change is tied to constant evaluation. Audits, reviews and performance analyses all play a part in designing strategies and success for their future and hopefully successful operation. [Read the Full Article Online.](#)

FINA Future or Future Without FINA? That is the Question as We Welcome Call for Review

by Craig Lord, *SwimVortex.com*

<http://www.swimvortex.com/fina-future-or-future-without-fina-that-is-the-question-as-we-welcome-call-for-review/>

FINA has been offered an olive branch. It should take it - and be grateful for the chance to avoid a conflict with its membership that, ultimately, it cannot win.

The idea of a review held by any group of skilled independent professionals that the federation has no control over is not one that will occur instantly as an inviting prospect to many of those at the helm of the international federation. After all, some in those key positions feel somewhat safe as they move in numbers within a system that has served them--but not athletes and coaches and Swimming's reputation--well for many years.

They have lived, one might easily conclude, in a comfort blanket of their own stitching. Sharing a little warmth through prize money held up like some sacred cow to ease the crowd's temper is simply not cutting the mustard, neither in terms of FINA's ability to attract even a majority of the best to any of its World Cup events for all too many years nor when we consider what might be possible if the international federation cut its cloth with water not wine in mind. [Read the Full article at SwimVortex.com](#)