



Wavelength

The Official Newsletter of the BC Summer Swimming Association



BCSSA'S 50TH
ANNIVERSARY
Yes ... BCSSA is
50 Years Old!
Watch the
Provincial Folder
on the Web site,
The next
WaveLength and
the Meet Package
for further
information of the
celebration in
Trail.

Issue #70—Winter 2008

Wavelength

Presidents Ponderings

By Don Miller, BCSSA President



It's difficult to be thinking of swimming and summer in the middle of winter, particularly when it's snowing and cold. I am prepared to accept the abuse from those whose winters stretch from late October to March, but for those of us who live in the south western section of the BCSSA's realm are entirely unaccustomed to white winters. In any case we will persevere and all too soon our season will begin.

From the reports presented by the Regional Directors at our recent Provincial Board meeting, most of our member clubs have new executives in place, have the 2008 coaches in place and are gearing up for registration. They also reported that many clubs are conducting winter maintenance sessions in the spring to keep the competitors in the water. When the kids are involved in winter training, please remember the training limits that we impose on our summer swimmers. Also remember that new members registering for winter maintenance must be registered with the BCSSA before commencing training in order to ensure insurance coverage is in place.

The annual registrar's seminar was held in the fall and I understand that the attendees were generally pleased with the presentations. I believe that

the Hy-Tek program has been a great help in alleviating many of the registration issues that plagued the organization for years. There are further advances to be made with the program and we will move ahead with these in the future. The next few months will be very busy for the regional and club registrars as they complete the registration process for the coming season. I'm sure that they would be grateful for any volunteers that would offer assistance.

By the time the issue is distributed the annual Officials meeting will have been held under the direction of our new Provincial Director of Officials, Trudy Kemper. Trudy indicated that she will be pushing to have more clinics for the beginner and intermediate officials in the 2008 season. Over the past few years we have been quite successful in developing senior officials but this movement upwards has depleted the timers, clerks, and stroke and turn

officials. Hopefully Trudy's initiative will fill those positions. I urge all of you new members to attend these clinics and become involved in the officiating of the meets.

The development of officials is not limited to the swimming section alone. The board resolved several years ago that all of the aquatic sports in the BCSSA should develop officials capable of conducting the meets. Water polo, diving and synchro have made strides toward meeting that goal but certainly more work is to be done and so for those of you with competitors in those sports, see if clinics are to be held to develop officials in those sports and become involved. This is a critical area necessary for the development of these sports within the BCSSA.

Five or six years ago, the organization developed a strategic plan outlining some longer term planning for the organization. Many of the items outlined have not been adequately addressed and accordingly the Board will be, in our April meeting, revisiting this planning area. The input from the member clubs will be useful in this exercise and accordingly I would suggest that any comments be presented to your Regional Directors prior to the April Board meeting. Enjoy the rest of the winter.

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Highlights from the BCSSA January Board Meeting

Please note that the items listed below are just HIGHLIGHTS from the meeting and not all motions and items of interest.

It is recommended that you read the Minutes from the BCSSA January Board Meeting to be familiar with all motions that were passed, etc.

These minutes are posted on the BCSSA WebSite at: www.bcssa.bc.ca

Administration Rule changes:

- Club Results from Provincials will be posted one week after Provincials have concluded.
- Consolation Finals – will run for ALL Individual Events at Provincials
- Director and Officers Liability Insurance: It is mandatory that all Clubs are signed up for it and at which time, the premiums will be paid for by the BCSSA Provincial Board.
- Team Manager On Line – we will subscribe to Hy-Tek for Team Manager On line for one year for all Clubs to post their Club Meet results. Watch for information on submitting your results.
- Official Relay Entry Forms – At Provincials coaches must list all Swimmers and Alternates with their individual Division beside their name.

Synchronized Swimming Rule changes:

- Allotted time to maintain your “S” status for Synchro while participating in Winter Maintenance in Synchro has changed from 2 Hours to 2 ½ Hours. Note: this leaves only 1 ½ hours for Maintaining “S” status for Speed Swimming if you are also participating in Winter Maintenance in Speed Swimming.

Water Polo Rule changes:

- Coaches participation: A coach that has participated in coaching a team during the season, will not be permitted to play on that team.
- “P5” – New age category adopted for a One Year Trial Period.

Recognition Awards:

- Each Club/Region is encouraged to nominate those that “very special” person/persons in your Club/Region for recognition. Applications forms are on the website: www.bcssa.bc.ca under Volunteer Info.

Boot Camps

- These camps will continue this year to help educate and build solid Executive members. Speak to your Regional Director for participation.

New Provincial Event Numbers for Speed Swimming:

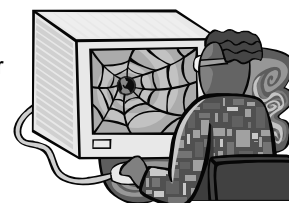
- New numbers were created to allow for “O” Cat 2 Girls and Boys to now swim immediately after Div 6 Boys in individual and relay events. These changes would affect O Cat 2, Div 7 and Div 8 numbering.

Judges and Referees Training:

Water Polo, Synchronized Swimming and Diving are holding Courses and developing education on becoming Certified Judges and / or Referees.

Please contact the following:

- ◆ Joanna Linardis for Diving (diving@bcssa.bc.ca)
- ◆ Chris Bolton for Synchronized Swimming (synchro@bcssa.bc.ca)
- ◆ Jim Toy for Water Polo (waterpolo@bcssa.bc.ca)



Fun With Synchro Swimming

By Christopher Boulton

Why not try Synchronized Swimming this summer? It's a wonderful sport that combines skills from swimming, dance, gymnastics, and music. BCSSA currently has 5 clubs participating and we're looking for more swimmers, and more clubs to compete this summer. If you're looking for a fun energetic sport that will challenge you athletically and creatively, look no further. Please call Chris Boulton at (604) 916-0855 for more information or send an email to synchro@bcssa.bc.ca.

In 1948 synchronized swimming was an exhibition sport at the Olympics. After five appearances as a non-medal sport, synchronized swimming made its full Olympic debut at Los Angeles in 1984. The US and Canada have won every gold and silver medal in the sport's Olympic history.

The Best Place on Earth

By Ian Allen

The best place on earth...so says the advertising around the Celebration of this Provinces 150th Anniversary.



So.... we can say "The Best Competitive

Aquatic Association in the World"..... since we have been around for one third of that time.

Yes...it was 50 years ago this August that the first

Provincial Swim Meet was held at Empire Pool at UBC, and we have come a long way since then, baby.

The first meet involved three clubs only but the event drew such raves that clubs clamored for inclusion the next year and even more showed up each year there after. Soon there after, clubs were formed just so they could be included in this "prestigious event".

The demand far exceeded the capacity of the pool so the Regional Meet System was created. Then only qualifiers from the Re-

gional Meet would attend the Provincial Meet so it would be manageable.

This is just a teaser to interest you all in the history of this fine association. As you read this, our History Committee is hard at work on an updated comprehensive history that will be available for you all when this years Provincial Meet rolls around.

The season is just around the corner ...so happy swimming to you all.

Ian Allen

Past President

History Committee Chair



Want your club highlighted in a future edition of Wavelength? Send us the history of your club to office@bcssa.bc.ca.

2008 Provincial Championship Update

By Greg Harasemow

Hello Everyone!!

The thought still boggles the imagination.....50 years.....Say it slow and let it sink in. The BCSSA is 50 years old. Half the Provincial Board was still in Div. 1!!!! (Ok.....maybe some were in Div 2 and others were just thinking about swimming!!)

We in the KO Region have been in the organizational stages for 6 months to make the 50th Annual Provincial Championships an event to remember. If any of you attended the 2001 Provincials in Trail/Castlegar, you will recall the amount of records broken.....so the secret is out.....It's a FAST pool!!

Preparations are underway to accommodate as many spectators as possible to



cheer our top competitors in B.C. with the major construction of bleacher stands.

Camping will be along the Columbia River and a nearby (5min walk) school, day tenting and team tents will be right next to the pool in adjacent Butler Field (Home of Jason Bay, Baseballs National League Rookie of the year). We are also in process of

organizing bus service between Castlegar and Trail for the Water Polo events but if the demand is there for people wanting to commute (1/2 Hr.) This service will be available! And don't forget the amenities and hospitality of the Cities of Trail and Castlegar..... the food and accommodations are GREAT!

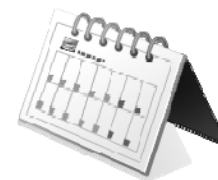
The Kootenay Region is inviting the entire Province to come to Trail/Castlegar, we promise it will be an event to remember. See you in August for the 50th BCSSA Provincial Championships!!!!

Greg Harasemow

2008 Provincial Committee

Co/Chairman

Remember...
For current information on the 2008 Provincials being held in Trail, check our website at www.bcssa.bc.ca



**Provincials:
2008
August 11-17
Trail**

**2009
August 17-23
Fraser Valley**

Diving 101

By Joanna Linardis

CAMPS

Camps 1: Introduction to Diving:

We are creating a 'Learn-To-Dive'/ Introductory Diving camp in early May, in Vancouver, for the benefit of new divers, promoting the sport of diving. We want to give swimmers, waterpolo players and synchronized swimmers with BCSSA and all others, a chance to try diving. This will be held over 2 days, at the Vancouver Aquatic Centre. All participants shall be registered in advance and more information will be available through the BCSSA very soon!

Kids will learn basic diving skills, and have a great time. The coaching staff will guide participants and instruct everyone in the use of the "dry board." The "dry board" is a diving board on the deck where the diver lands on a crash mat rather than going into the water. We'll also go on the trampoline, and have lots of water time. After getting a taste of the sport of diving (and showing us what you can do!) participants will have the opportunity to register with a local BCSSA diving club.

Please check (the BCSSA website/future newsletters) for more details, or email: diving@bcssa.bc.ca and we will put you in touch with Carolyn Anderson and those in charge.

Carolyn coaches with the North Vancouver Cruisers Aquatic Club, when she is not performing stunts for film and television; and has been involved in the sport of diving since 1981. She is a great asset to BCSSA and the sport of Diving.

Camp 2: Development of Diving:

In partnership with BC Diving, in mid July, prior to the BC Summer Games, we will strive to develop both our divers and our coaches. Traditionally, camps at the Vancouver Aquatic Centre offer our diving community access to International and Nationally renowned coaches.

In addition, we will work towards having a parent or judging module offered in future camps.

JUDGING

BC DIVING and BCSSA are collaborating to bring you a course in Early MAY in Vancouver. The course work will be at the BCSSA Office on Boundary, and the dates have not yet been finalized but will be available soon on both the website and hopefully before the Wavelength.

We hope to offer an introductory course to parents who are interested. We are encouraging ALL BCSSA DIVING PARENTS and any senior athletes who are interested to attend this course. We hope to have 4 parents from EACH club in attendance, and registration will be done through the office by email to diving@bcssa.bc.ca and by telephone to the BCSSA office, 604-473-9447.

The course will offer all participants an introduction to judging and offer those who have judged before more guidance with their skills. Beverly Boys and Heather Turner will be offering these judging courses by these very distinguished judges in Canada.

COACHES

Under construction a contact list! PLEASE coaches, just a friendly reminder: As soon as you have been hired by a club, please email your contact information to diving@bcssa.bc.ca so that I may get a list together for ALL of the clubs. NOTE: you must release, and grant permission to share this information. For those of you who are under age coaches (ANYONE UNDER 19 YEARS OF AGE), your parent or legal guardian MUST sign a release to be able to share your information. This information will ONLY be distributed to the Regional Contacts & Head Coaches so that they may have other club contacts. I will do my best to provide you with a list of Dive Competitions and Contacts and any UPDATES or DEADLINES. Please help us to help you get connected.

PROVINCIAL UPDATE

TRAIL, BC welcomes all divers, parents and judges. We would like to let everyone know that we will have one Maxiflex and one Duraflex diving board at our Trail Aquatic facility! The diving will be on Wednesday, August 13 (noon) and Thursday, August 14 (morning) and we will have the timeline available on Wednesday August 6th, in the afternoon. Just a friendly reminder that your entries are required to be in to your Regional Directors before Sunday, August 3rd

NEW DIVING CLUB

Happy to announce that the Fraser Valley Region has a NEW DIVING CLUB: the Fraser Valley Diving Club. We all look forward to your participation this summer! Welcome on behalf of the BCSSA Board of Directors and the Region.

A Special thank you for your Submissions: Jayne McDonald and Beverly Boys of BC Diving; Carolyn Anderson, of North Vancouver; and the Kootenay Region

Joanna Linardis,

BCSSA Diving Director

BC Summer Games Diving Update

By Joanna Linardis

Kelowna, BC
July 24-27, 2008

The BC Summer Games are just 7 months away. Kelowna is gearing up to host the multi-sport event and is looking to put on a great show. Diving will be taking place at the Kelowna Family YMCA. BC Diving has completed a tour of the facility and we are very optimistic that it will be a great event for everyone.

Hopefully everyone is aware of the BC Summer Games and how they can get involved. Athletes should be starting to train for this event and mark it down on their calendars.

The Trials for the BC Games for all athletes in the Lower Mainland will be in Walnut Grove, June 7-8, 2008. All other zones should hold their trials event prior to the June 23 deadline for participant Registration. For information on hosting a trials event for your zone, please contact BC Diving as soon as possible. Information in regards to the Summer Games such as sport specific Rules, ages, dive requirements etc is available on the website www.bcgames.org. For all other information, please contact Jayne McDonald (Provincial Advisor) at the number listed below or contact BCSSA.

Jayne McDonald

Jayne McDonald
BC DIVING
Provincial Advisor
604-541-9332
jayne@bcdiving.ca

Joanna Linardis

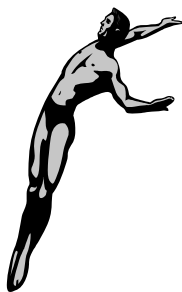
Joanna Linardis
BCSSA Diving Director
604-473-9447
604-761-0440
diving@bcssa.bc.ca

“Since 1978, the BC Games Society has been staging the BC Summer and BC Winter Games. These two events are British Columbia’s largest multi-sport events.”



New Diving Club

Fraser Valley Diving Club is pleased to have been accepted to join BCSSA in the Fraser Valley region. Operating out of the Walnut Grove Community Centre pool in north Langley. Fraser Valley Diving (FVD) offers a myriad of DIVING ONLY programs to BCSSA and CADA members. Registered as a Society in 1999 FVD programs include Learn-to-Dive lessons, regional, provincial, national and international competitive opportunities. We do school sports days, holiday dive camps, diving tots for children 4 - 6 years old, and diving for the mentally challenged. We are the Pacific Sport - Fraser Valley Regional Training Centre for the sport of diving.



We have 1 NCCP certified level 3 coach and 2 coaches NCCP certified level 2.

When school is in session our training times are 4:00 - 6:30 p.m. Monday - Friday and Saturday 8:00 - 11:00 a.m. Summer diving hours are determined each year by the membership to balance personal life with the sport.

You pay only for training and we provide you with excellent fundraising opportunities (not mandatory) to bank funds for travelling meets should you choose to travel to compete.

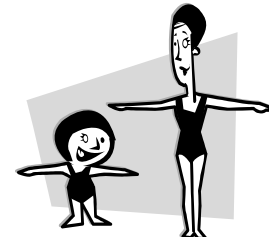
Fraser Valley will host at

least one BCSSA competition this summer and will be sending the regional qualifiers to Trail, BC to compete at the BCSSA provincials in August.

We have an established Board of Directors and meet management crew so all you have to do is sign up and we do the rest.

NOTE: the BC Summer Games are in Kelowna July 24 - 27. Anyone who wants to dive at the Games regardless of affiliation (BCSSA, CADA or public at large) can participate after qualifying at the Zone Trials on Sunday, June 15th in Walnut Grove. The Games are restricted to divers age 12 - 15 years and are 100% funded by the BC government.

For more info contact us at: President, Cathie at 604-231-8545 Email: fraservalleydiving@telus.net



Diving originated from people amusing themselves by jumping and diving from natural features (rocks and cliffs) or from structures built for other purposes (piers and bridges); early swimming and diving clubs were based on ponds. In particular, travellers reported amazing feats performed by natives diving from the cliffs in Acapulco, Mexico and in Hawaii.

Colorado Time System

In 2007 Colorado Time Systems introduced the Dolphin wireless stopwatch timing system. CTS is well known in aquatic timing and scoring products and their System 6 timing consoles and Infinity starting systems are used by many BCSSA clubs across the province.

The Dolphin wireless stopwatch system is not designed to replace touchpad based timing systems but rather provide a simpler and cheaper solution for electronic timing. The Dolphin system is essentially electronic stopwatches which are automatically started by your starting system and then stopped by the lane timers. The times obtained are then wirelessly transmitted into a computer and imported into the Hy-Tek Meet Manager software. There is very little setup required and no on deck wiring is needed for the timing system.

For many years, (fortunately, prior to my getting involved with the Richmond Kigoos) the timing at swim meets was an entirely manual process. The stop watches were started and stopped manually, the times were written on cards, and then manually calculated at the "crash desk" into a single time and then entered into a computer to create and print results.

With the introduction of touchpad based timing systems, we still required "backup" times to be captured either by manual watches, plungers or a combination of the two. My first experience with an electronic timing system was an Omega OSM6 which printed the touchpad times onto silver impact

paper. The watch times written on the cards and OSM6 print outs were then processed together at the "crash desk". This system was relatively easy to setup and operate because the touchpad timing system operated independently. But it was vulnerable to the on deck wiring harness getting disconnected and the printout paper getting jammed or wet.

With the adoption of Hy-Tek Meet Manager software, the BCSSA moved forward to timing systems that could send the touchpad and plunger times directly into the computer system. My first experience with this new generation of timing systems was with the Omega Aries 21 system. It was complex to set up and involved configuring a computer network which allowed the results received on deck by the timing system computer to be sent to the computers at the "crash desk". Having to set up and maintain a network of computers and printers, as well as the timing system, pads, multiplexers and wiring harnesses can be challenging - even when it is not raining!

In early 2007, the Fraser South region faced the choice of replacing it's old Omega OSM6 system and touchpads with a new system or going with the new CTS Dolphin wireless stopwatches. A couple of clubs already had CTS Infinity start systems to use with the Dolphins. In large part for financial reasons, it was decided to purchase an eight lane system to be shared by the clubs in our region.

The system came into two little carrying boxes each about the size of a box of a dozen donuts. Setup involved connecting two cables. The first a standard USB cable from the receiver which plugs into the computer running the Meet Manager software. The second cable from the starting watch into the Infinity starting system. No power required at all. Learning the system and it's integration into Meet Manager was very straightforward.

The Kigoos used the Dolphin system for our "Icebreaker" swim meet held the first weekend of June at our six lane outdoor pool in

Steveston. The Dolphin system can be used in quite a number of configurations but we chose to have all 18 watches (3 for each of the 6 lanes) be started

automatically by the Infinity start system. The timers simply had to stop the watches and we asked them to record the times on the time cards as backup.

The 18 times for each heat were then received into Meet Manager by the timing computer operated on deck and then down the network to the "crash desk" computers in the office. We also printed a backup of the times for each heat and then sent the printout and cards for each heat to the office. At the "crash desk", the results were checked for DQs and to ensure the times for each swimmer matched the times on the cards. Meet Manager applied the FINA rules for manual timing and these were checked to ensure the results were consistent with the place judges.

I had concerns that the timers

By Mike Girard—Richmond Kigoos

might get bored because they did not have to start their watches or even reset them - only stop them. So we advertised prizes for any lane that had all three watch times match to the hundredth of a second. By Saturday afternoon we ran out of prizes. Over the weekend, we had close to a dozen races in which the three watch times matched exactly and a very large number where the three watches were within one or two one-hundredth of a second.

The system worked very reliably all weekend and we were able to monitor the battery and signal strength of all 18 watches simultaneously. Battery life is advertised at about 40 hours and we found that the batteries lasted on average three to four days of swim meet depending on the length of each day. The battery strength indicators give plenty of notice prior to a replacement being required. Unfortunately, we could not interface the Dolphin watches to a scoreboard display but this feature has been added for 2008.

As meet manager, the real test for the watches came later in the season when we held our annual Junior Development meet. Because the public has access to the pool until about 4:00 p.m., we are left with only about 30 minutes or more to set up for the meet. This is where the convenience and simplicity of the Dolphin system really paid off.

I began by setting up the Infinity starting system on it's tripod and attached the Dolphin starting watch and plugged in the cable. Then I setup the laptop computer on deck and plugged in the receiver, then an extension cable for power and setup the printer. Done! No cables for little feet to trip over and unplug. Nice clean pool deck. I handed out the watches



and trained the group of young volunteers to operate them and the meet was ready to start.

Our region purchased a Dolphin system that included one spare watch. Over the course of the season and use by a number of clubs we experienced approximately five watch failures in total. They were quickly replaced under warranty with no problems. The watches themselves are not particularly ergonomic in design - more like holding a pack of cigarettes really. The included safety lanyards are important to use in order to prevent dropping the watches into the pool. The watches are not waterproof - only water resistant and one club reported problems at a really rainy meet. (It never rains at any Kigoos meets so I could not test this myself).

In summary, the Dolphin electronic stopwatches are not intended to replace a full touchpad timing system for large regional or provincial competitions. In my opinion, they are a good cost effective solution for BCSSA outdoor meets where convenience and ease of setup is important. The Dolphin system is much simpler to setup and operate than a full

touchpad system and the elimination of the multiplexers and wiring harnesses creates a more reliable system. They are also very accurate and eliminate the transposition errors associated with manual watches.

But if you want to network your on deck timing computer with your office, you still have to go through the exactly the same process to configure a network at your meet as you would with a touchpad system. In my experience, this is where most clubs run into difficulty. Configuring a network and understanding how to run Meet Manager in a multi-user setup requires a far greater level of expertise than setting up the timing system itself. My recommendation is not to try and configure a network for the very first time at a swim meet. Instead hook it all up at home on your dining room table and test it thoroughly - and then test it again. There will still be enough problems when you bring it all to the pool to keep you busy.

For more information on the Dolphin watches check out www.colotime.com.



Thank you to Mike Girard for his article outlining our Region's attempt at moving forward with technology. Although there are a few issues with the watches as mentioned, it is a huge asset to those clubs who want to run development meets, smaller clubs that want to hold smaller meets and clubs that are trying for the first time to run a meet.

Thank you also to all of the clubs, coaches and parents in the Region who have supported us and shown great patience when the learning curves were steep.

Cheers and best of luck to all in the 2008 season.

Michele Curley
Regional Director, Fraser South



2008 Northern BC Winter Games – Swim Venue

By Barry Parish

Dawson Creek February 8th – 10th.

I had the pleasure once again this year of being the chief officiating officer, Referee, at the Games. Robin Johnsen from the Dawson Creek Seals did a great job as Meet Manager. She assembled an excellent organizational team. She was also the Meet Manager for the equally successful 2005 Games also in Dawson Creek. The two day swim competition was an excellent venue for the athletes to be able to compete to the best of their abilities under ideal circumstances.

This Meet was the first ever competition held in the new, eight lane, Ken Borek Aquatic Centre.

I was marginally encouraged to see fourteen BCSSA

swimmers as the meet – up from three the year before. However, only two BCSSA clubs responded to the opportunity to compete – Dawson Creek Seals and the MacKenzie Rainbows. BCSSA athletes garnered a few medals. I'm not sure of the total.

I was questioned about the exemption from the two hour rule. I am aware that BCSSA swimmers are granted a blanket exemption from the two hour rule for competition but am wondering if this includes a few weeks prior to competition for conditioning. I would recommend that a time frame be established for this if in fact one does not exist.

I was very happy with the competent officiating. There were eight stroke and turn official's, six of whom were BCSSA. I worked with two

excellent starters, Howard Bassett both mornings and Rick Grayson for both finals. Other BCSSA officials were: Fiona Glover, Matt Lutz, Donna Paradowski, as well as Howard and Rick who turn judged when not starting. Sherri Lutz was the Chief Timer for both days.

The 2009 Games will be held in MacKenzie, home of the Rainbows.



BCSSA must continue to be present in these Games as a visible, viable, partner.

I avail myself to you for any queries and continued input.

Barry Parish

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1189 Brisbane Ave.
Coquitlam, BC V3J 5K9

The Northern BC Winter Games are the longest-running annual Games in the province. First held in 1975, the Northern BC Winter Games began when Jack Philpot and Ken Davies decided to offer the youth of northern BC an opportunity to partake in a grand celebration of sports competition and fellowship.

Published by:

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**IMPORTANT NOTICE:
WAVELENGTH - update**

Please take note that this will be the final edition of the Wavelength that is "Mailed" out directly to BCSSA members.

In order to operate cost efficiently, all future editions will be simply "Posted" as a "Printable" document on our website at: www.bcssa.bc.ca Board Members will be informed when a new edition is posted and in-turn will notify Club Presidents who will notify members.

It is very important to keep our members informed and we recognize that the Wavelength is one format that is easily available to all members.



**BC Summer
Swimming**

2008 BCSSA Coaches' Conference

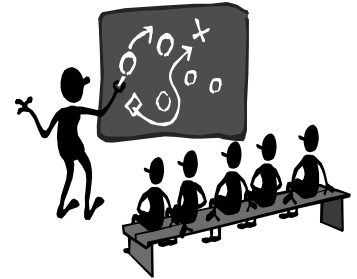
This years theme is Beyond the Pool: Focusing on the Future (Long Term Athlete Development—LTAD). A fantastic line up of speakers have been secured to lead lively sessions which will cover the various aspects of training all levels of athletes. This truly is a conference which is a **MUST BE AT** event for clubs and coaches who want to see their athletes progress strongly through the sport.

The conference will be held from May 2nd through May 4th at the Sandman Inn—West George Street location in downtown Vancouver. Conference early bird fee is \$150.00 if registered prior to February 29th and \$200.00 starting March 1st.

We have secured a nice

discount for hotel rooms, only \$159.00 per night based on double occupancy and will allow up to 2 additional people per room (for a total of 4 to a room) for only \$10.00 extra per night for the 3rd and 4th person.

Fridays session starts at 6:00 with a Leadership session and our keynote speakers this year include SFU Head Coach Liam Donnelly, Director of Sport and Recreation of 2010 Legacies Now, LTAD presenter, Tom Walker; other confirmed speakers include Mark Bottrill, Kristine Chambers and Valerie Hadd. As we get closer to the conference date, more speakers and information will be posted to the website!



LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration.

RETURN UNDELIVERABLE CANADIAN ADDRESS TO:

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205-2323 Boundary Road
Vancouver, BC V5M 4V8

PUBLICATION MAIL AGREEMENT

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