



Every swimmer has the *opportunity to reach* their full potential

2021

Annual Report





2021 Annual Report

Mission

Govern, lead, and support competitive swimming.

Vision

Every swimmer has the opportunity to reach their full potential

STRATEGIC DIRECTIONS

Provide programs, services, and support to maximize all aspects of competitive swimming.

Lead and Inspire a culture of professionalism.

Create growth and life-long opportunities through an inclusive membership.

VALUES

Excellence | Integrity | Innovation | Collaboration

PRESIDENT & EXECUTIVE DIRECTOR MESSAGE

The past year has been unlike any other year in recent history and has challenged all of us to look at what we do and how we might do it differently.

We would like to acknowledge the impact that the COVID-19 pandemic has had on not only the swimming community but the larger community in Alberta. Our thoughts are with those who may have lost loved ones, experienced health impacts as a result of COVID-19, had job losses or experienced other impacts of the pandemic.

The swimming community, and specifically Alberta swim clubs, have shown great resilience and adaptability as we all navigated through an extremely challenging and difficult year. Clubs had many stops and starts to swimming, had to learn new ways to configure group sizes and spacing in pools, became proficient at leading workouts through zoom, and developed skills in navigating through the ever-changing protocols and health orders. Like Swim Alberta, many clubs had to make tough decisions around budgeting, staffing and program implementation while trying to maintain an eye to the future to ensure swimming as a sport remained well positioned as we come out of the pandemic with strong clubs intact.

This was also an Olympic/Paralympic Year, with the 2020 Olympic and Paralympic Games being postponed to summer 2021. All of our athletes experienced challenges and changes as they navigate training through a pandemic, but none as much as our Olympic and Paralympic hopefuls who had to find creative ways to maintain training until a High Performance Exemption was approved for swimming in January 2021. We want to congratulate all the athletes who persevered through this past year and still found a way to attend and perform their best at the Canadian Olympic Swimming Trials in June 2021. Each and everyone one of you have made us very proud.

Two athletes currently training in Alberta successfully earned a spot on the National Swimming Team. Congratulations to **Olympian Cole Pratt (CASC)** and his **coach Dave Johnson** and **Paralympian Tammy Cunnington (RDCSC)** and her **coach Mandi Smith**. Alberta has supported the development of many Olympic and Paralympic heroes and had a number of individuals who came up through Alberta club programs to represent Canada this past summer. These swimmers include: Rebecca Smith (Olympic silver medalist in the 4x100 free relay), Yuri Kisil, Finlay Knox and Morgan Bird (Paralympic bronze medalist in the 4x100 free relay).

Swim Alberta remains focused on delivering our multi-year strategic plan (2017-2024), finding ways to adapt and adjust as we navigate through the pandemic while still achieving our vision of “every swimmer having the opportunity to reach their full potential”.

As always, we thank each of you: club boards and administrators, club coaches, athletes, and officials for your ongoing commitment to the swimming community and to your support of Alberta swimmers. Alberta Swimmers are “why we do what we do”.

Yours in Swimming,

Dean Schultz, President

Cheryl Humphrey, Executive Director

A YEAR IN REVIEW

With the COVID-19 pandemic, the 2020-2021 competitive season saw a shift in the operational plan of the 2017-2024 Strategic Plan of Swim Alberta, to pivot to provide the programs, resources and services required to support athletes, clubs and our membership during a global pandemic. The year saw several disruptions to programming at the club and provincial level with both the easing and tightening of COVID-19 restrictions and protocols from Alberta Health that occurred throughout the year.

Three strategic directions continue to form the foundation of the plan:

1. Provide program, services, and support to maximize all aspects of competitive swimming.
2. Lead and inspire a culture of professionalism.
3. Create growth and life-long opportunities through an inclusive membership.

Provide program, services, and support to maximize all aspects of competitive swimming. Key achievements included:

- **Racing Unplugged – Virtual Racing Series** was launched within both the year-round and summer programs to provide an opportunity for athletes to race, record times and have their performances ranked within the province. 1639 competitive registered swimmers participated, swimming in excess of 6000 logged races in the fall of 2020. During the summer of 2021, Swim Alberta coordinated an **ASSA Summer Challenge**, that had nearly 500 registered summer swimmers, swimming 1400 races.
- **COVID-19 Sport Support Funding.** Swim Alberta provided \$40,000 to club programs and initiatives through the COVID-19 Emergency Sport Funding received by the Government of Canada to support clubs to lessen the impact of COVID-19 to programming/resources.
- Ensuring the membership had the information needed and requirements in place to support a **Return to Swimming and Competition.** Working closely with Alberta Health, Culture Ministry staff, facility partners and municipalities, Swim Alberta published 17 versions of the requirements documents during the 2020-2021 competitive season, provided 25+ formal update statements/communications to clubs, and held numerous townhall meetings for both year-round and summer programs. Numerous tools and resources were created to support the planning and implementation of a safe return to training and competitions.
- **Mental Health and Wellness Initiative** Recognizing the importance of the Mental Health and Wellness of the Swim Alberta membership during the COVID-19 pandemic, Swim Alberta put in place an initiative to support the mental health and wellness of athletes and other members. A partnership was formed with Believe Perform, as well as the Canadian Institute of Sport-Calgary, to deliver a program that focused on the mental wellness of the membership. Seven webinars were held over the course of the year, resources were made available to the membership, as well as the launch of the Swim Alberta Mental Health and Wellness monthly newsletter.
- **High Performance Exemption** was successfully put in place for targeted athletes. Swim Alberta was the only provincial sport association to be granted an exemption for this level of athlete, as all other exemptions were provided to National Sport Organizations. This exemption provided an opportunity for Trials eligible swimmers to continue to train in preparation for Trials and the Olympic Games. 28 swimmers participated in a competition in May for HP exempt athletes.
- Finalization of the long-term technical plan to support the 2018 **long-term performance and performance development strategy.**

Lead and Inspire a Culture of Professionalism. Key achievements include:

- **Reimagined**, with the Alberta Officials and Competition Committee, what “**officiating**” could be. A full review including, how to minimize the number of officials on deck and changes to procedures used in the past, created a new look and way to run technically competent competitions. Numerous resources were developed to assist with the successful running of competitions.
- Coach working groups – Facilitation and supporting the working groups to convene, discuss and make recommendations related to scope of work of each of the groups. **Performance Development Working Group** (PDWG) held 17 meetings. **Competition and Calendar Working Group** completed a competition review that encompassed invitational competitions and provincial competitions that is aligned with the national competition calendar.
- The Swim Alberta technical team held a number of **virtual coffee chats** with coaches of small/medium size clubs across the province.
- The fourth cohort of coaches completed the **Future Coaches Program** in 2021. The program’s focus is to develop a system and support a mindset for the ongoing professional development of coaches, providing a positive working relationship among clubs, informed decision making to support the development of athletes, and foster learning and continuous improvement of our coaches.
- Year-Round Clubs have adopted the **five key policies** required for affiliation in the 2020-2021 year.
- Nomination of six Alberta coaches to the Swimming Canada **Select Coaches** learning initiative. Swim Alberta hosted a debrief learning session with the six coaches that attended the initiative.

Create Growth and Life-long opportunities through an inclusive membership. Key achievements include:

- Published a study in the Canadian Medical Association Journal of the findings related to the lack of COVID-19 transmission in the aquatic environment in the cohort swimming model. Following this study Swim Alberta launched the **#WeAreReady** Campaign that received recognition not only in the province but across the country and worldwide.
- Official launch of the **I Can Swim** program. Three clubs joined the pilot and 17 teachers have been trained to deliver the I Can Swim Program.
- Celebration of our **Olympic and Paralympic Heroes** through the two international events.
- Swim Alberta and **Alberta Summer Swimming Association** migrated fully to the National Registration, Tracking and Results System. This has allowed for the **summer sanctioning** of ASSA competitions.



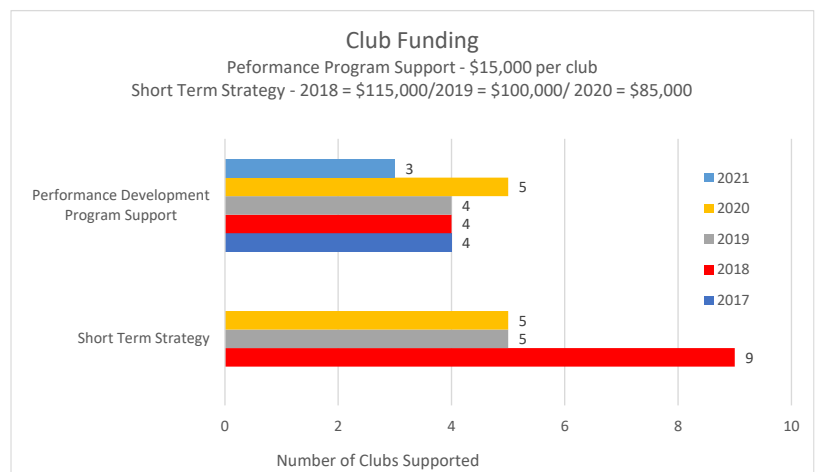
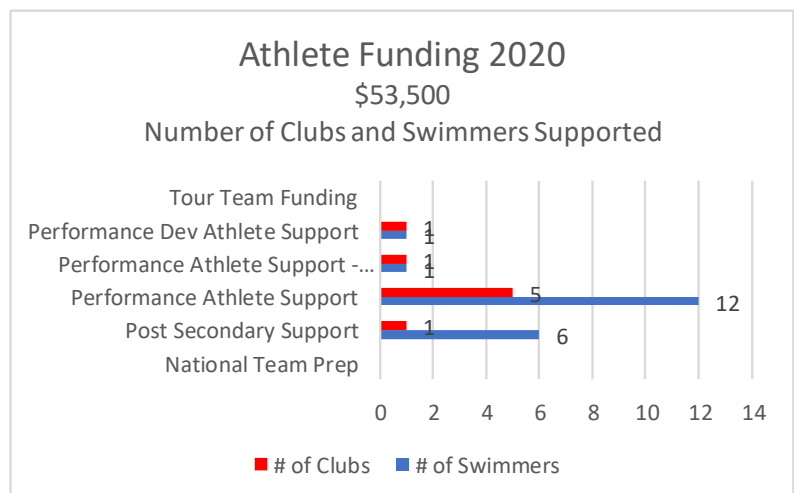
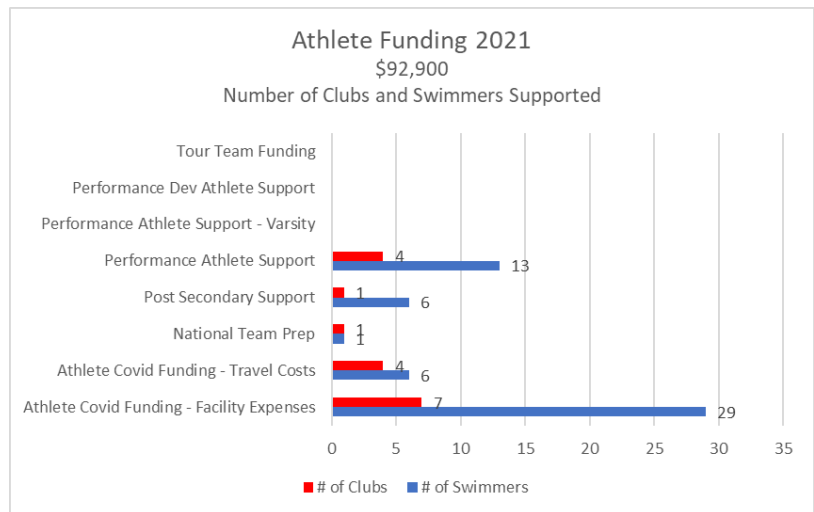
2020 Paralympian Tammy Cunnington-RDCSC /2020 Olympian Cole Pratt-CASC

PERFORMANCE & PERFORMANCE DEVELOPMENT - ATHLETES & COACHES

Funding

Swim Alberta provided \$137,900 in funding to athletes and club programs to support performance and performance development swimming in 2020-2021. Athletes receive direct funding support from Swim Alberta to pursue training, national team selection/preparation and post-secondary studies through six funding programs. In addition, Swim Alberta provides direct support to clubs that meet the criteria through the Performance Development Program Support Program. During the 2020-2021 swimming season, Swim Alberta provided additional athlete support to swimmers striving to make the Olympic team. The additional athlete support included funds to reduce facility costs as well as training and travel expenses incurred with heavy restrictions in place in Alberta during much of the year.

COVID-19 Emergency Sport Funding: Swim Alberta provided \$36,400 in funding to clubs through the federal emergency sport funding program. 38 year round clubs and 17 masters clubs received funding. In addition, regional support was provided to three ASSA regional festivals during 2021.



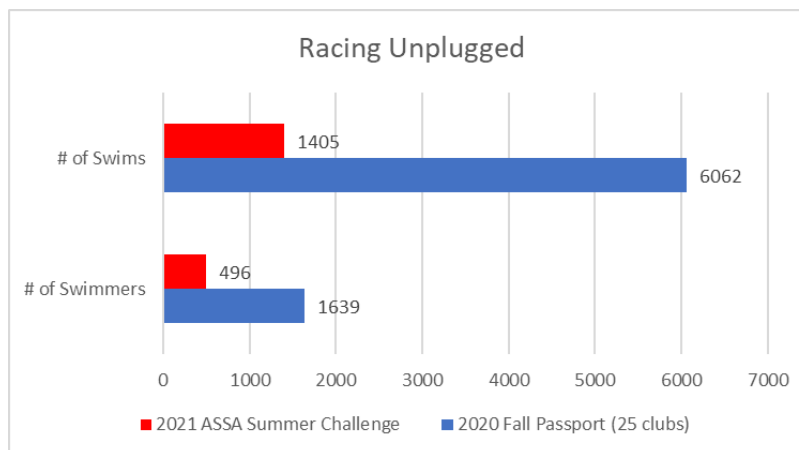
Athlete Programs

Swim Alberta Athlete Camps

The Discover, Aspire, and Emerge Camp programs that target youth swimmers were unable to run this year due to the COVID-19 Pandemic.

Racing Unplugged

Swim Alberta launched 'Racing Unplugged' as a virtual racing opportunity for swimmers and clubs to see where they ranked in the province as competitions were not permitted for the majority of the 2020-2021 swimming season.



Mental Performance and Mental Health & Wellness Initiative

The Mental Performance Planning project was supplemented by a Mental Health and Wellness initiative during the 2020-2021 competitive season. This initiative was recognized as being important due to the effects that the pandemic was having on the mental health and wellness of athletes and other members. A partnership was formed with Believe Perform, as well as the Canadian Institute of Sport – Calgary, to deliver a program that focused on the mental wellness of the membership. Seven webinars were held over the course of the year, resources were made available to the membership, as well as the launch of the Swim Alberta Mental Health and Wellness monthly newsletter.

January 2021 – Five mental wellness webinars, one for coach mental wellness, three for age group swimmer mental wellness, one for adult swimmer/supporter mental wellness

May 2021 – two mental wellness webinars for athletes

Mental Wellness Newsletter created with monthly publications starting February 2021

[Mental Health and Wellness Resource Page](#)

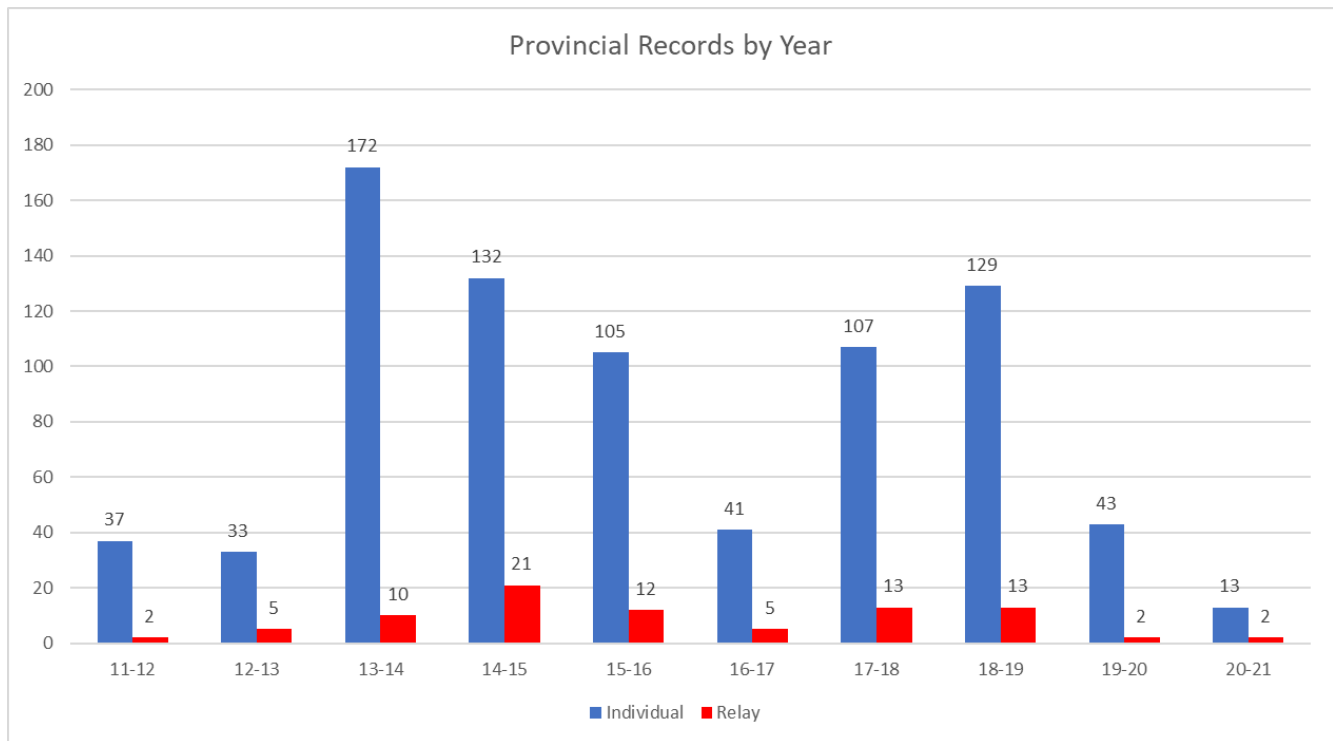
Sanctions

	Short Course	Long Course	Cancelled
Multi Club	4	2	84
Single Club	4		2
Class I Time Trials			1
Varsity Meets			3
Masters Meets			
Provincial Competitions		1	8
National/International			
Summer	13		1
Total Competitions Sanctioned = 24 (2020/21)			
Total Competitions Sanctioned = 80 (2019/20)			

Records

Athlete	Club	Short Course	Long Course	National Age Group Records	National Records
Cole Pratt	CASC	2	2		2
Ingrid Wilm	CASC		1		
Emma Finlin	EKSC	2			
Avery Wiseman	OSC		2		
Peter Brothers	UCSC		1		
Maxine Clarke	UCSC		1		
Kamryn Cannings	UCSC		1		
Ella Varga	UCSC		1		
Relay	UCSC	1			
Relay	CASC		1		

Full listing of records is available: <https://www.swimrankings.net/>



Participation at National Meets

	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Spring - Clubs	16*	11*	11*	11*	11*	10*	10	11*	0**	6*
Spring - Athletes	140*	74*	74*	70*	88*	58*	38	58*	0**	27*
Summer - Clubs	9	11	7	9	11	9	11*	7	0**	0**
Summer - Athletes	78	62	64	61	67	46	58*	51	0**	0**

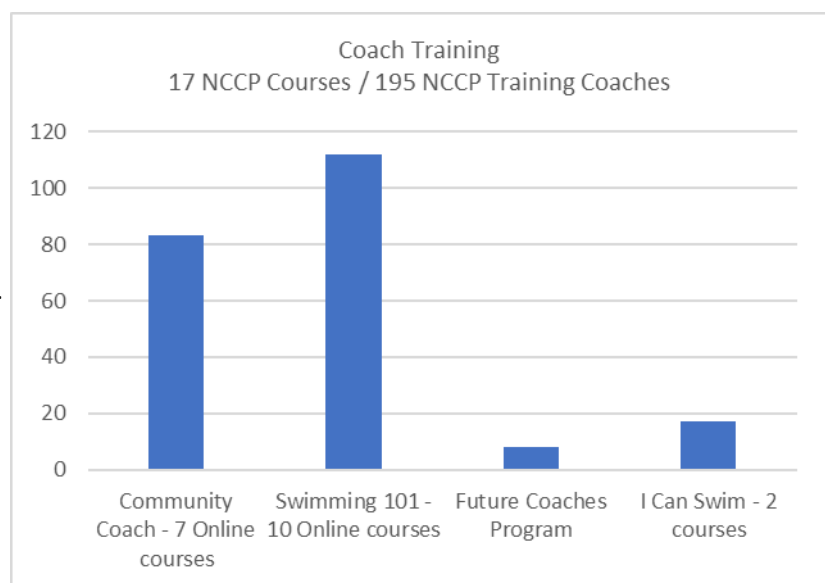
*Canadian Swimming Trials

**Cancelled due to COVID-19 Pandemic

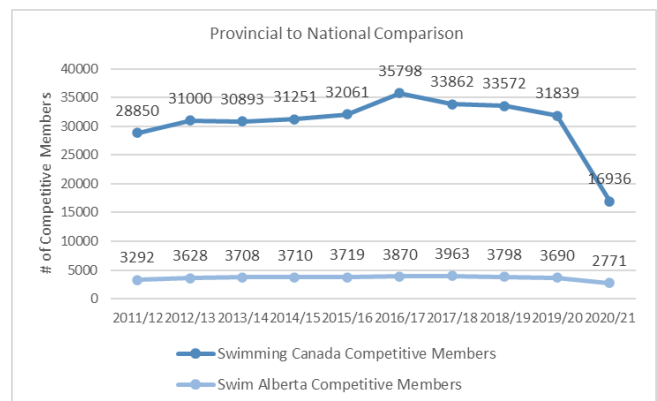
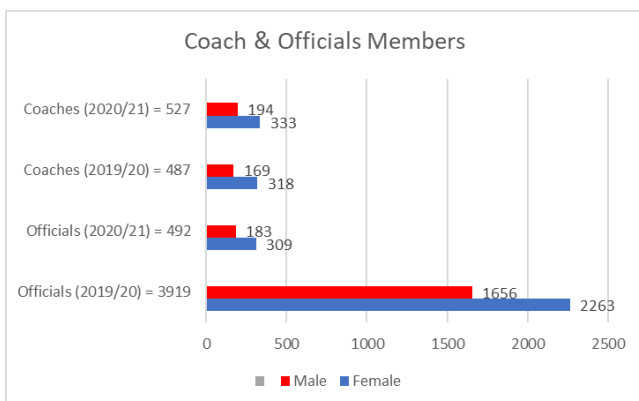
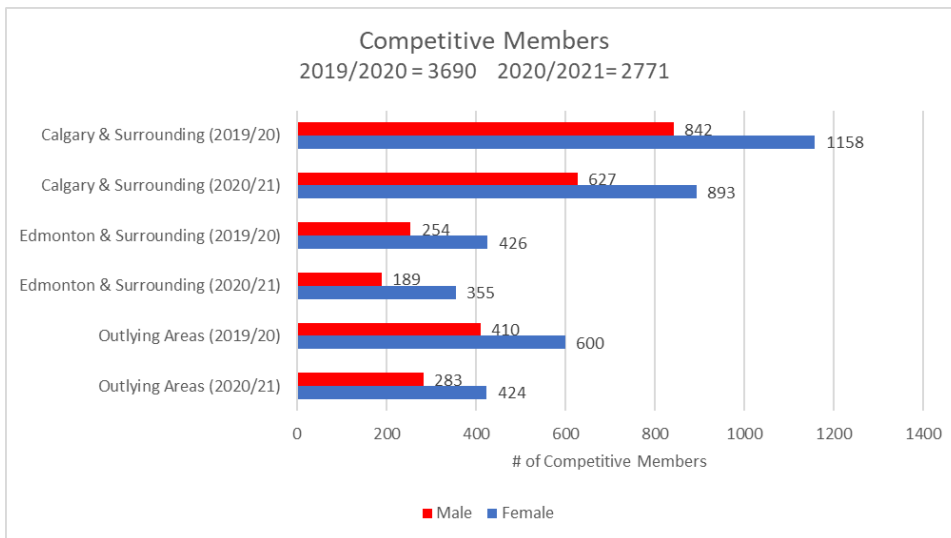
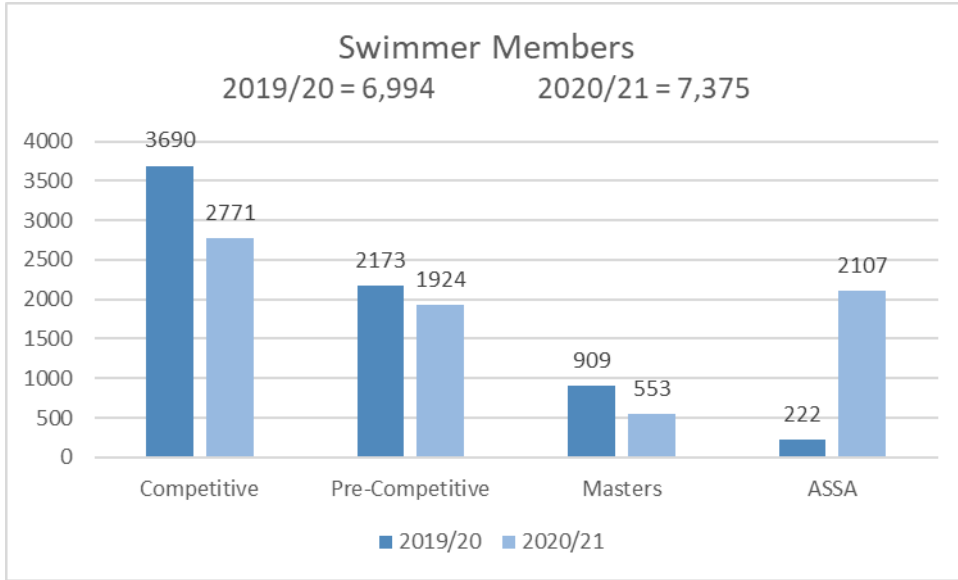


Coach Development

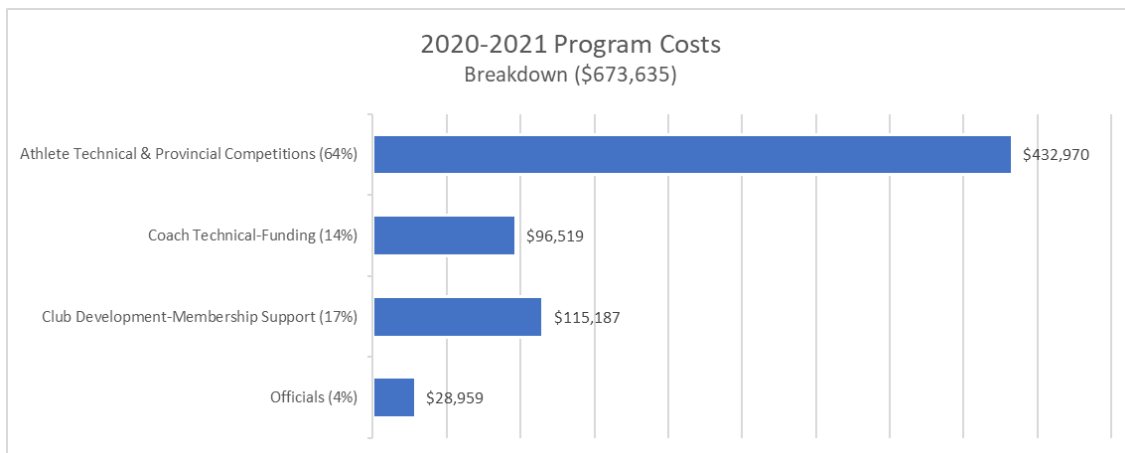
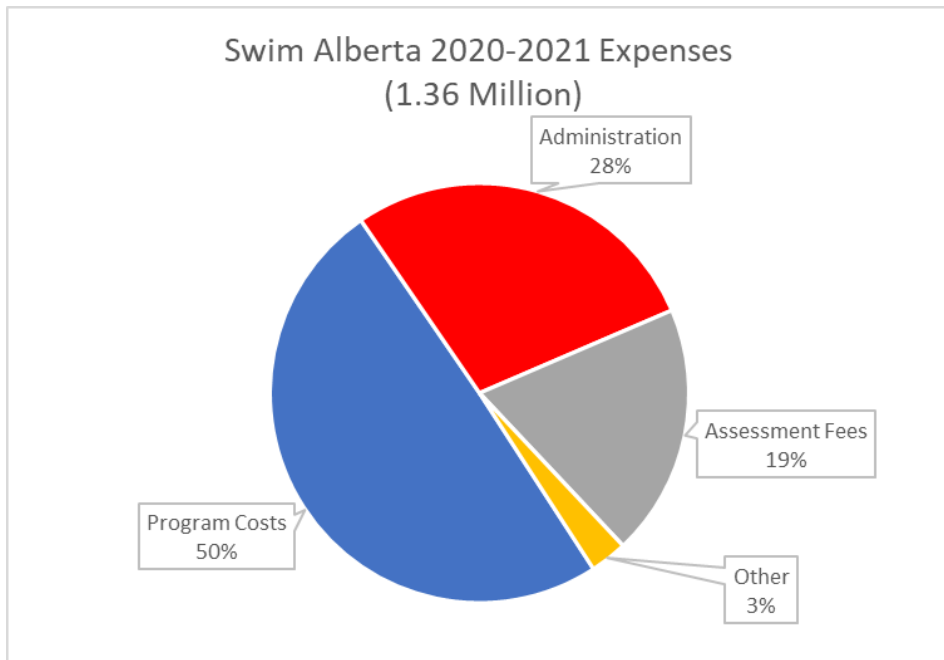
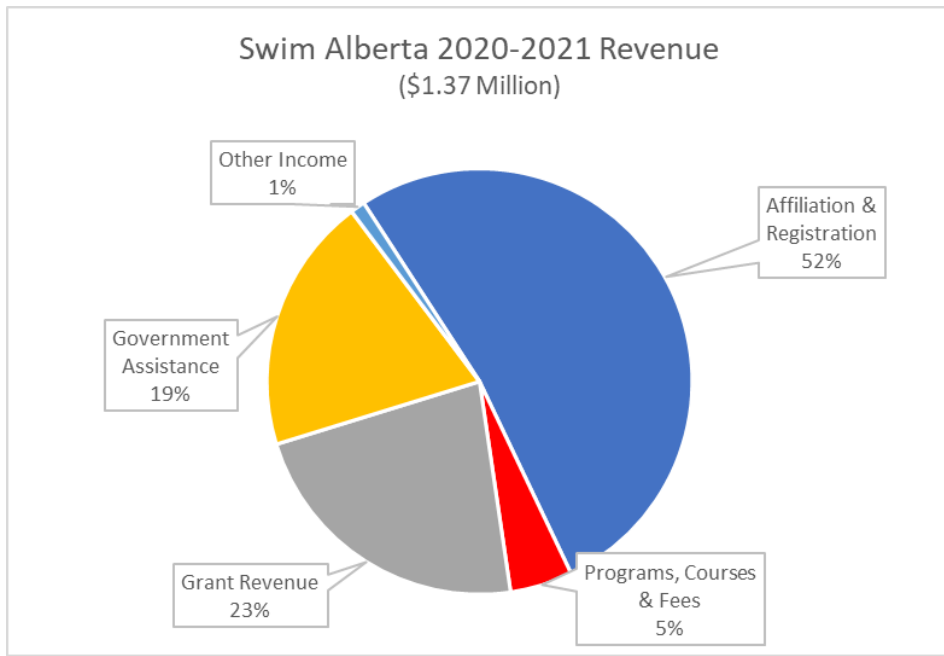
Starting in May 2021, Swim Alberta began training I Can Swim Teacher Trainers and I Can Swim Teachers to prepare for the fall of 2021 launch of I Can Swim. Swimming Canada & Swim Alberta nominated 6 coaches to the Canadian Select Coaches learning opportunities sponsored by Swimming Canada.



MEMBERSHIP



FINANCIALS
2020-2021
Revenue &
Expenses



COMMITTEES

Swim Alberta is supported by a number of committees, working groups and a Special Interest Group (Alberta Summer Swimming Association) who provide guidance and advice on core programs and services.

Performance Development Working Group was established to advise Swim Alberta on age group technical programs and coach development ensuring alignment with the Swim Alberta strategic plan. Key achievements included: pre-varsity engagement strategies for retention; COVID-19 engagement strategies to ensure swimming remains on track and establishing value added programming; technical execution strategies (energy systems, VO2Max, etc.); retention strategies for 2020-2021 season.

Working group members: Jordan Harper (AMAC), Marc Tremblay (CASC), Alex Wallingford (EKSC); ATPC Reps: Dave MacDonald (UCSC) and Lucien Zucchi (RDCSC); Staff Liaisons: Jackie Cool and Stephen Norris

Competition Calendar Working Group was established to advise and work with Swim Alberta to establish a stable and coherent competition calendar that addresses the competition needs of grassroots through to performance development swimming with appropriate alignment to the Swimming Canada competition calendar. The key achievements for the season include updating the provincial competition format, the publication of the competition profiles, and the alignment of competition types to the competition sanctioning process.

Working group members: Roger Hanna (CP/ASSA), David Loyola (NCSA), Ryan Macdonald (PPAC), Chris Nelson (EKSC), Jasen Pratt (CASC), Randi Willisko (GLEN), Brad Mori (KSC) and Alex Dawson (GPP); Staff Liaisons: Kevin Dennis and Stephen Norris

Performance Swimming Working Group was established to advise Swim Alberta on age group technical programs and coach development ensuring alignment with Swim Alberta strategic plan. The pandemic provided opportunity for kaizen and increased knowledge on evidence based planning for age group swimmers as well as mental performance planning. There was also continued planning around COVID-19 engagement strategies and retention best practices.

Working group members: Jordan Harper (AMAC), Marc Tremblay (CASC), Alex Wallingford (EKSC), Dave MacDonald (UCSC) and Lucien Zucchi (RDCSC); Staff Liaisons: Jackie Cool and Stephen Norris

Alberta Officials and Competition Committee (AOCC)

The AOCC is an active advisor to Swim Alberta in matters related to Officials, Officials Education and Development and Competition procedures. During the 2020-2021 season, the committee engaged in a process to 'reimagine' swimming, rethinking the roles and the number of officials required for competition to create more space for swimmers at competition during the pandemic. The result of the 'reimagine' swimming process was a new official's roster that can be used for entry level competitions and the creation of the Electronic Disqualifications Procedure Form.

Swim Alberta would like to thank Patti Clarkson for her years of service on the AOCC.

Current committee members include: Jennifer Flowers (Chair), Doug Bird, Rob Farmer, Michael Bester, Dave Schenk, Trevor Nicholson, and Stephanie Ketchin. Staff Liaisons: Kevin Dennis and Megan Narsing

Alberta Masters Swimming Committee (AMSC)

The AMSC represents the needs of Masters Swimmers in Alberta and acts in an advisory capacity to Swim Alberta on items of importance to masters swimming. Due to the ongoing pandemic the opportunities for masters training and racing were limited.

Swim Alberta would like to thank Carli Tyson for her years of service on the AMSC.

Current committee members include: David Amundrud, Scott Summers, and Jessika Craig. Staff Liaisons: Kevin Dennis and Lindsey Thomas

Alberta Summer Swimming Association (ASSA)

While the 2021 summer swimming season did not start smoothly, with a provincial lockdown beginning after only one week of training, the finish of the season saw the ASSA return to competition. Although not all clubs and swimmers returned for the 2021 season, Swim Alberta and the ASSA worked in collaboration to ensure that all swimmers had an opportunity to participate through both a virtual racing opportunity and in-person competitions. ASSA clubs successfully used Swimming Canada's Registration, Tracking and Results system (RTR) for both swimmer registration and competition approval.

The Alberta Summer Swimming Association (ASSA) works in close partnership with Swim Alberta to provide summer swimming opportunities to over 3400 swimmers through 55 summer club programs (pre-pandemic) in the province. Through collaborative service and affiliation agreements, the two organizations work together to ensure a successful swimming experience is provided to all.

Executive members: Lynnette Thoresen (President), Morgan Dozeman (Treasurer), Richard Harris (Secretary), Dave Schenk (Vice President), Marni Woykin (Vice President). Staff liaisons Val Carr and Kevin Dennis

SWIM ALBERTA BOARD

Dean Schultz - President	Baerach Anderson - Vice President	Kevin Wigginton - Treasurer
Kelly Jubenvill - Director	Scott Flowers - Director	Dave McCann - Director
Thomas Holloway - Director	Steve Sproule - Director	Amanda Frayn - Director
Lynnette Thoresen - Alberta Summer Swimming Association Representative		

SWIM ALBERTA STAFF

Cheryl Humphrey, Executive Director
Val Carr, Manager Membership Services
Jackie Cool, Sport Development Director
Kevin Dennis, Sport Development Director
Megan Narsing, Program & Engagement Coordinator
Steve Norris, Performance Technical Director
Ana Robitu, Accountant
Lindsey Thomas, I Can Swim Coordinator

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