



Dear A1 & A2 Coaches,

I am excited to email you the additional details regarding our #SwimAgain Challenge that will be beginning the week of September 28th, and running for the next 6 weeks, finishing the first week of November.

The goal of this event is to help re-engage and reconnect our swimming community and challenge all Canadian swimmers, regardless of age or ability, on a weekly basis. We hope it will provide an opportunity for clubs and swimmers to have fun participating together with teammates and racing against other swimmers around the country.

Clubs will be able to opt in each week by submitting results via this [excel spread sheet](#), and emailing it directly to swimagain@swimming.ca by Monday at 11:59pm PST following the week of the challenge. (i.e. Sept. 28-Oct. 4 challenge submitted by Monday, October 5th at 11:59pm PST. Each week's results will be posted on the challenge [webpage](#), along with the winners of each week's random prize draws.

| WEEK | CHALLENGE | PARA MODIFICATION |
|---------------------------|---|--|
| 1 (9/28-10/4) | 200 Kick for time – choice of stroke Board or no board – Single arm pull into turn Flutter kick on back, not Butterfly kick on back | Float sequence (Skill only) |
| 2 (10/5-10/11) | 100 IM – Timed from a push Count strokes – submit time & total number of strokes + Legal turns | 75 IM – Timed Legal turns |
| 3 (10/12-10/18) | 400 Kick for time - choice of stroke Board or no board – Single arm pull into turn Flutter kick on back, not butterfly kick on back | 150 Backstroke Swim for time Legal turns |
| 4 (10/19-10/25) | 300 Pull for time – pull buoy required Choice of stroke No paddles permitted | 4 x Back timed turns Timed 15m - 5m in/10m out (Submit average 15m time) |
| 5 (10/26-11/1) | 200 Kick for time - FASTER Same parameters as Week 1 | Float sequence (Skill only) |
| 6 (11/2-11/8) | 100 IM - same parameters as Week 2 Goal – Faster than Week 2 with fewer total strokes | 75 IM – Faster! Legal turns |

At the end of the 6-week period, there will be a Grand Prize draw, donated by the Canadian Chicken Farmers, for the winning club, who will be randomly selected from all participating clubs throughout the challenge, to receive a “Celebrity” swimmer Zoom meeting and gift certificates for all participating swimmers from one of our partners. This draw will take place on November 18, 2020.



Please watch out for our weekly social media videos explaining the challenge of the week. When sharing any of your club content as it relates to our Challenge on Social Media, please use the hashtag #SwimAgain Challenge!!

All the best to you this fall,
Jocelyn