

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. Having coached for Canada at 3 Olympic Games, World Championships and Commonwealth Games, Coach Thorburn brings international experience and knowledge to the Etobicoke Swim Club. He has coached many swimmers to national records and championship podiums.



**Introduction to
Competitive Swimming
Program**

For swimmers 5 to 9 years old



Krystin King
Head Intro Coach

Etobicoke is glad to welcome Krystin King as its Head Intro Coach for another season. Krystin started her swimming career with the Etobicoke Swim Club. 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 coached for four years. Krystin therefore has experience coaching swimmers from ages 5 to 13. She is looking forward to a new season and welcomes young swimmers to start their swimming career at the Etobicoke Swim Club.

Krystin King
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Introduction to Competitive Swimming Program

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 in competitive swimming. Through self-discipline, commitment and time management swimmers build self-confidence and self-esteem while promoting team spirit and good sportsmanship.

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

- 31 Olympians
- 2 Long course World Record Holders
- 2 Short course World Record Holders
- Senior Nationals Womens Team Champions, LC 2009
- Age Group National Champions (2007, 2011, 2013, 2018)
- 12 Short Course Provincial Championships in a row (2002-2013)
- 14 Back-to-back SC & LC Provincial Championships (2001 LC-2008 SC)

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?

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



FALL
Sept. 16 to Dec. 15, 2019



WINTER
Jan. 6 to Apr. 5, 2020
(Break: Mar. 16-22)



SPRING
Apr. 6 to June 28, 2020

Training Schedule

Intro Levels 1 to 4 (2 x per week)

Monday 6:45 to 8:00 pm & Saturday 7:45 to 9:00 am

OR

Wednesday 6:45 to 8:00 pm & Sunday 7:45 to 9:00 am

Cost: \$390 for swim fees and 1 pre-competitive swim meet per session + team wear fees

Intro Level 5 & 6 (3 x per week)

Monday 6:45 to 8:00 pm, Thursday 6:15 to 7:30 pm & Saturday 6:45 to 8:00 am

OR

Wednesday 6:45 to 8:00 pm, Thursday 6:15 to 7:30 pm & Saturday 6:45 to 8:00 am

Cost: \$480 for swim fees + team wear fees + racing fees

Each practice is comprised of 15 minutes dryland including calisthenics and coordination exercises and 60 minutes of technically-based water training.

Swimmers will be placed where space is available.

If your swimmer is between the ages of 5 to 9 years old and has completed Ultra Level 4 or Swim for Life 4, attend one of our 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 10 minutes. No registration is required to attend an assessment. Assessments are held three times per year before each new session.

Once the assessment process is complete, the coaches will review each candidate's eligibility and capacity of the program. If your child has been approved, you will receive an email offering a position for your swimmer.

Please visit our website, www.eswim.ca, for details.

