

Technical Director's Report

Pascal St-Pierre

AGM – 2022



**SWIM
MANITOBA**



GENERAL THOUGHTS

After an entire year where swimming was practically on hold, among other things in terms of competitions and activities, the return to competitions and development activities was welcome.

Although there have been interruptions to the calendar due to the fifth wave, the majority of activities have resumed and it is now time to rebuild our sport and adapt to reinvent ourselves.

I am sure that we will be able to take up this new challenge and that we will come out stronger.

RECRUITMENT

To help clubs recruit when activities resume in September, Swim Manitoba has partnered with communications firm Fusion to implement a social media awareness campaign. A second campaign was planned for January, but due to the fifth wave, it was postponed. A new campaign will take place during the summer of 2022.

There are encouraging signs of a return to full membership as a comparison between 2019 and 2021 shows. The number of 10 and under may seem worrying, but many seem to have moved into the pre-competitive category, probably not knowing if the competitions will take place and the rules surrounding them.

Registration Type	13/10/2019	13/10/2020	15/10/2021
Competitive Fundamentals (8&U)	91	4	24
Competitive Skills (9-10)	181	27	60
Competitive Development (11-14)	318	115	260
Competitive Open (15+)	88	49	142
Varsity-Open	0	0	0
Varsity	13	0	21
Varsity Year-Round	N/A	0	0
Pre-competitive (Non-Competitive)	48	0	239
Masters	136	0	102
Masters-Open	0	0	0
Coach	62	19	60
Summer	0	0	0
Summer-Open	0	0	0
Limited Event	0	0	6
Limited Event - Open Water	N/A	N/A	0
Total	937	214	914



COACH EDUCATION

The coaches conference was back in a hybrid presentation (coaches can choose between being in-person or online). Although the organization was complicated by COVID restrictions and last-minute speaker opt-outs, we were most disappointed with the low registrations. Only 14 coaches registered and only 11 showed up either online or in person. We had five great speakers: Vlastimil Cerny, Janet Hyslop, Dr. Steve Norris, Vicki Keith, and Michel Bérubé.

One virtual Swimming 101 course with 13 coaches has been done in the fall. One course was cancelled in May 2021. Several Swimming 101 portfolios evaluations have been done during the last year, as well as a few Swimming 201 portfolios, and one Swimming 301 on-deck evaluation.

COMPETITIVE STRUCTURE AND CALENDAR

The return to competition was done with the organization of a special competition at the end of August called Summer Fest to give swimmers a positive end to the 2020-2021 season.

The competition calendar is off to a good start with the first four competitions taking place. Organizing committees, officials, swimmers, coaches, and spectators once again had to be flexible and understanding as we navigated through various COVID prevention rules. Unfortunately, the two competitions scheduled for January had to be canceled due to the fifth wave.

Fortunately, conditions improved for the Junior Provincials who were moved later in February as a precaution. And the rest of the season was able to take place in an almost normal way.

- Some racing league competitions have been canceled again this season. From our observation and evaluation of the situation, here are what we learned: The racing league is still part of our plan, and coaches still think it's valuable
- We learn that we cannot host the same weekend that age group meets, we need to host different weekend
- We need to involve clubs outside of Winnipeg more in the organization of these competitions.
- Development of officials for this level to be planned.

After reviewing the competition calendar in recent years, we are now tackling the format and program of competitions. More time final meets, fewer prelims/finales meets.

TEAM HANDBOOK

Making a selection for the junior and senior teams planned in the Team Handbook was a challenge without competition results in the last two years. We did three selections, one in September, one in January, and one in April.



TEAM AND CAMP

Senior Team Tour – Mel Zajac

Mel Zajac was cancelled due to COVID, so no Senior Team Tour.

October Training Camp – October 16-17

First Team Manitoba activity in two years, it was great to see all the swimmers back together and training together. Janet Hyslop led the camp and worked with the coaches conference.

Canada Games ID Quad #1 – November 20

The first training with the prospects for the Canada Games took place on November 20 and was led by coaches from different clubs who worked as a team to lead by example. It was a great opportunity for everyone to meet each other for the first time.

Junior Team – Competition in Pointe-Claire

We have canceled the Junior Team Tour in Pointe-Claire seeing the number of cases mounted, particularly in Quebec.

Training opportunity – (Junior and Senior Team; Canada Games Target Squad) January 8 and 22

We canceled both trainings due to the fifth wave. However, we have transformed this opportunity into a Mental Preparation Series with four online sessions with Paige Zaporzan, a mental skills coach.

Para Prospect West – February

Five para-swimmers from Manitoba were selected for the Para Prospect West Camp in Alberta, February 4-7. Due to COVID, this camp has been transformed into a virtual camp over two weekends.

COMPETITION

The Olympic trials were moved to June 2021 and were by invitation only. three Manitoba swimmers took part. Congratulations to Kelsey Wog who, at the end of the trials, was selected on the Olympic team!

At the **XXXII Olympic Games** in Tokyo (JPN), Kelsey Wog (UMAN) finished 16th in the 200 Breaststroke and 23rd in the 100m Breaststroke.

A handwritten signature in blue ink, appearing to read "Pascal St-Pierre".

Pascal St-Pierre

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