



2019 Para Prospects West Camp – January 31 – February 2, 2019

Introduction

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.

Up to twenty swimmers, along with each of their coaches, will be invited to attend the camp, which will take place in Richmond, BC, on January 31 – February 2, 2019.

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

Tentative timeline for the camp:

- Camp start: Thursday, January 31 - 12:00pm (TBC)
- Camp conclusion: Saturday, February 2 – approx. 4:00pm (TBC)
- Training Venue: Wayland Sports Centre (Thursday-Friday); Watermania (Saturday)
- Accommodations: TBC
- Swimmer Cost: \$300 – this will be invoiced by each PSO to their respective swimmers
- Coaches: All personal coaches are encouraged to attend
 - The Canadian Paralympic Committee has made available a grant for the purpose of covering coach costs, so there will be no costs transportation / accommodations costs for coaches to attend this camp





Selection Eligibility:

- Swimmers must meet Western Canada Games age (YOB 1994 to 2006), residency, and citizenship requirements
- Have not represented Canada at WPS LC World Championships, Para-PanAm Games, Para-PanPacs, or Paralympics.
- Engaged in a training program progressing toward the Swimming Canada's podium pathway

Selection Process

- Minimum combined three-event point score total of at least 1000 points
- Potentially eligible 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)
 - In the event an "automatic selection" declines, that spot will go to the next swimmer from that declining swimmer's province
 - 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
- Swimmer selection (next page)
 - Raw scores available [here](#)
- **Swimmers and coaches are to confirm with their respective PSO no later than Friday, December 7, 2018, whether or not they will attend.**
- Alternates will be notified in order listed below in the event a swimmer declines their position in the selection





Selected Swimmers:

Name	Gender	PSO	Best 3	Best 3	
			Total	Avg	
Nicholas Bennett	M	BC	2546	849	Top BC male
Connor Bissett	M	AB	2343	781	Top AB male
Arianna Hunsicker	W	BC	2152	717	Top BC female
Peyton Morey	W	AB	1984	661	Top AB female
Ian Goodyear	M	BC	1948	649	1
Hidde Geurts	M	AB	1906	635	2
Alexander Sharpe	M	AB	1874	625	3
Krystal Shaw	F	SK	1834	611	Top SK female
Joshuah Pereira	M	MB	1791	597	Top MB male
Maggie Manning	W	BC	1786	595	4
Nicole Fast	W	BC	1731	577	5
Sophie Wood	W	BC	1644	548	6
Matt Miller	M	MB	1594	531	7
James Kwaksistala	M	BC	1594	531	8
Cameron Chambers	M	BC	1555	518	9
Aidan McDonough	M	BC	1540	513	10
Ramon Siytangco	M	BC	1472	491	11
Aidan Meller	M	AB	1411	470	12
April Lam	W	AB	1409	470	Alternate 1
Caden Hyde	M	BC	1380	460	Alternate 2
Logan Godsoe	M	BC	1378	459	Alternate 3
Michael Buchanan	M	AB	1365	455	Alternate 4
Aleksa Cakalj	M	BC	1308	436	Alternate 5
Hunter Helberg	M	AB	1267	422	Alternate 6
Jimmy Paetkau	M	BC	1192	397	Alternate 7
Breanna White	W	AB	1189	396	Alternate 8
Robyn Sliva	W	MB	1188	396	Top MB female
Nick Jones	M	AB	1156	385	Alternate 9
Courtney Segert	W	BC	1116	372	Alternate 10
Niki Ens	W	SK	1111	370	#2 SK
Hannah Trimble	W	BC	1106	369	Alternate 11
Naomi Leam	W	AB	1079	360	Alternate 12
Morgan Cathcart	W	AB	1064	355	Alternate 13
Sarah Schmick	W	AB	1042	347	Alternate 14

