



To: Swim Saskatchewan Head Coaches

Competition: Colleges Cup – First - ever Varsity meet held in Saskatchewan

Tour Dates: Friday January 31 and Saturday February 1, 2020

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Purpose: To bring the top Saskatchewan swimmers together to race University swimmers from U of C, U of M and U of R, at the first-ever Varsity meet held in Saskatchewan, for an after Christmas training camp racing opportunity.

### **Athlete Selection and Requirements:**

- Athletes will be ranked by gender based on their 2019 LC Times as a percentage of the “Final On Track Time” (see bottom of next page).
- Athletes will then be selected in rank order based on their single best performance.
- Swim Saskatchewan may select up to 12 women and 12 men to a maximum total team size of 24.
- An athlete must be fully registered and training with a year-round club.
- Coaches will be contacted in late December 2019 to confirm qualified athlete attendance and if the coach of record is available to take part in the initiative.
- Swim Saskatchewan will then be in contact with the athlete to notify them of their selection, and to confirm their attendance. **Attendance must be confirmed by end of day Wednesday January 8, 2020, or sooner if possible**, so that we can invite alternates should someone decline, and must read and update/complete the online 2019-2020 Swim Sask Team Selection/Athlete Agreement form, found here: <https://form.jotform.com/92346185058260>
- **Athletes that have already completed joform for a previous activity this fall must complete it again to declare their attendance for this activity and update any new dietary or health concerns. If not declared by January 8, then it is assumed they are not attending/declining, and the next alternate will be invited.**

### **Coaching Staff & Team Manager Selection and Requirements:**

- Swim Saskatchewan will select coaches from those that submit their intent/interest, and assign the roles of Lead Coach, Assistant Coach(es), and Team Manager. In following with Swim Saskatchewan and Swimming Canada best practices, the coach/manager staff will include at least one female and one male staff.
- In some instances, not all coaches that submit interest will be given a position or invited to attend.
- The Lead Coach will be the key communicator with the athlete group during team meetings, and make final team decisions while on site after communicating with staff.
- The Assistant Coach(es) will work with the Lead Coach to ensure all athletes are supported and receive the coaching they need to the best of their ability.
- The Team Manager will ensure all athletes are in attendance when needed (where they need to be, when they need to be there!), and communicate with Swim Saskatchewan & home parent group as needed.
- Additional responsibilities that need to be assigned will be designated by the Lead Coach.
- **All interested coaches are to declare their intent to be involved, by completing the 2019-2020 Swim Sask Team Selection/Athlete Agreement form, by end of day Wednesday, January 8, 2020: <https://form.jotform.com/92346185058260>**





## Accommodations & Transportation:

- All coaches & athletes will be responsible for getting themselves to Lawson pool in Regina on Friday, January 31, as well as getting home again on Saturday, February 1.
- All swimmers & coaches whose club is based out of Regina will not be included in the team's accommodations arrangements.
- Those swimmers & coaches based outside of Regina will have the option to stay with the team at the team hotel (Royal Hotel 4025 Albert Street). Swimmers & coaches must confirm their choice to stay with the team on the online form by **Wednesday, January 8, 2020 or sooner**. The cost for the hotel will be covered by Swim Sask.

## Meals & Snacks:

- Athletes will be responsible to bring their own snacks.
- All Team Sask members (swimmers & coaches), including those in Regina, will have a team dinner Friday night after the session; cost covered by Swim Sask. All team members are required to attend.
- All Team Sask members staying at the hotel will have breakfast provided by the hotel.
- All Team Sask members will be provided lunch on Saturday; cost covered by Swim Sask.

**Competition Info: - sanctioned meet package can be found on the national meet list site:**  
<https://www.swimming.ca/en/meet/34510/>

Session 1: Friday January 31, 2020 warm-ups 3:00 pm. (on deck at 2:30pm)  
 Session 2: Saturday February 1<sup>st</sup>, 2020 warm-ups 7:30 am (on deck at 7:00am)  
 Session 3: Saturday February 1<sup>st</sup>, 2020 warmups 1:30 pm (on deck at 1:00 pm)

## Appendix A – Final On Track Times

Women	Event	Men
24.82	50Fr	22.10
54.50	100Fr	48.58
1:57.74	200Fr	1:47.15
4:08.34	400Fr	3:47.43
8:33.73	800Fr	7:54.31
16:32.04	1500Fr	15:01.87
1:00.89	100Bk	53.99
2:10.68	200Bk	1:57.58
1:07.22	100Br	1:00.26
2:26.58	200Br	2:11.26
58.15	100FL	52.08
2:09.21	200FL	1:56.72
2:13.01	200I.M	1:59.77
4:38.91	400I.M	4:17.88

**#SwimSaskProud!**

