



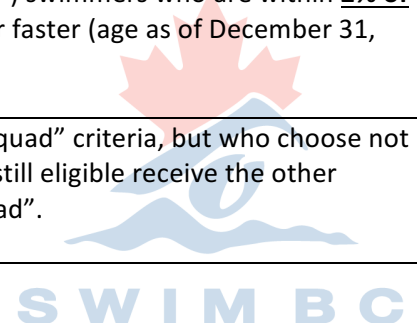
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2017-2018 SwimBC Provincial Team Select Training Squad

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|---------------------------|---|
| Rationale: | To further the development of SwimBC athletes towards podium potential and results at major international competitions by providing multiple exposures to a world-class daily training environment along with other athletes at their level and above. |
| Target Group: | <p>Athletes who are members in good standing with SwimBC, registered with a SwimBC program, and training full-time in BC.</p> <ul style="list-style-type: none"> • Youth/Junior: Girls born in 2001 and later; boys born in 2000 and later • Senior: Swimmers born in 1999 and earlier |
| Exclusions: | <ul style="list-style-type: none"> • Youth/Junior: Swimmers who fail to meet Canada Games residency and/or citizenship requirements. • Senior: Swimmers who are ineligible to represent Canada at major international competitions • Swimmers who are athletes with one of the High Performance Centres (NextGen athletes <i>are</i> eligible) |
| Cost: | <p>A nominal fee of \$100 for the 2017-2018 season will be invoiced to each participant after the first camp. This \$100 will only be charged once. SwimBC will make accommodations arrangements upon request from the home coach and cover those costs; swimmers / coaches are requested to make their own travel arrangements.</p> <p>Similar to last year, SwimBC will provide a travel and meal stipend to cover typical costs.</p> |
| Selection Events: | <ul style="list-style-type: none"> • Performances swum in individual Olympic events, from January 1 through August 31, 2017 • <i>Time trial results (outside of those done at Trials, CDN Jr. Champs, and CDN Swimming Championships), relay lead-offs, and official splits are not eligible for consideration</i> |
| Selection Process: | <p>Coaches must nominate (email mike@swimbc.ca, and include gap analysis) which of their swimmers who meet the minimum standards outlined below, they would like to have included in these two programs.</p> <ol style="list-style-type: none"> a) Youth/Junior swimmers (girls aged 16&U, boys aged 17&U, as of December 31, 2017) who are within 2% of the 16yr. girls / 17yr. boys Track 3 On-Track time, or faster <ol style="list-style-type: none"> i) Swimmers within 3% of the above age's OnTrack 3 Time can also apply, but there is no assurance of selection b) Senior (as defined in "Target Group") swimmers who are within 2% of their age's Track 3 On-Track time or faster (age as of December 31, 2017) |
| NOTE: | Swimmers who meet the "Select Training Squad" criteria, but who choose not to take part in the mini-training camps are still eligible receive the other services offered to the "Select Training Squad". |





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| Program Opportunities: | <ul style="list-style-type: none"> • Invitation to attend the three mini-training camps at HPC-Victoria (details below) • Follow-up consultations with HPC-Victoria coaches and support staff (initiated by home coach) • Reimbursement of 90% of RaceTek video for up to ten races at competitions where RaceTek is present • 90% reimbursement of up to \$1200 in receipted expenses for IST services • SwimBC Provincial Team equipment and/or attire |
| Application: | <p>Swimmers will be selected from those nominated by their coaches for either of these two programs. All nominations/applications must be accompanied by a Gap Analysis and Performance Projection – a sample of which is available here: http://swimbc.me/2017GapAnalysis</p> <p>Application deadline is September 30, 2017.</p> <p>A re-evaluation for membership in these program will take place following Trials and Westerns in late April 2018.</p> |
| Tentative Timeline: | <ul style="list-style-type: none"> • Wednesday, October 11: Make your way to Victoria; rooms at HoJo • Thursday, October 12: Pool 7:00-9:00am; 2:15-4:30pm • Friday, October 13: Pool 7:15-9:15am; 2:00-4:30pm • Saturday, October 14: Pool 8:00-10:00am; 3:00-5:00pm <p>Between pool sessions each day we will have a short presentation (e.g.. nutrition, sport psych, lifestyle management); rest time; homework time; video analysis; etc.</p> |

16&U Girls Select Training Squad Time-Qualified Swimmers (16yr. OnTrack 3 + 2%)

| Event | Swimmer | Age | Clubs | Province | Event Date | Meet Name | Time | Course |
|--------|-----------------|-----|-------|----------|------------|--------------------------------------|----------|--------|
| 50Fr | Hannah, Jade | 15 | ISC | BC | 23-04-17 | 2017 Eastern Canadian Championships | 00:26.19 | LC |
| 100Fr | Knelson, Faith | 15 | ISC | BC | 21-04-17 | 2017 Eastern Canadian Championships | 00:57.56 | LC |
| 100Fr | Luo, Jessica | 15 | PCS | BC | 21-04-17 | 2017 Western Canadian Championships | 00:57.59 | LC |
| 100Fr | Hannah, Jade | 15 | ISC | BC | 07-08-17 | 2017 Canadian Swimming Championships | 00:58.04 | LC |
| 100Fr | Lau, Octavia | 15 | HYACK | BC | 12-02-17 | PSW Winter Invitational | 00:58.09 | LC |
| 200Fr | Lau, Octavia | 16 | HYACK | BC | 06-04-17 | 2017 Canadian Swimming Trials | 02:03.52 | LC |
| 400Fr | Lau, Octavia | 16 | HYACK | BC | 08-04-17 | 2017 Canadian Swimming Trials | 04:19.90 | LC |
| 100Bk | Hannah, Jade | 15 | ISC | BC | 05-08-17 | 2017 Canadian Swimming Championships | 01:01.08 | LC |
| 100Bk | Klenk, Haley | 15 | SPART | BC | 09-08-17 | 2017 Canada Summer Games | 01:04.60 | LC |
| 200Bk | Hannah, Jade | 15 | ISC | BC | 08-04-17 | 2017 Canadian Swimming Trials | 02:12.05 | LC |
| 200Bk | Benn, Acacia | 15 | KISU | BC | 10-08-17 | 2017 Canada Summer Games | 02:16.45 | LC |
| 100Br | Knelson, Faith | 15 | ISC | BC | 07-08-17 | 2017 Canadian Swimming Championships | 01:08.36 | LC |
| 200Br | Knelson, Faith | 15 | ISC | BC | 04-08-17 | 2017 Canadian Swimming Championships | 02:28.45 | LC |
| 200Br | Herbert, Bailey | 14 | LOSC | BC | 09-08-17 | 2017 Canada Summer Games | 02:34.54 | LC |
| 100FL | Hannah, Jade | 15 | ISC | BC | 13-07-17 | CA Los Angeles Invite | 01:00.24 | LC |
| 200I.M | Knelson, Faith | 16 | ISC | BC | 09-04-17 | 2017 Canadian Swimming Trials | 02:17.17 | LC |
| 200I.M | Herbert, Bailey | 14 | LOSC | BC | 11-08-17 | 2017 Canada Summer Games | 02:18.27 | LC |

17&O Girls Select Training Squad Time-Qualified Swimmers (OnTrack 3 + 2%)

| Event | Swimmer | Age | Clubs | Provi | Event Date | Meet Name | Time | Course |
|--------|-----------------------|-----|-------|-------|------------|--------------------------------------|----------|--------|
| 200Br | Darcel, Sarah | 18 | ISC | BC | 06-04-17 | 2017 Canadian Swimming Trials | 02:27.74 | LC |
| 100FL | Darcel, Sarah | 18 | ISC | BC | 06-08-17 | 2017 Canadian Swimming Championships | 01:00.17 | LC |
| 200FL | Darcel, Sarah | 18 | ISC | BC | 13-07-17 | CA Los Angeles Invite | 02:12.59 | LC |
| 200I.M | Darcel, Sarah | 18 | ISC | BC | 06-08-17 | 2017 Canadian Swimming Championships | 02:12.32 | LC |
| 400I.M | Darcel, Sarah | 18 | ISC | BC | 07-04-17 | 2017 Canadian Swimming Trials | 04:39.29 | LC |
| 200Fr | Gowans, Molly | 18 | ISC | BC | 06-04-17 | 2017 Canadian Swimming Trials | 02:00.66 | LC |
| 400Fr | Gowans, Molly | 17 | ISC | BC | 11-03-17 | Swim BC Senior Open | 04:15.24 | LC |
| 100Bk | Gowans, Molly | 17 | ISC | BC | 15-01-17 | 2017 Arena Pro Swim Series | 01:02.96 | LC |
| 100Bk | Hanus, Danielle | 19 | ISC | BC | 06-04-17 | 2017 Canadian Swimming Trials | 01:01.08 | LC |
| 50Fr | Paddington, Mackenzie | 18 | ISC | BC | 27-05-17 | 54th Annual Mel Zajac International | 00:26.12 | LC |
| 100Fr | Paddington, Mackenzie | 18 | ISC | BC | 07-04-17 | 2017 Canadian Swimming Trials | 00:55.81 | LC |
| 200Fr | Paddington, Mackenzie | 18 | ISC | BC | 06-04-17 | 2017 Canadian Swimming Trials | 01:58.39 | LC |
| 400Fr | Paddington, Mackenzie | 18 | ISC | BC | 08-04-17 | 2017 Canadian Swimming Trials | 04:09.04 | LC |
| 800Fr | Paddington, Mackenzie | 18 | ISC | BC | 09-04-17 | 2017 Canadian Swimming Trials | 08:31.68 | LC |
| 200I.M | Paddington, Mackenzie | 18 | ISC | BC | 23-04-17 | 2017 Eastern Canadian Championships | 02:14.58 | LC |
| 400I.M | Paddington, Mackenzie | 18 | ISC | BC | 26-05-17 | 54th Annual Mel Zajac International | 04:45.62 | LC |
| 100Bk | Wilm, Ingrid | 19 | UBCDS | BC | 05-08-17 | 2017 Canadian Swimming Championships | 01:00.58 | LC |





17&U Boys Select Training Squad Time-Qualified Swimmers (17yr. OnTrack 3 + 2%)

| Event | Swimmer | Age | Clubs | vin | Event Date | Meet Name | Time |
|--------|----------------------|-----|-------|-----|------------|--------------------------------------|----------|
| 1500Fr | Dommann, Raben | 16 | CHENA | BC | 11-08-17 | 2017 Canada Summer Games | 15:56.99 |
| 100FL | Marlatt, Rhys | 17 | CTSC | BC | 26-07-17 | 2017 Canadian Junior Championships | 00:56.28 |
| 200Bk | Singh, Sehajvir | 16 | HYACK | BC | 22-04-17 | 2017 Eastern Canadian Championships | 02:05.85 |
| 1500Fr | Young, Brodie | 16 | HYACK | BC | 26-07-17 | 2017 Canadian Junior Championships | 16:01.33 |
| 200I.M | Young, Brodie | 17 | HYACK | BC | 09-04-17 | 2017 Canadian Swimming Trials | 02:07.58 |
| 400I.M | Young, Brodie | 16 | HYACK | BC | 05-08-17 | 2017 Canadian Swimming Championships | 04:29.89 |
| 400Fr | McRae, Ryley | 16 | KCS | BC | 30-07-17 | 2017 Canadian Junior Championships | 04:01.83 |
| 1500Fr | McRae, Ryley | 16 | KCS | BC | 26-07-17 | 2017 Canadian Junior Championships | 15:35.87 |
| 200FL | McRae, Ryley | 16 | KCS | BC | 28-07-17 | 2017 Canadian Junior Championships | 02:04.90 |
| 100Fr | Wall, Tyler | 16 | KISU | BC | 08-08-17 | 2017 Canada Summer Games | 00:52.22 |
| 100Bk | Wall, Tyler | 16 | KISU | BC | 06-04-17 | 2017 Canadian Swimming Trials | 00:58.31 |
| 100Br | Fitzpatrick, Brendan | 14 | PCS | BC | 26-07-17 | Speedo Long Course Far Western | 01:05.46 |
| 100Br | Schmidt, Michael | 14 | PCS | BC | 21-04-17 | 2017 Western Canadian Championships | 01:06.36 |
| 100Fr | Yu, Tengbo | 16 | RAPID | BC | 26-07-17 | Speedo Long Course Far Western | 00:52.69 |
| 200FL | Lim, Dmitriy | 16 | SFA | BC | 06-07-17 | 2017 Swim BC LCM AAA Championships | 02:05.83 |
| 100Br | Yu, Ruishen | 17 | SKSC | BC | 28-07-17 | 2017 Canadian Junior Championships | 01:05.25 |
| 100Fr | Singh, Tai Long | 17 | WDSC | BC | 27-07-17 | 2017 Canadian Junior Championships | 00:51.57 |
| 100FL | Singh, Tai Long | 17 | WDSC | BC | 26-07-17 | 2017 Canadian Junior Championships | 00:54.98 |

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18&O Boys Select Training Squad Time-Qualified Swimmers (OnTrack 3 + 2%)

| Event | Swimmer | Age | Clubs | Provi | Event Date | Meet Name | Time | Cours |
|--------|-------------------|-----|-------|-------|------------|--------------------------------------|----------|-------|
| 100Br | Dergousoff, James | 21 | CHENA | BC | 07-04-17 | 2017 Canadian Swimming Trials | 01:02.26 | LC |
| 200Br | Dergousoff, James | 21 | CHENA | BC | 06-04-17 | 2017 Canadian Swimming Trials | 02:13.32 | LC |
| 100Bk | Hill, Robert | 21 | CHENA | BC | 06-04-17 | 2017 Canadian Swimming Trials | 00:55.17 | LC |
| 200I.M | Hill, Robert | 21 | CHENA | BC | 09-04-17 | 2017 Canadian Swimming Trials | 02:02.46 | LC |
| 400I.M | Hill, Robert | 21 | CHENA | BC | 07-04-17 | 2017 Canadian Swimming Trials | 04:20.47 | LC |
| 100Bk | Zeng, Tim | 20 | CHENA | BC | 06-04-17 | 2017 Canadian Swimming Trials | 00:55.45 | LC |
| 400Fr | Davila, Rafael | 19 | ISC | BC | 08-04-17 | 2017 Canadian Swimming Trials | 03:51.50 | LC |
| 1500Fr | Davila, Rafael | 19 | ISC | BC | 09-04-17 | 2017 Canadian Swimming Trials | 15:22.23 | LC |
| 1500Fr | Zakala, Josh | 19 | ISC | BC | 04-08-17 | 2017 Canadian Swimming Championships | 15:28.54 | LC |
| 200I.M | Zakala, Josh | 19 | ISC | BC | 06-08-17 | 2017 Canadian Swimming Championships | 02:03.93 | LC |
| 400I.M | Zakala, Josh | 19 | ISC | BC | 07-04-17 | 2017 Canadian Swimming Trials | 04:21.90 | LC |
| 200Fr | Gilbert, Colin | 19 | KCS | BC | 06-04-17 | 2017 Canadian Swimming Trials | 01:50.28 | LC |
| 400Fr | Gilbert, Colin | 18 | KCS | BC | 06-08-17 | 2017 Canadian Swimming Championships | 03:52.73 | LC |
| 100FL | Jensen, Ethan | 18 | KCS | BC | 08-04-17 | 2017 Canadian Swimming Trials | 00:55.84 | LC |
| 100Br | LeFranc, Jaren | 18 | KISU | BC | 08-07-17 | 2017 Swim BC LCM AAA Championships | 01:03.15 | LC |
| 200Br | LeFranc, Jaren | 18 | KISU | BC | 06-04-17 | 2017 Canadian Swimming Trials | 02:17.04 | LC |
| 100FL | Tyler, Lucas | 18 | PCS | BC | 22-04-17 | 2017 Eastern Canadian Championships | 00:55.66 | LC |
| 200FL | Tyler, Lucas | 18 | PCS | BC | 09-04-17 | 2017 Canadian Swimming Trials | 02:02.38 | LC |
| 200Bk | Binnema, Josiah | 19 | UBCDS | BC | 04-08-17 | 2017 Canadian Swimming Championships | 02:00.74 | LC |
| 100FL | Binnema, Josiah | 19 | UBCDS | BC | 06-08-17 | 2017 Canadian Swimming Championships | 00:53.39 | LC |
| 200Fr | Olafson, Carson | 20 | UBCDS | BC | 05-08-17 | 2017 Canadian Swimming Championships | 01:49.32 | LC |
| 50Fr | Thormeyer, Markus | 20 | UBCDS | BC | 09-04-17 | 2017 Canadian Swimming Trials | 00:22.93 | LC |
| 200Fr | Thormeyer, Markus | 20 | UBCDS | BC | 06-04-17 | 2017 Canadian Swimming Trials | 01:48.33 | LC |
| 100Bk | Thormeyer, Markus | 20 | UBCDS | BC | 06-04-17 | 2017 Canadian Swimming Trials | 00:54.81 | LC |
| 200Bk | Thormeyer, Markus | 19 | UBCDS | BC | 04-08-17 | 2017 Canadian Swimming Championships | 01:59.76 | LC |

