

SWIM SASKATCHEWAN



**Better Lives
Through Swimming**

SUPPORTED BY:



Swim Sask Competes in Toronto January 19-21, 2019

Congratulations to the following swimmers and coaches who will represent Swim Saskatchewan at the Toronto Grand Prix (January 19-20) and the Winter Invitational (January 20-21) at the University of Toronto.

Swimmers competing for SASK

Home Club

Brough, Mitchell	ROD
Burwell, Maclaren	GOLD
Crookshanks, Bree	ROD
Dean, Rebecca	ROD
Hemeon, Brayden	GOLD
McGillivray, Michael	ROD
Palaschuk, Brian	ROD
Spence, Emma	ROD
Syrgiannis, Matthew	ROD
Thompson, Mya	ROD
Tierney, Blake	GOLD
Wagner, Noah	ROD
Wasyliv, Noah	ROD

**swimmer(s) selected but will not be attending: Alexandra King, Jong Hoon Lee*

*** Also competing will be Olivia Harvey and Cadence Johns*

Coach

Home Club

Tissira, Abderrahmane - Lead Coach	ROD
Hitchings, Steven - Coach	GOLD
Harvey, Laura - Coach and Team Manager	MJKFF

This Swim Saskatchewan High Performance Initiative is offered under the leadership of Technical Coordinator, Aaron Maszko.

To follow our SASK swimmers you can follow this link:

[Toronto Grand Prix and Winter Invitational LIVE](#)

#SWIMSASKPROUD

Swim Sask Toronto Grand Prix and Winter Invitations Competitions

January 19-21, 2019



Purpose

- To support those Swim Saskatchewan Olympic eligible athletes qualified for Canadian Swimming Trials an opportunity to compete against some of the best athletes in the country early in the long course season.

Athlete Selection

- An athlete must have been registered and competed for a Sask club during the peak performance windows of March-April and July-August of 2018.
- Athletes must have achieved at least one 2019 Canadian Swimming Trials standard between January 1st and August 31st 2018.
- Coaches will be contacted in November 2018 to confirm qualified athlete attendance and if the coach of record is available to take part in the initiative, and that the athletes will be in full training through December & January, including December 26th to January 6th.
- While Swim Saskatchewan has budgeted to support a large portion of travel and accommodations, there will be an attending athlete fee which will be collected after the competition, estimated at **\$175.00**

Coaching Staff and Team Manager Selection

- Swim Saskatchewan will 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.
- 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.
- Team Manager will ensure all athletes are in attendance when needed and communicate with Swim Sask & home parent group as needed.
- Additional responsibilities that need to be assigned will be designated by the Lead Coach.
- The Lead Coach will be selected as the Saskatchewan coach with the majority of athletes qualified to the team.

Required equipment/items for the camp

- Athletes are required to bring their own money to be able to purchase meals and snacks at the airports, and breakfasts throughout the competition.
- Swim Saskatchewan will arrange for lunch and dinner on Friday and Saturday, as well as lunch on Sunday. All other meals and snacks will be the responsibility of the staff & athletes attending.
- Athletes will be able to purchase their own breakfasts and snacks at the local grocery store, located on the opposing street corner to the hotel.
- The group will be attending this event as Team Sask. Therefore, we will be asking the athletes to dress and compete accordingly, wearing their Team Sask long sleeve gear received this year (white long sleeve shirts, green long sleeve hooded shirt, Team Sask Cap).

