

SYNCHRONIZED SWIMMING



The Ontario Physical Education Safety Guideline for Synchronized Swimming – Secondary Interschool

<http://safety.ophea.net/safety-plan/165/2024>

Supervision Coaching Qualifications effective September 1, 2016:

At least one *synchronized swimming coach* must possess one of the following coaching qualifications:

- **NCCP Instruction Coach – Instructor Course**
- **NCCP Competition Coach – Competition Introduction Course**
- Accreditation as a NCCP Swimming Learning Facilitator
- Completion of synchronized swimming's NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach synchronized swimming having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

How to access the NCCP Courses for Synchronized Swimming:

NCCP Instruction Coach – Instructor Course Register here: http://synchroontario.com/training-and-development-calendar/ Cost: ~\$135-\$160 Contact: Rachel Klein rklein@synchroontario.com or Kara Heald kheald@synchroontario.com	This workshop is aimed at recreational level coaches who have no prior coaching experience. Covering the fundamentals of STAR 1-8 figures, skill development, routine basics, and safety in the water, this workshop will prepare participants to teach basic synchronized swimming to beginners.
OR	
NCCP Competition Coach – Competition Introduction Course Register here : http://synchroontario.com/training-and-development-calendar/ Cost: ~\$300 Contact: Rachel Klein rklein@synchroontario.com or Kara Heald kheald@synchroontario.com	Intended for coaches who have taken the Synchro Instructor course and who are now coaching competitive athletes aged 6 to 15, this two-day course focuses on planning, long-term athlete development, and performance analysis.

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program.
<https://www.coachesontario.ca/q4g/bursary-program/> or email q4g@coachesontario.ca
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board.
<http://www.coach.ca/investors-group-community-coaching-conferences-s12763>

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Synchro Swim Ontario <http://synchroontario.com/education/coaches/>
- Synchro Canada http://www.synchro.ca/index.php?option=com_content&task=category&id=47&Itemid=36
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Education Safety Guidelines <http://safety.ophea.net>

