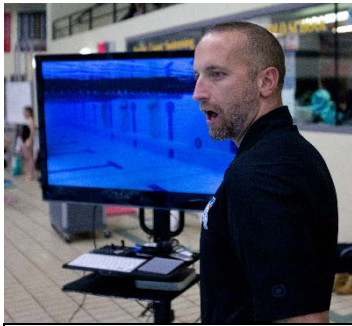


Dr. Allan Wrigley



Credit: Kevin Light Photo

Since first starting to work as a biomechanist within the national sport system in 2006, Dr. Allan Wrigley has worked with many of Canada's top swimmers both within the daily training environment as well as on national teams, and has been a part of every major national team since 2009. For the past 6 years, he has been the Integrated Support Team Director for Swimming Canada. Dr. Wrigley is responsible for the oversight of Swimming Canada's applied strategy for sport science and sport medicine services, with responsibilities spanning national team events and activities, the Swimming Canada High Performance Centres and Intensive Training Programs, as well as directing Swimming Canada's applied innovation strategy. He provides direct oversight of the integrated support team during select Swimming Canada attended events and any other specific high-performance initiatives identified as a priority by the High Performance Director, with indirect oversight of the support staff during all other Swimming Canada attended events. Dr. Wrigley also serves as lead biomechanist for Swimming Canada providing leadership and support to Swimming Canada funded programs and targeted athletes.

Tessa Gallinger



Tessa Gallinger is a Strength & Conditioning Coach out of the Canadian Sport Institute Calgary, and lead Strength & Conditioning coach for the Canadian Paralympic Swim Team since 2013. Tessa has helped develop the warm-up and pre-race strategies for the Para-swimming Team in the last major meets, including the 2016 Paralympics Games. She is currently completing a Masters of Science studying Muscle Physiology at the University of Calgary, focusing on muscle architectural changes that occur with sport specific velocity training in Cerebral Palsy.