

SWIM SASKATCHEWAN



**Better Lives
Through Swimming**

SUPPORTED BY:



2019 Para Prospects West (Team Sask)

Congratulations to the following two Sask swimmers that have been selected to the 2019 Para Prospects West Camp, **January 31-February 2, 2019 in Richmond, BC.**

Swimmers

Krystal Shaw
Nikita Ens

Coaches/Staff

Eric Kramer, Coach
Jeff Toth, Coach
Jodi Nicholson-Hachey, Team Manager

Home Club

FS
LASER

Home Club

LASER
FS
Swim Sask

Building on the initial iteration of Para Prospects West in 2018, Swim BC, Swim Alberta, SwimSask, and Swim Manitoba are partnering to provide an educational and training development opportunity to para-swimmers from across the four Western Canadian provinces.

Camp Content

Swimming Canada National Para Head Coach, Vince Mikuska, will be leading the camp, with other guest speakers and sport specialists also in attendance to provide mentorship, information, and guidance for both coaches and swimmers.

The aims of the camp are as follows:

- Provide swimmers with camp experience - education, training
- Past Champion to speak on what it takes to be successful - how to transition from "age group" to "National" to "International" success
- Coach education: Each swimmer's coach is invited and encouraged to attend
- Warm-up / cool-down protocol / Activation protocol
- Strength & conditioning overview
- Stroke analysis
- Racing opportunity

2019 Prospects West Selection Criteria for all provinces:

- Have not represented Canada at WPS LC World Championships, Para-Pan Am Games, Para-Pan Pacs, or Paralympics;
- Be engaged in a training program progressing toward the Swimming Canada's podium pathway.
- Minimum combined three-event point score total of at least 1000 points;
- Swimmers were scored and ranked by summing their three best-scoring events (SB9-only swimmers were scored by tripling their SB9 score);
- Top-scoring male and top-scoring female (based on three-event sum of points) from each province gain automatic selection (eight swimmers total);
- Where a province does not have an eligible para-swimmer of one gender, they may include two swimmers from one gender as their "automatic selections";
- The remaining twelve selections are to be filled in rank order, regardless of province or gender, with alternates similarly ranked in the event that swimmer(s) decline.