



SWIMMING CANADA ANNOUNCES REVISED PARA SWIMMING PROGRAM PLANS FOR 2021 AND BEYOND

Wayne Lomas, Swimming Canada's Associate Director of High Performance and Para Swimming National Coach, has released details of Swimming Canada's Para Swimming Program plans leading into the rescheduled 2020 Tokyo Paralympic Games.

Working with national staff coaches Vince Mikuska, Janet Dunn, Michel Bérubé, as well as CHP-Quebec coaches Mike Thompson and Mike Edey, the Coaching Team have mapped out the most appropriate national team program (based on current information) to best meet the needs of the whole team and individual team members in the lead up to the Games.

Lomas and his team believe that providing some certainty and markers to swimmers, coaches, staff, and families is an important step in building toward Peak Performance in Tokyo in a little under 500 days' time.

All planning is subject to change based on qualification processes or calendar confirmations from World Para Swimming (WPS), International Paralympic Committee (IPC) etc.

Paralympic Games Team Size (Slot) Allocation

World Para Swimming have confirmed that the 19 (13 Female, 6 Male) slots that have been awarded to Canada for the Paralympic Games will remain allocated.

This provides us with one piece of certainty we require to build our revised Team Nomination Criteria.

Classification – Fall 2020

Classification is a foundational piece of Para Swimming and is vital in ensuring a fair competition. With the postponement of a number of events this year, we remain in direct communication with the International Paralympic Committee (IPC) to advocate for the timely release of athlete focused policies and schedules for Classification in the lead up to the rescheduled Paralympic Games. We anticipate some activities taking place in the Fall, however, any decision to participate will always be grounded in the health and safety of our people.

Paralympic Team Nomination Criteria

In order to prepare the revised Team nomination criteria for the Canadian Paralympic Committee (CPC), details regarding Games Eligibility, Classification, MQS Times and qualification periods is required.

With some pieces of this now known, we will be amending our Criteria to ensure it best meets our needs of identifying the best swimmers for Team Canada for the Paralympic Games.

We will complete this when the revised Paralympic Games Eligibility and Classification process has been published by the International Paralympic Committee (IPC) so that the important details can be included in the revised criteria.



Daily Training Environment (DTE) Enhancement

Swimming Canada will again make an investment to enhance the DTE of swimmers who achieved a Top 6 Performance at the 2019 WPS World Championships in London.

This funding will become available in the fall and as well as the regular expenses such as those related to strength training, access to therapists, and offsetting selected competition costs, this year's grant will include additional funds to support swimmers to attend club-based warm weather training camps during winter.

2020 Re-Launch Camp and 2020 Speedo Can Am Para Swimming Open (5-13 December 2020)

An Invitational Training Camp will be conducted in conjunction with the 2020 Speedo Can Am Para Swimming Open in December of this year.

All swimmers who, up until 8 March 2020, have achieved a Tokyo MQS will be invited to attend the camp. This will provide swimmers, coaches, and IST a much needed opportunity to reconnect and formally re-start the journey to Tokyo.

A group of **NextGen** swimmers will also be invited to this training camp to refocus and reconnect through team activities in their Journey to Paris 2024.

Carded Swimmers will be required to attend the 2020 Speedo Can Am Para Swimming Open as a pre-requisite for any potential Carding in the 2021 Carding Cycle.

Swimming Canada Paralympic Program Carded Coaches meeting

Consideration is being given to a Carded Coaches meeting to take place in January 2021, with confirmation being made before June 2020. Details will be communicated to the Coaches directly.

2021 Canadian Swimming Trials (7-11 April 2021)

In Spring 2021 our focus will be the **Olympic and Paralympic Trials**. We have scheduled this for 7-11 April in Toronto. Noting that this is a five-day program, it has been carefully constructed to limit event clashes.

Paralympic Team Orientation Meetings (12 April 2021)

Following the Trials, swimmers who have achieved a performance standard required for nomination to the Canadian Paralympic Committee (CPC) will be required to remain in Toronto for one day of activities including planning, preparation, meetings and team building for the Paralympic Games.

Paralympic Team Camp (Spring 2021)

We have chosen to target a competition, preferably overseas, to create an opportunity for our Paralympic Games Team to come together and practice their processes and routines. The final location



and date of the Competition will be dependent on ensuring the health and safety of our people, the international calendar and Classification requirements.

This will be the final time the team comes together before the Games in Tokyo.

Combined Canadian Junior and Canadian Swimming Championships (26 July – 2 August 2021)

Attendance at the combined Canadian Junior and Canadian Swimming Championships will be optional for members of the Paralympic Team.

Paralympic Games Team Performance Preparation Camp (2 – 18 August 2021)

The Paralympic Games Performance Preparation Camp in the City of Wakayama (JPN) will open from Monday 2 August until Wednesday 18 August when the team will transfer into the Paralympic Games Village in Tokyo.

Depending on their individual preparation plans, all team members will be required to be in Wakayama by 6 August to prepare, as a team, for lifetimes best performances in Tokyo.

Team Planner Documents

The **Senior team planner document** will be updated with these changes and will show the exact dates for camps and classification event for the Paralympic Program.