

2022

ANNUAL REPORT





Mission

Govern, lead, and support competitive swimming.

Vision

Every swimmer has the opportunity to reach their full potential.

Strategic Direction

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

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Photos by: Renee Kardash, Swimming Canada, Swim Alberta

President & Executive Director Message

Emerging from two very difficult years, the 2021-2022 season marked our return to normalcy both in and out of the pool. With a progressive return, it was exciting to see swimmers, coaches, officials, volunteers and parents return to the pool.

With the return to both training and competition, Alberta swimmers quickly showed that the incredible resilience and adaptability translated into performance. The entire Swim Alberta community should be very proud of your collective efforts to realize these results.

In addition to our athlete performances, our recovery of membership was exciting to see, with our end of season registration near pre-pandemic levels.

The 2021-2022 season was packed full of provincial, national and international performance highlights. Five Albertan swimmers competed at the 2022 FINA World Championships in Budapest, Hungary, bringing home one silver and two bronze relay medals. Two swimmers also represented Canada at the 2022 Commonwealth Games in Birmingham, England.

Additionally, 11 swimmers were selected for the 2022 Junior Pan Pacific Championships team. Collectively, these swimmers qualified for 22 'A' finals and brought back a bronze relay medal.

At Canada Games, Team Alberta won 18 gold, 11 silver, and 14 bronze medals in the pool.

Four National Records, one individual National Age Group record and three National Age Group relay records were broken by Alberta swimmers this season.

While swimmers train and compete at all levels of swimming, Swim Alberta remains focused on delivering our multi-year strategic plan (2017-2024) and operationalizing our Long-Term Technical Plan as we continue to drive to achieve 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
Shawn Holman, Executive Director

A Year in Review

The 2021-2022 swimming season was a welcomed return to the pool and competitions as well as the ability to activate initiatives under our strategic plan. We are excited to continue to build on our initiatives as we operationalize our Long Term Technical Plan. 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:

- **COVID-19** restrictions were lifted allowing for a progressive return to “normal operations” in practice as well as competition in early 2022.
- **Mental Health and Wellness** Initiative Continues to be an important focus and investment for Swim Alberta as we build on our partnerships formed with Believe Perform as well as the Canadian Institute of Sport- Calgary. A survey following the concluding of the initiative was very positive and we look forward to taking our learning and suggestions gathered into our future program and offerings.
- **MHCC/Working Mind** – 4 coaches participated from Swim Alberta in the pilot. Through the Mental Health Council of Canada, this was a one-off initiative that is now completed. Mental health and wellness for athletes and coaches was the topic.
- **Long-Term Technical Plan** is now being operationalized, including a Town Hall to formally launch the LTTP with club coaches and presidents.
- Rollout of the **Training Resource Pools** (TRP) pilot with MNP Community & Sport Centre in Calgary was a success including best on best training sessions for swimmers and coaches. As part of the pilot MNP was engaged in a MOU process to ensure a strong and beneficial partnership for all going forward.
- Summer Provincials was launched with it's new date, format as well as qualifying based on ranking. The updated format was a result of the work of the Competition Calendar Working Group (CCWG) following the review which aligned key invitationals and provincial competitions with the national competition calendar.
- Solidification and execution of Discover, Emerge, Aspire camps to service a wider swimmer demographic in our community.

- The Para Prospects camp was held online, the camp will be held in a different format by Swimming Canada in the 2022-2023 season.
- Near pre-pandemic return of membership number and competition number, which is a positive and leading metric for 2022-2023 season
- Festivals were postponed however all scheduled provincial competitions ran during the 2021-2022 season.
- 2022 Canada Summer Games was a great success for Team Alberta swimmers, both for individual athlete's experiences as well as the overall team performance. Alberta ranked in second amongst the provinces, very close in points to first and many of the other provinces taking note of Team Alberta's performances.
- Continued focus and support was provided through RaceTek at Provincial Championships (March), Mel Zajac (May) and Provincial Series #5 (July) where targeted swimmers were able to capitalize on this opportunity, including members of Team Alberta's 2022 Canada Summer Games team.

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

- Reimagined with the Alberta Officials and Competition Committee what "officiating" could be continues as we look to integrate learnings and efficiencies from the pandemic into our post COVID environment.
- The Future **Coaches Program** in 2022 continues with 7 coaches onboarded in the program. This program continues to focus on system development and support a mindset for the ongoing development and 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.
- Swim University was a success and continues to grow and positively impact our community. This year best on best sessions with guest speakers, as well as sharing opportunities for innovative program ideas were a benefit and impacts a large number of Swim Alberta coaches
- Swim Alberta resumed its first in-person conference since 2019. A welcomed return of coaches, club executives and officials engaged in great topics from Emotional Intelligence, Safe Sport Open and Observable Environment, Culture, and performance enhancement and professional development opportunities. The conference saw the return of the awards presentation where an exciting list of nominees were awarded.
- The launch of Women in Coaching series was realized with increased participation throughout the season. With a successful launch and feedback Swim Alberta will continue to develop this important initiative within our coaching community.
- New Executive Director nominated to the newly formed Alberta Sport Leadership Association Board of Directors.

- 2024-2028 initial Strategic Planning sessions were held with the board of directors and Swim Alberta staff as we take a forward look for the organization.
- Swim Alberta has a new official recognized on the international FINA list.
- Swim Alberta participated on the RTR steering committee to help guide the RFP process and selection to short list the providers for the development of the new system.

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

- The I Can Swim program was successful in the launch of the plan, adoption, and training of instructors to support the program. In addition to the year round clubs, a pilot adoption of ICS was realized with the ASSA clubs.
- Integration of Race Pace (non-affiliated club) athletes into an existing club to provide a more inclusive environment for their competitive members and newcomers to Canada
- Swim Alberta delivered 7 spring clinics to ASSA in Stroke and Turn, Recorder-Scorer, starter, clerk of the course and meet manager which captured over 110 participants. In addition to these webinars, meet entry process, meet manager, as well as a coach professional development webinars were held.
- Swim Alberta worked with ASSA to create an inclusive environment for one of our transgender swimmers, who struggled to continue swimming. Through the great work by our community this swimmer not only enjoyed a full season of swimming but excelled in their performances.
- The ASSA was supported to publish all competitions and results on the Swimming Canada website, in addition to running the first full swimming season in three years.
- Alberta swimmers made up half of the selected swimmers (3) for the Swimming Canada Para NextGen UBC Camp.
- Racing Unplugged had 4 Masters clubs participate with and exciting 65 athletes. For the Wacky T-shirt Novice realized 17 clubs participate for 662 swimmers.

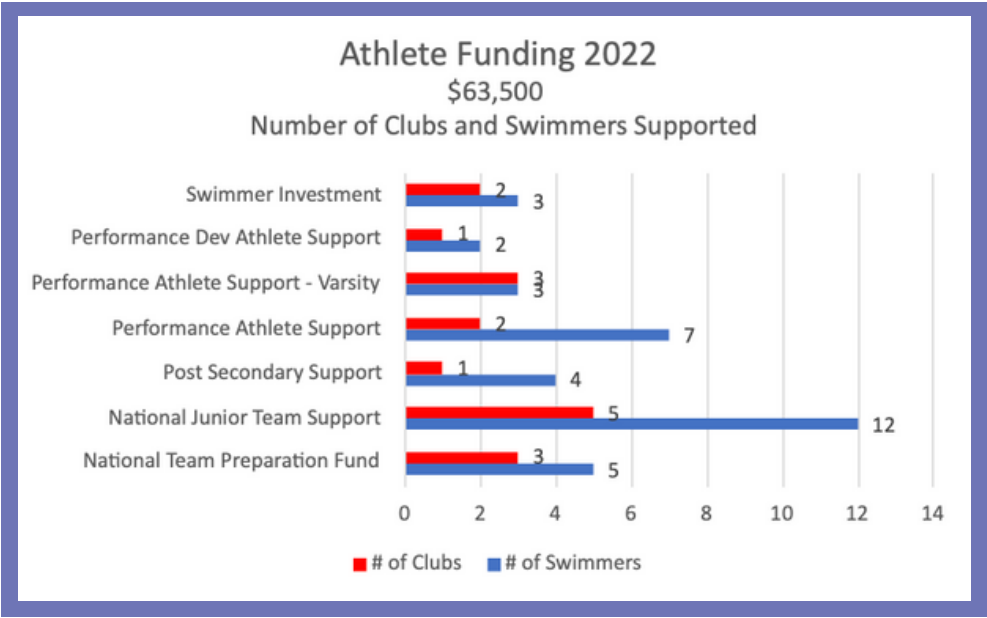


Performance & Performance Development

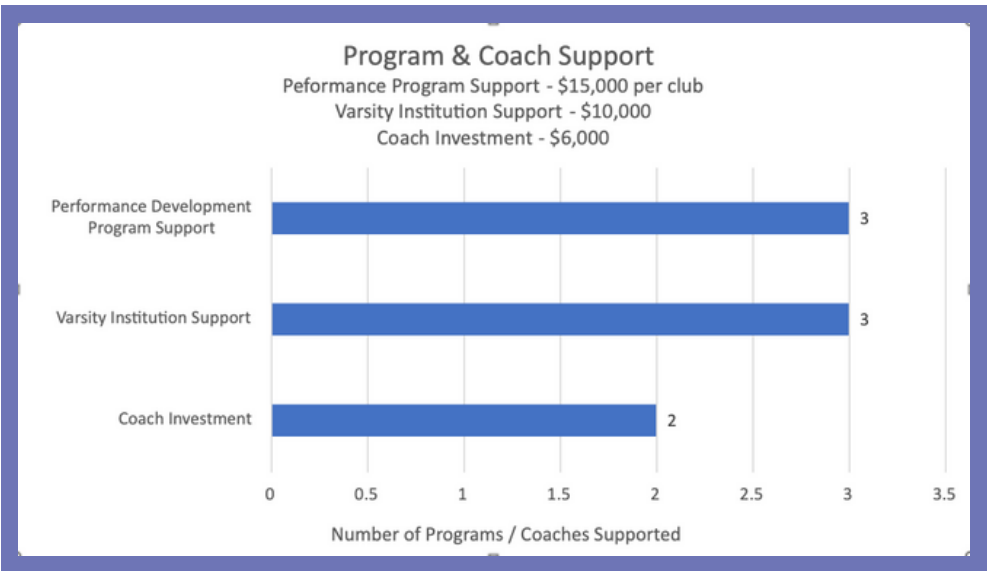
Athletes & Coaches

Funding

Swim Alberta provided \$124,500 in funding to athletes and club programs to support performance and performance development swimming in 2021-2022. Athletes receive direct funding support from Swim Alberta to support training, preparation, and post-secondary studies through six funding programs.



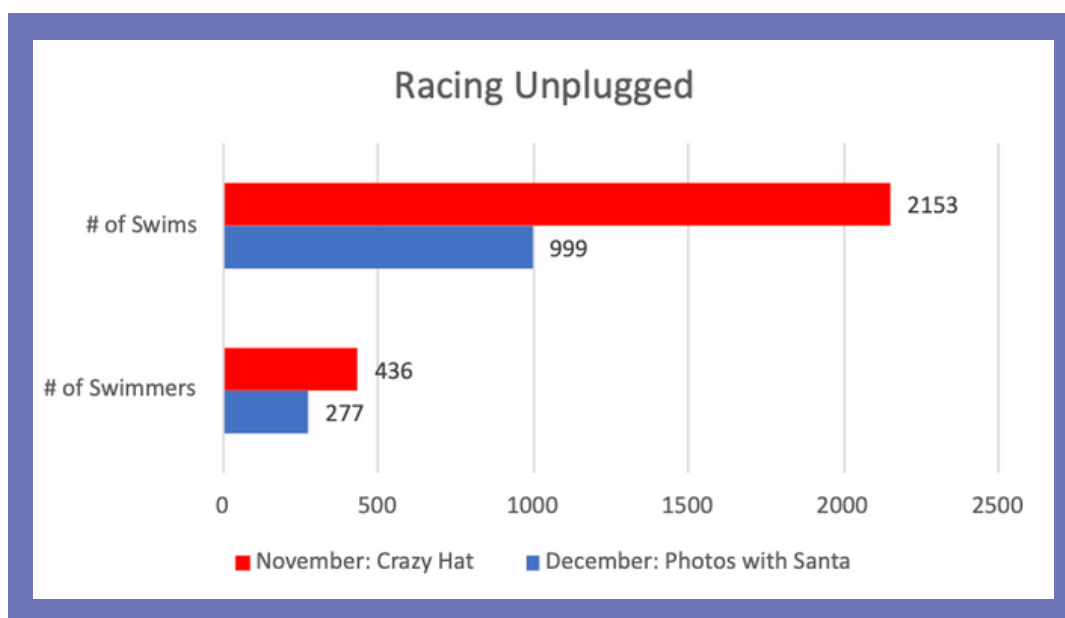
In addition, Swim Alberta provides direct support to clubs that meet the criteria through the Performance Development Program Support Program. Additional support is available as part of Swim Alberta’s Long Term Technical Plan through Swimmer Investment (training, racing and special projects) as well as Coach Investment to attend international opportunities.



Athlete Programs

Racing Unplugged

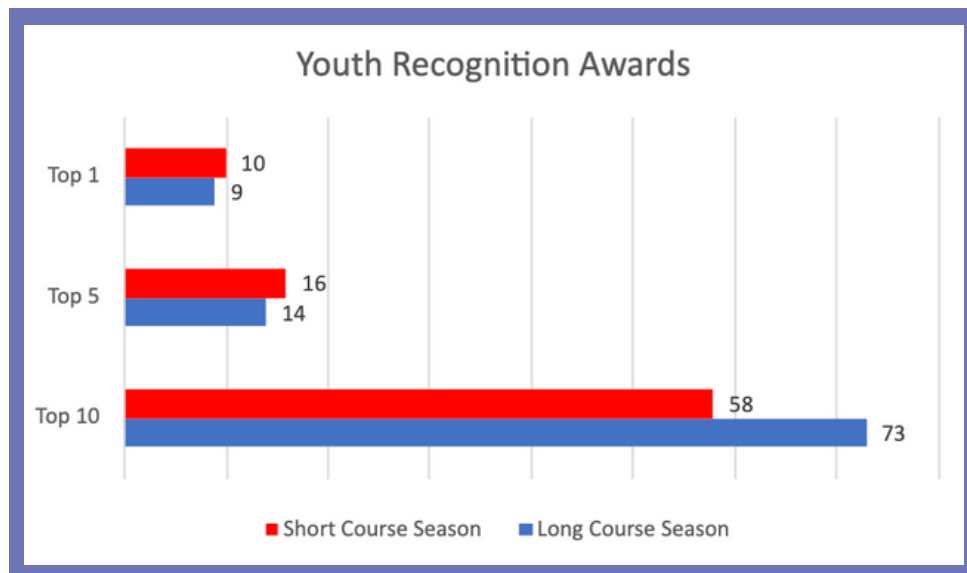
Swim Alberta continues to provide 'Racing Unplugged' opportunities to ensure all swimmers have a meaningful racing opportunity. During the 2021-2022 season, Swim Alberta offered 'Racing Unplugged' to both novice and master's swimmers in order to provide a competitive option for these swimmers.



Sanctions

	SC	LC	Cancelled
Single Club	19	1	2
Dual Meet	20	1	2
L1: TF Single Session	10	7	11
L2: TF Multi Session	21	5	6
L3: Heats & Finals	8	7	1
L4: Provincial Series	2	3	1
L5: Provincial Competition	1	2	
Masters	1		1
Summer	43		2
Varsity	2		
Total Competitions Sanctioned = 153 (2021/22)			
Total Competitions Sanctioned = 24 (2020/21)			
Total Competitions Sanctioned = 80 (2019/20)			

Youth Recognition



Swim Alberta Athlete Camps

Discover Camp ran in May 2022 with 36 swimmers and ten coaches in the north and 33 swimmers and nine coaches in the south. Emerge Camp hosted 36 swimmers and ten coaches in Calgary (May) while Aspire Camp sent 26 coaches and four coaches to Mel Zajac International (June) in Vancouver, BC.

Team Alberta sent a full team of 24 Olympic program swimmers, four Paralympic program swimmers, four Special Olympic Canada swimmers and six staff to Canada Summer Games in Niagara, Ontario in August. The team was very successful placing second overall (Men 1st, Women 2nd) winning 43 medals (18 Gold, 11 Silver, 14 Bronze) as well as setting 1 Provincial Record and 3 Special Olympics Canada records.

Mental Performance and Mental Health & Wellness Initiative

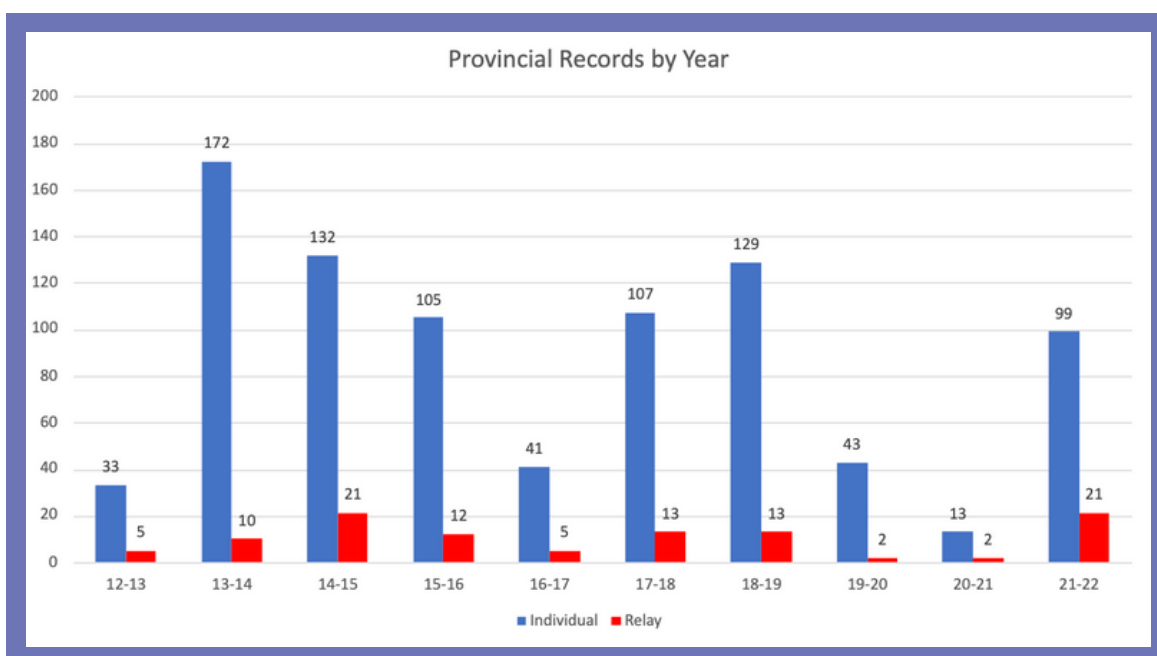
This past season, Swim Alberta supported two main initiatives in mental performance. The Mental Performance Series offered athletes six one hour sessions. These sessions were delivered online by two mental performance consultants and were attended by 33 swimmers and five coaches. The second initiative was the development of a Mental Performance Triad for carded swimmers, their coach and a Mental Performance Consultant. This created opportunities to assist with specific individual needs.

The Mental Health & Wellness area continued with the Swim Alberta Newsletter with content shared from Believe Perform and other sources to help our swim community with information and resources. Social Media was also used to help share helpful pieces of information in mental health and wellness for our entire swimming community.

Records

Athlete	Club	Short Course	Long Course	National Age Group Records	National Records
Cole Pratt	CASC	1			
Ingrid Wilm	CASC	9	10		4
Relay	CASC		1		
Emma Finlin	EKSC	1	5		
Jordan Greber	GPP		1		
Oliver Dawson	GPP		1		
Paul Dardis	KSC	1	7		
Ranumi Eashwarage	KSC	1			
Taylor Ginther	LASC		2		
Relay	LASC		1		
Wells Ginzer	MAVS	1			
Hayden Visscher	OSC	1			
Minh Nguyen	OSC	1			
Aiden Norman	UCSC	3			
Kamryn Cannings	UCSC	8	2		
Lorne Wigginton	UCSC		2		
Maxine Clark	UCSC	3	19	1	
Nicholas Duncan	UCSC		4		
Rachel Nicol	UCSC		1		
Rebecca Smith	UCSC	10	4		
Relays	UCSC	8	9	3	
Relay	UofC	1			
Apollo Hess	UofL	1			
Relay	UofL	1			
Total	120	51	69		

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

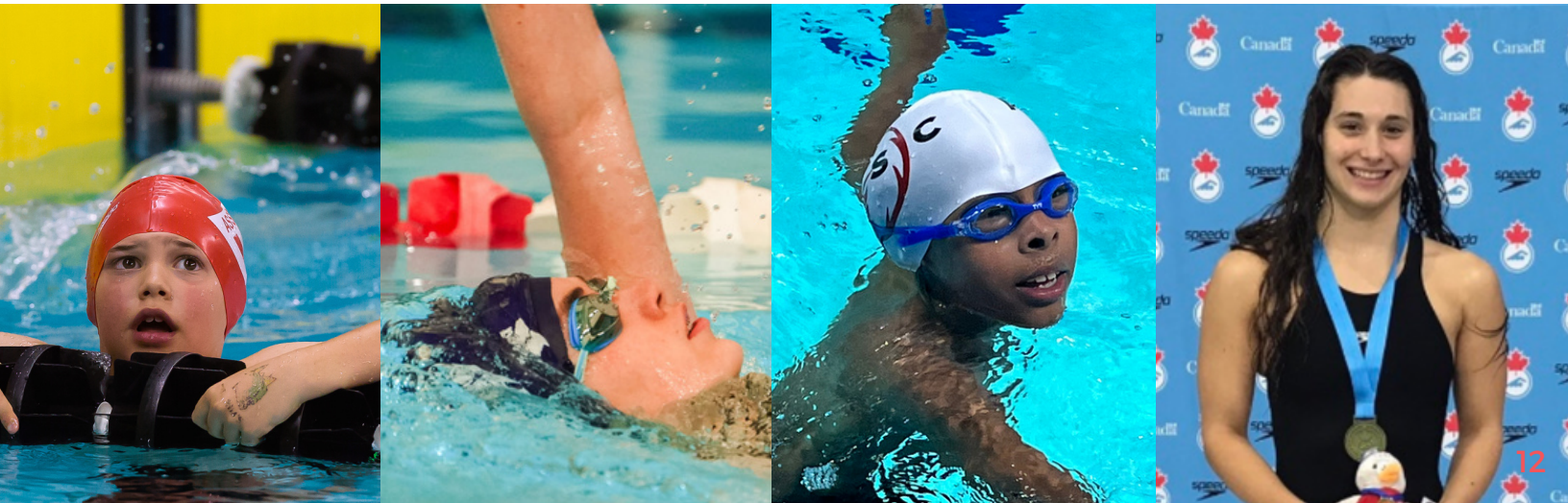
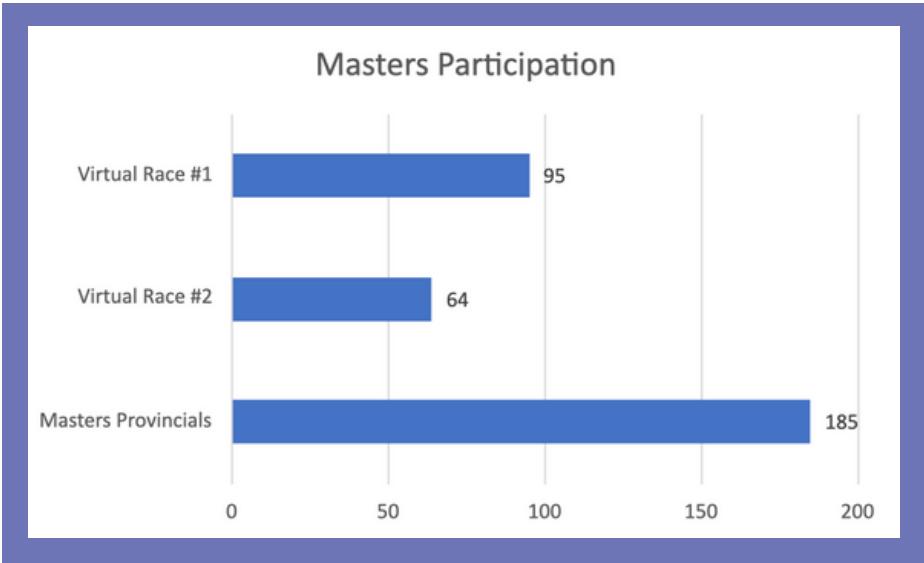


Participation

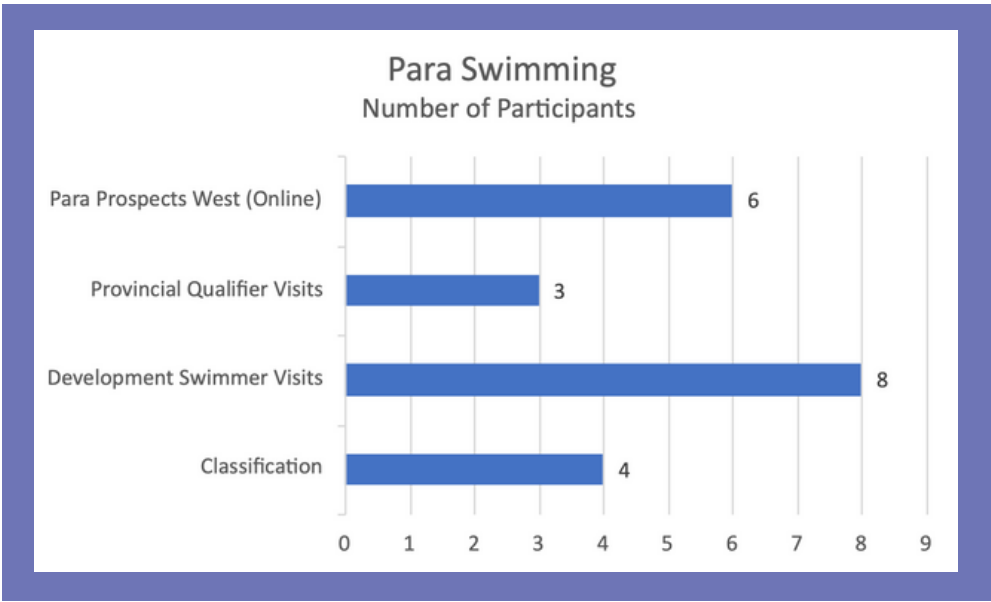
Participation at National Meets

	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22
Spring - Clubs	11*	11*	11*	11*	10*	10	11*	0**	6*	13*
Spring - Athletes	74*	74*	70*	88*	58*	38	58*	0**	27*	92*
Summer – Clubs	11	7	9	11	9	11*	7	0**	0**	14
Summer - Athletes	62	64	61	67	46	58*	51	0**	0**	101
*Canadian Swimming Trials										
**Cancelled due to COVID-19 Pandemic										

Masters Participation



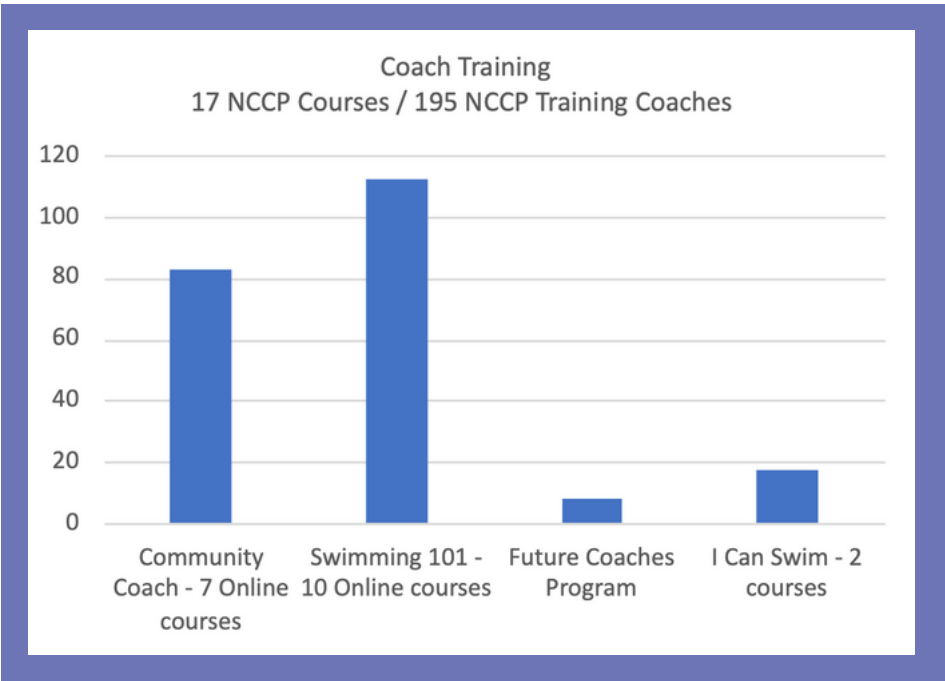
Para Participation



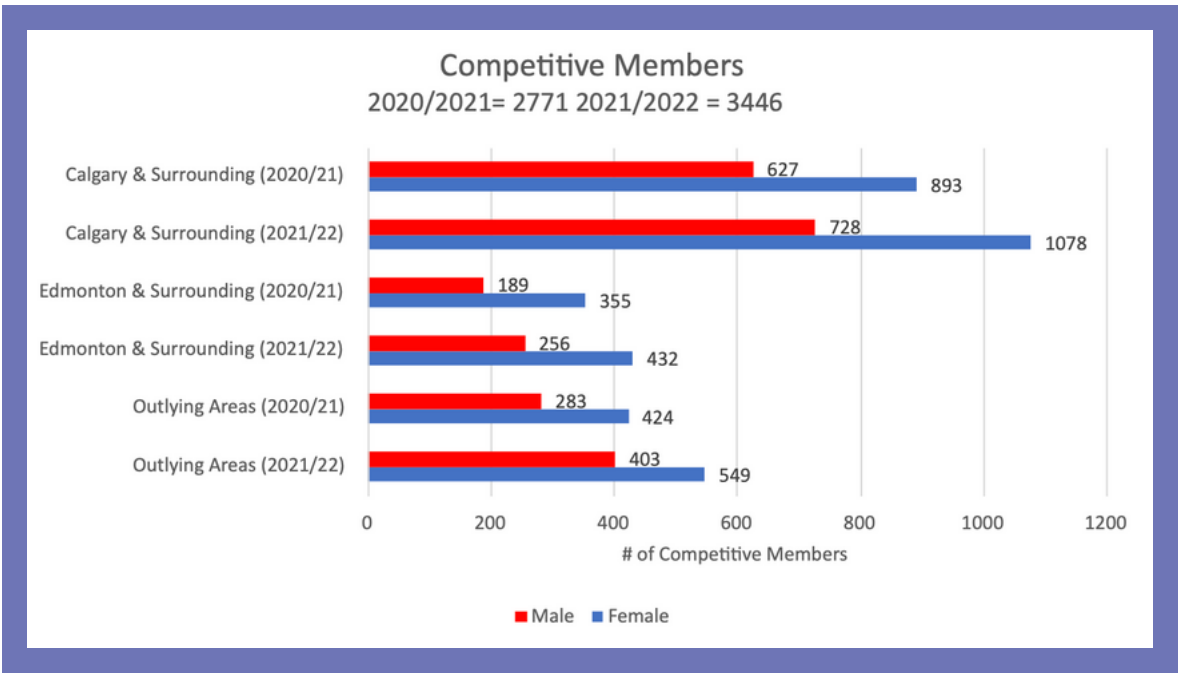
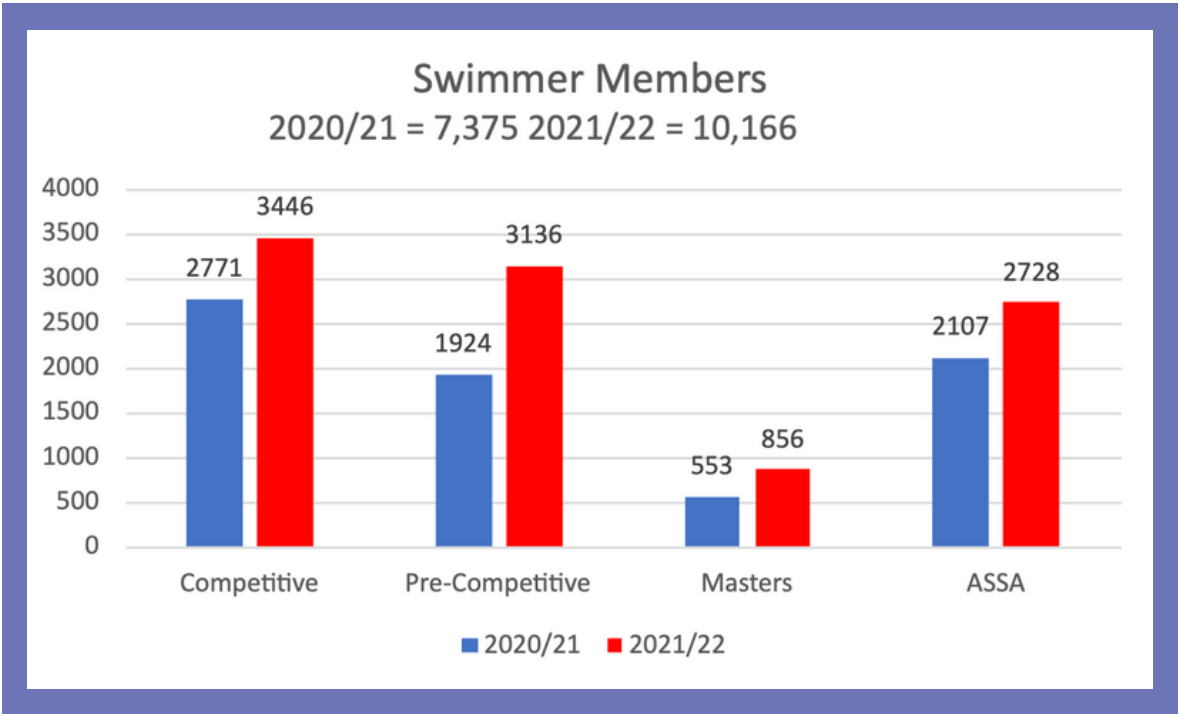
Coach Development

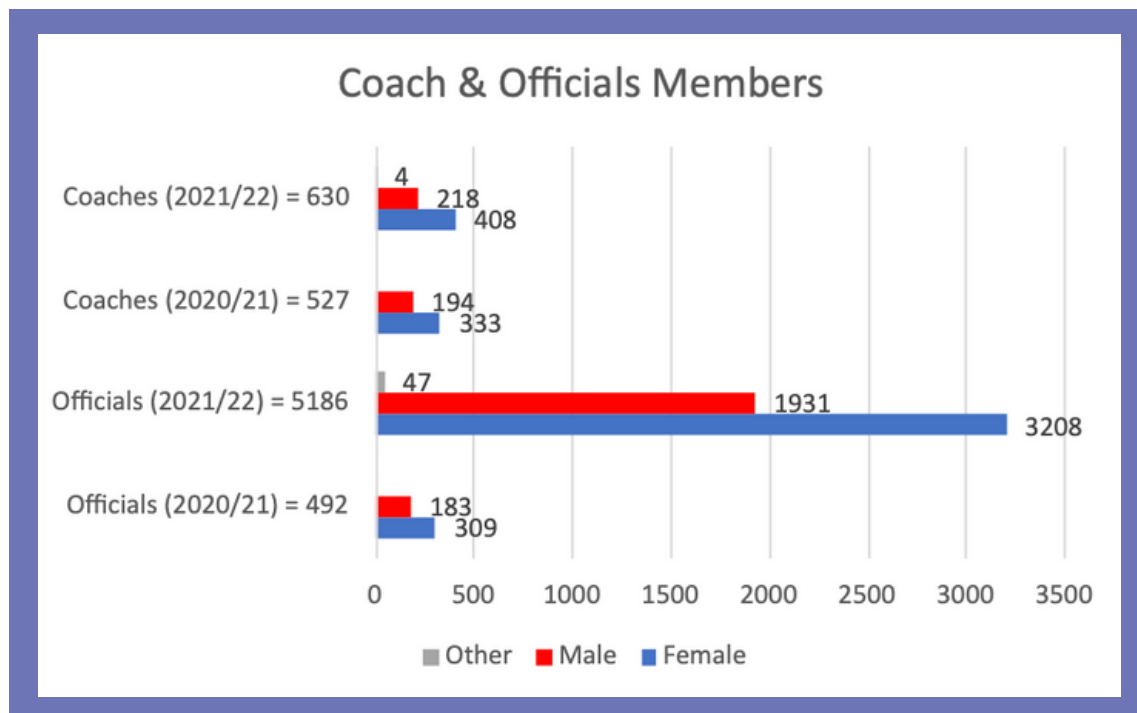
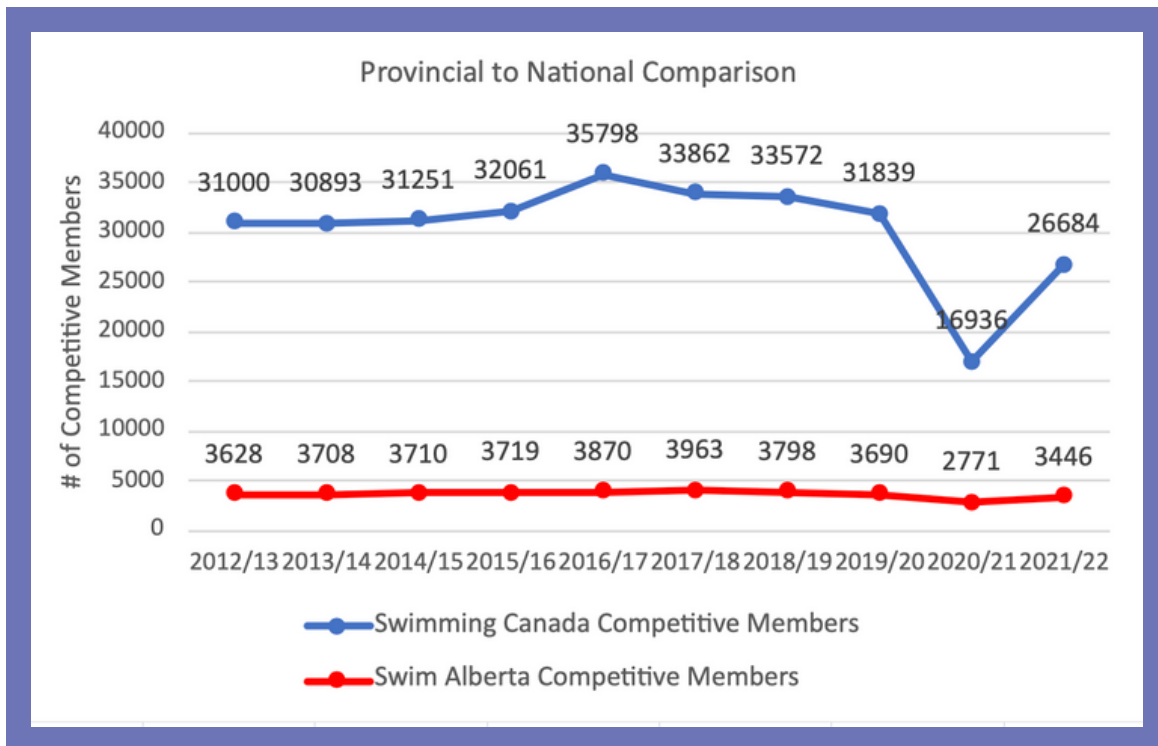
In 2021, Swim Alberta launched I Can Swim and ran three courses to train 24 teachers. Swim Alberta also had 11 coaches take part in Swimming Canada's 2022 Select Coaches Program and 7 coaches in the Future Coaches Program.

Additionally, the Community Coach Courses offered 187 coaches 15 training modules. Swimming 101 offered 123 coaches 11 training modules.



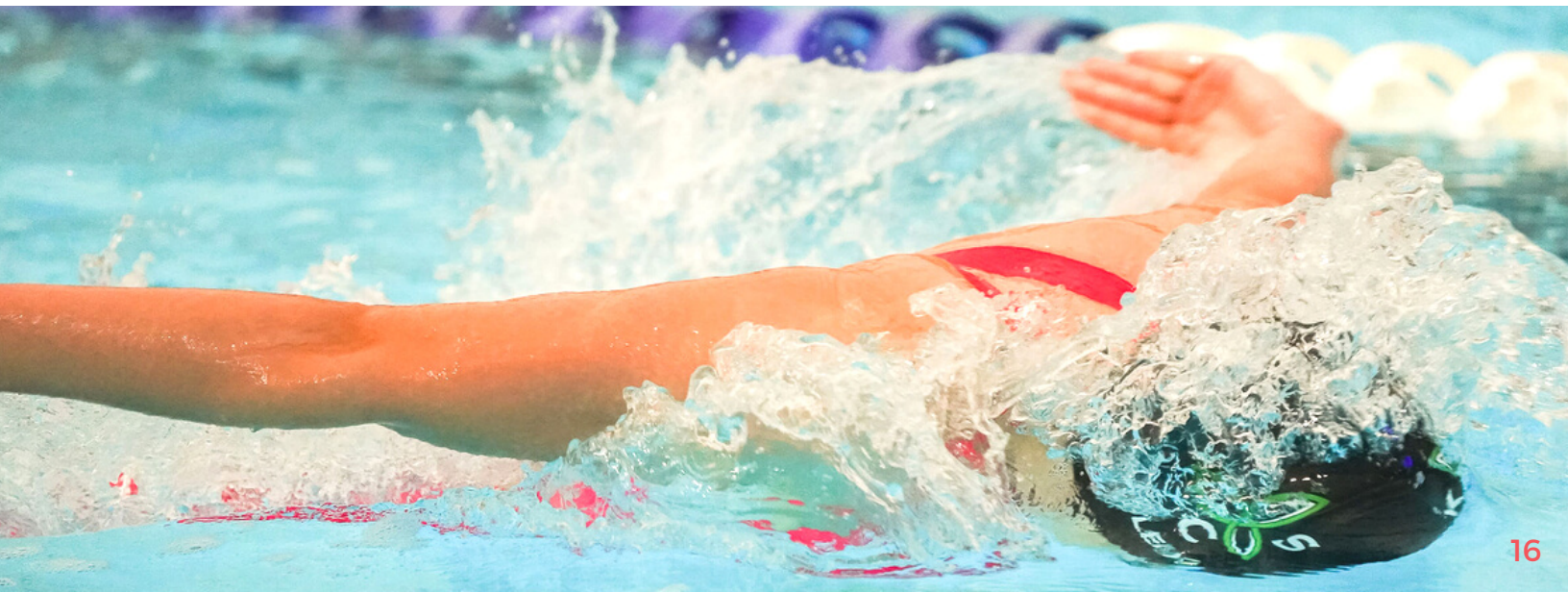
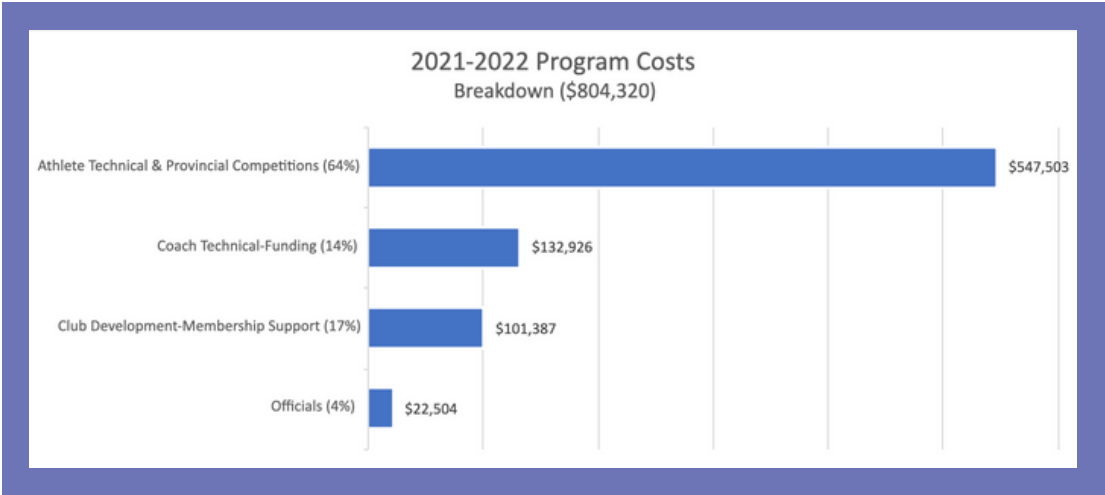
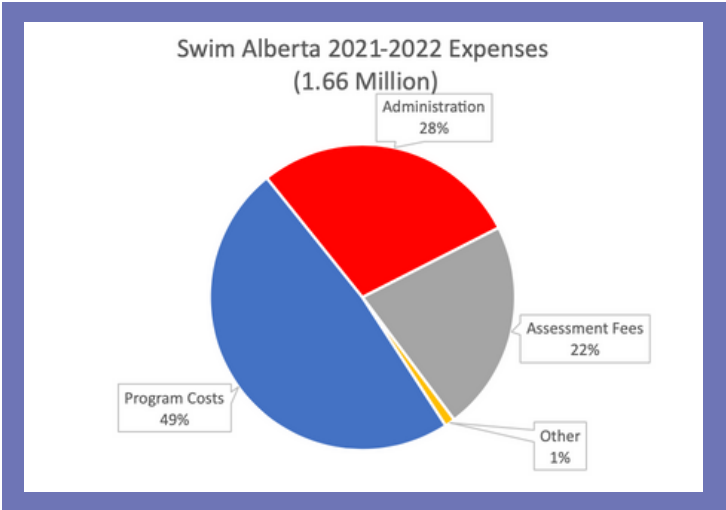
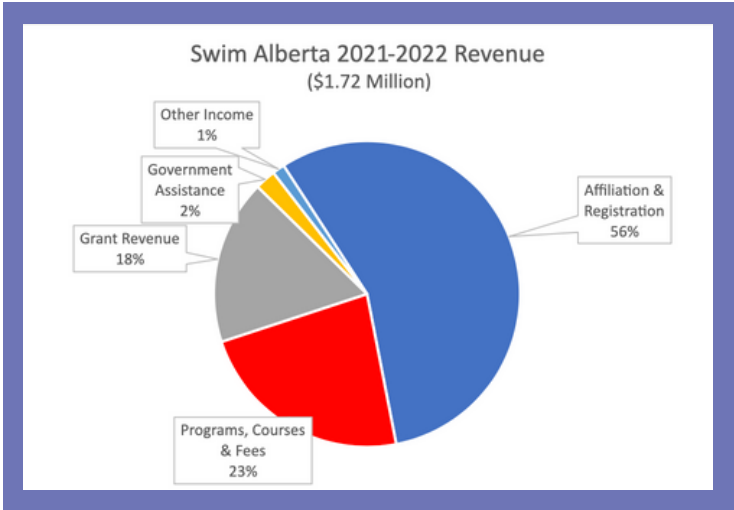
Membership





Financials

2021-2022 Revenue & Expenses



Committees

Performance Development Work Group (PDWG)

Performance Development Working Group continued to meet throughout the season to uplift Swim Alberta programs fitting back into the technical program. Main themes centered around Swim Alberta selections & criteria for offered camps, swim university offerings for coach education as well as the Mental Performance Series offered in 2022.

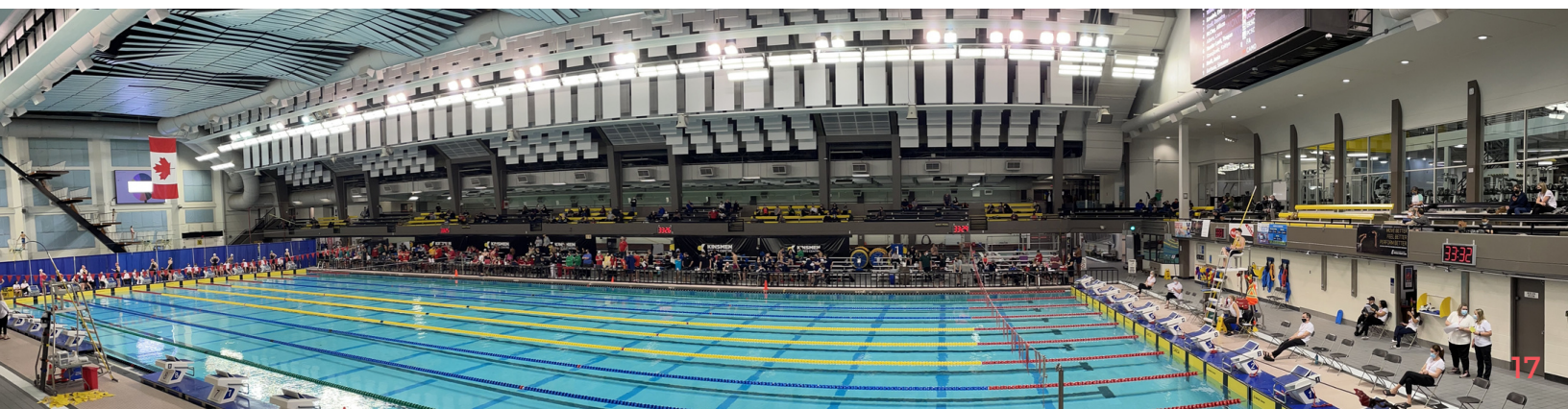
Working group members: Jordan Harper (AMAC), Alex Wallingford (EKSC), ATPC Reps: Dave Macdonald (UCSC) and Lucien Zucchi (RDCSC); Staff Liaisons: Jackie Cool and Stephen Norris.

Performance Swimming Work Group (PSWG)

PSWG continued with online meetings focused upon the programs of the member coaches, particularly during the first two macrocycles of the year. The third (final) macrocycle was somewhat disruptive to a regular meeting schedule due to the extensive performance calendar domestically and internationally and the fact that Alberta was successful in placing a significant number of swimmers on to Swim Alberta & Swimming Canada Teams. Individual meetings and discussion were undertaken with the coaches through this period.

There will be a return to a clear structure timetable of meetings built into the Annual/Yearly Training Plans (A/YTPs) moving forward, in conjunction with the other Work Groups and the re-established overall Advance Training & Performance Committee (ATPC). The PSWG will have a strong role in discussion and planning of elements presented in the Swim Alberta Technical Plan (long term); for example, the timing and design of Training Resource Pool (TRP) opportunities and specific training and competition events to be identified within the generic Swim Alberta A/YTPs.

Working group members (2021/2022): David Johnson (CASC), Paul Birmingham (EKSC), Peter Schori (LASC), and Michael Blondal (UCSC); Staff Liaisons: Kevin Dennis and Stephen Norris.



Competition Calendar Working Group (CCWG)

During the 2020-2021 swimming season, the CCWG did extensive work reviewing the competitions that were held within Alberta which resulted in changes to sanctioning, recommended 'fixed' dates for provincial competitions and a new format for the Summer Provincials.

The 2021-2022 swimming season saw the implementation of these changes, including over 560 swimmers attending the first Summer Provincial competition held at the end of July. The working group will continue to be consulted to review the current calendar as well as any needed adjustments based on the national calendar.

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

Alberta Officials and Competitions 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 2021-2022 season, the committee focused on rebuilding the base of officials and referee's as a number of experienced individuals have not returned to volunteering.

Swim Alberta would like to thank Rob Farmer for his years of service on the AOCC.

Current committee members include: Jennifer Flowers (Chair), Doug Bird, Mike Bester, Dave Schenk, Trevor Nicholson, and Stephanie Ketchin. Staff Liasons: 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. During the 2021-2022 swimming season the masters committee focused on providing virtual races and offering masters provincials as the first official masters competition in over two years.

Swim Alberta would like to thank David Amundrud for his years of service on the AMSC.

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

Alberta Summer Swimming Association

The 2022 summer swimming season saw an official return to competitions in all regions of the ASSA, including about 1000 swimmers attending the ASSA Provincials to finish the season. The ASSA successfully ran competitions using the Swimming Canada online system.

Participation numbers, the number of competitions offered in each region, the number of experienced officials (including referee's) are all opportunities for growth in future seasons. Swim Alberta and the ASSA worked in collaboration to ensure that all swimmers had an opportunity compete.

In a typical year, the ASSA works in close partnership with Swim Alberta to provide summer swimming opportunities to over 3400 swimmers through 55 summer club programs in the province. Through a collaborative service and affiliation agreement, the two organizations work together to ensure the needs of summer swimmers, coaches and officials are met and a successful swimming experience is provided to all.

The executive of the ASSA includes Lynnette Thoresen (President), Morgan Dozeman (Vice President), Richard Harris (Secretary) and Marni Woykin (Treasurer). Staff Liaisons: Val Carr and Kevin Dennis.



Board & Staff

Swim Alberta Board of Directors

Dean Schultz - President

Baerach Anderson - Vice President

Kevin Wiggington - Treasurer

Kelly Jubenvill - Director

Scott Flowers - Director

Dave McCann - Director

Thomas Holloway - Director

Lynnette Thoresen - ASSA

Amanda Frayn - Director

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Jackie Cool - Sport Development Director

Val Carr - Member Services Manager

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