

Kevin Thorburn

Head Coach

Kevin Thorburn was born and raised in Vancouver, British Columbia. He has a B.A. in psychology from the University of British Columbia and contributes his success to a balanced, common sense approach to coaching athletes. Kevin believes the gradual long-term development of the swimmer is ensured by the slow and incremental increase of training loads with an emphasis on stroke technique and personal development.

“The goal is to have everyone at their best at maturity.”

Having coached for Canada at the Olympic Games and Commonwealth Games, Coach Thorburn brings international experience and knowledge to Etobicoke Swimming. He has coached many swimmers to National records and championship podiums. Before joining Etobicoke Swimming, he was instrumental in taking two other Clubs from outside top 30 in Canada to the top 5 at the National Championships.

Coach Thorburn and his staff look forward to meeting you and working with your swimmer.



*Build Self-Esteem
Gain Confidence
Improve Fitness &
Self Determination
While
Making New Friends
&
Improving Your
Swimming Skills*

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INTRODUCTION TO COMPETITIVE SWIMMING PROGRAM

Swimmers Ages 5-9

Program Outline

Etobicoke Swimming

The Etobicoke Swim Club was founded in 1954. The Club goals are to support young people with the drive, determination, talent and desire, to realize their maximum potential and aspirations in the field of competitive swimming, through self discipline, commitment and time management; to build self confidence and self esteem in Club swimmers while promoting team spirit and good sportsmanship; and to achieve and maintain the status of a High Performance Club by training swimmers to reach top ranking at the Provincial, National and International levels of competitive swimming. Swimmers start in the INTRO Program, where they learn the building blocks of swimming. They move on to the TOP (Tiny Olympic Prospects) Program. At this stage of development a consistent competition schedule is introduced. The next step is to the Junior and Advanced Age Group levels. At these levels, swimmers start competing at provincial meets. Swimmers next advance to the Elite Age Group and then the Senior Program. Etobicoke Swimming is proud of the rich history it has in producing swimmers to the top of international level competition.

Here are some of our achievement highlights from the past few years:

- 58 out of 220 National Age Group Records currently held.
- 107 out of 292 Provincial Age Group Records currently held.
- 6 Senior National Records currently held.
- 29 Swimmers placed on Olympic Teams since 1956.
- 1 swimmer on the 2008 Olympic Team – Alexa Komarnycky
- 2 swimmers on the 2000 Olympic Team – Jenna Gresdal and Owen Von Richter
- 2 Swimmers on the 2001 World Championships Team – Riley Janes and Tobias Oriwol
- 3 swimmers on the 2002 Commonwealth Games Team – Riley Janes, Tobias Oriwol and Jenna Gresdal
- 1 swimmer on the Canadian 2003 PAN AM Team – Tobias Oriwol
- Winner of 14 straight Junior Provincial Championships from 2001-2008
- 2 swimmers on the 2009 World Championship Team— Amanda Reason and Heather MacLean
- 3 swimmers on the 2008 World Youth Team—Bogdan Knezevic, Aimeson King, Hassaan Abdel-Khalik

Program

The program runs in three 12-week sessions throughout the school year:

FALL

Monday, September 19, 2011
to
Saturday, December 17, 2011

WINTER

Monday, January 9, 2012
to
Saturday, April 7, 2012
(March Break: March 12-17)

SPRING

Monday, April 9, 2012
to
Saturday, June 30, 2012

There are two weekly schedules:

Two or Three Times a Week
(Required for Level I and Level II)

Choice Of:

Monday / Wednesday 6:45 pm - 8:00 pm

Saturday 7:45 am - 9:00 am

Cost: \$300 / \$360 for swim fees and 1 pre-competitive swim meet per session.

Three Times a Week
(Required for Level III)

Monday & Wednesday 6:45 pm - 8:00 pm

Saturday 7:45 am - 9:00 am

Cost: \$360 for swim fees + \$100 racing fee deposit (racing deposit pays for 2 swim meets per session)

The daily schedule is comprised of 15 minutes dryland including calisthenics and coordination exercises and 60 minutes of technically-based water training.

Assessments

Every new swimmer must go through an assessment to determine

- Is the swimmer ready for the program?
- What level does the swimmer match?
- Is there room in the level?

If your swimmer is between the ages of 5-9 years of age and has completed Ultra Level 5 or Swimmer 3, please attend one of the assessments. Assessments are held at the Etobicoke Olympium in the patio pool and run on a first-come first-serve basis. An assessment typically lasts 5 minutes. Please attend one of our assessment dates

Fall Assessments	Winter Assessments	Spring Assessments
June 27: 5:00-7:00 pm	Dec. 19: 6:00-8:00 pm	Feb 25: 5:00- 7:00 pm
June 29: 6:00-8:00 pm	Dec 21: 6:00-8:00 pm	Feb 26: 10:30 am-12:00 pm
Sept 12: 6:00-8:00 pm		
Sept 14: 6:00-8:00 pm		

Head Intro Coach - Krystin Zafra

Etobicoke is glad to welcome Krystin Zafra as its Head Intro Coach for another season. Krystin started her swimming career with Etobicoke Swimming. Having completed six years as a swimmer Krystin decided to pursue coaching. Her coaching career started here at Etobicoke as an Intro Coach. While Krystin was away at university she continued her coaching as the Age Group 1 Coach at Brock Niagara Aquatics where she has been coaching for the past four years. Krystin therefore has experience coaching swimmers from ages 8-13. She is looking forward to a new season and welcomes young swimmers to start their swimming career at Etobicoke Swimming.