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, 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. Before joining the Etobicoke Swim Club, 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.

Kevin Thorburn
Head Coach

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
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. The Etobicoke Swim Club 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.
- 116 out of 292 Provincial Age Group Records currently held.
- 8 Senior National Records currently held.
- 31 swimmers placed on Olympic Teams since 1956.
- 2 swimmers on the 2000 Olympic Team – Jenna Gresdal & Owen Von Richter
- 1 swimmer – 2008 Olympic Team – Alexa Komarnycky
- 2 swimmers - 2012 Olympic Team - Brittany MacLean & Amanda Reason
- 2 swimmers - 2001 World Championship Team – Riley Janes & Tobias Oriwol
- 2 swimmers - 2009 World Championship Team - Amanda Reason & Heather MacLean
- 3 swimmers - 2013 World Championship Team - Brittany MacLean, Hassaan Abdel Khalik & Aly Abdel Khalik
- Winner of 14 straight Junior Provincial Championships from 2001-2008

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 6 or Swim for Life 5, 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. No registration is required to attend an assessment.

Assessments are held three times per year before each new session. Please visit our website, www.eswim.ca, for details about when an assessment will be taking place. The dates and times will be posted on our home page approximately one month before the assessment dates.