



UNIVERSITY OF  
**ALBERTA**

EDMONTON · ALBERTA · CANADA

# **GOLDEN BEARS AND PANDAS SWIMMING TEAM**

***SWIMMING RECRUITMENT GUIDE***





# UofA EXPERIENCE

The University of Alberta is a Top 5 Canadian university and a top 100 University in the world. It is home to more than 40,000 students, 500 graduate programs, 200 undergraduate programs and 450 active student groups.

The University of Alberta in Edmonton is one of Canada's top teaching and research universities, with an international reputation for excellence across the humanities, sciences, creative arts, business, engineering and health sciences.

The University of Alberta is located in Edmonton, one of the largest cities in Western Canada. Nestled on the banks of the picturesque North Saskatchewan River, the UofA has direct access to Edmonton's river valley - the largest urban parkland space of any city in North America. Edmonton is a city with over one million residents and one of Canada's strongest local economies. Like the University, Edmonton is a place where people come together to build, create and change things for the better.

## GOLDEN BEARS AND PANDAS EXPERIENCE

### MISSION

To create a student-athlete-centered, coach-driven and administratively supported university sport environment that will facilitate the academic, athletic and personal development of young women and men. This is accomplished by providing internationally recognized high performance sport competition, high performance coaching, resources and a progressive approach to the on-going development of university sport in Canada.

The University of Alberta Golden Bears and Pandas Athletics is one of Canada's premier intercollegiate programs. U of A competes in U SPORTS, and is home to 22 teams and over 500 Student-Athletes. The U of A competes in the sports of Basketball, Cross-Country, Curling, Football, Ice Hockey, Rugby, Soccer, Tennis, Track & Field, Volleyball, Wrestling and of course Swimming.



The UofA has won 94 total National Championships and there have been over 350 individual U sport individual medalists.



The Golden Bears and Pandas have had 3070 Academic All-Canadians - the highest number all-time in Canadian University sport history.



## WHY CHOOSE GOLDEN BEARS AND PANDAS SWIMMING TEAM?

The UofA swimming program has the vision and the mandate to build a swimming program geared to year round athletic success. Athletes will be provided individualised programming structured to create opportunities to succeed at the highest levels both nationally and internationally. There is an expectation that athletes coming into the program have very clear ambitions in regards to the sport and have the commitment to achieve these goals. The coaching staff in the program are equally committed to achieving these objectives.

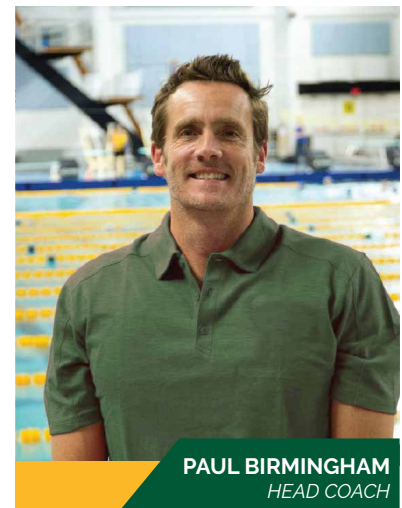


### COACHING

Paul Birmingham is the Head Coach of the Golden Bears and Pandas. Paul is an Australian coach who has been coaching internationally for the last 25 years. He spent 10 years as the National Coach of Malaysia as well as running large Club programs in Queensland (AUS) and California (USA). He is currently the Head Coach for the Edmonton Keyano Swim Club.

Paul has been a national team coach for the following international events:

- 3 x Olympic Games (2008, 2012, 2016)
- 4 x World Championships (2009, 2011, 2013, 2015)
- 3 x Commonwealth Games (2010, 2014, 2018)
- 3 x Asian Games (2010, 2014, 2018)
- 5 x South East Asian Games (2009, 2011, 2013, 2015, 2017)
- 2 x World University Games (2011, 2013)
- 2 x Olympic Youth Games (2010, 2014)
- 3 x World Junior Championships (2011, 2013, 2019)
- 3 x Commonwealth Youth Games (2008, 2011, 2015)
- 2 x Asian Youth Games (2009, 2013)



**PAUL BIRMINGHAM**  
HEAD COACH



KINSMEN SPORTS CENTRE

### FACILITIES

The UofA Golden Bears and Pandas train at the world class Kinsmen Sports Centre. The Kinsmen has played host to a multitude of world class athletic events including World Championships, Pan Pacific Games and the Commonwealth Games. It is consistently used as the site for Swimming Canada National Championships and Trial events. The Kinsmen has 1 x 10 lane 50m pool and 1 x 6 lane 50m pool as well as a diving/deep tank. The facility is world renowned for it's unique ventilation and water treatment which provides the cleanest training conditions in Canada. Athletes will also conduct their strength and dryland programs at the 350,000 square foot state of the art Saville Sports Centre.

### SPORTS SCIENCE SUPPORT

The UofA and the Faculty of Kinesiology provides it's athletes a comprehensive sports science service team including specialised strength and conditioning, physiotherapy, nutrition and sports psychology experts. The team will also have access to the dedicated HPP recovery centre at the Kinsmen.

### FUNDING

By focusing on high performance the UofA Swimming program provides the opportunity to receive some of the highest scholarship funding opportunities in the nation. The highest performing athletes have the ability to receive the maximum scholarship of full tuition and fees.



# NEXT STEPS IN JOINING UofA GOLDEN BEARS AND PANDAS SWIMMING TEAM

1

Explore your academic options:

- RESEARCH PROGRAMS OFFERED
- DECIDE ON YOUR ACADEMIC AREAS OF INTEREST
- DETERMINE YOUR HIGH SCHOOL COURSE PREREQUISITES FOR ADMISSION

VISIT [UALBERTA.CA](http://UALBERTA.CA) FOR INFORMATION

2

Compile your athletic profile:

- ACADEMIC TRANSCRIPTS
- HIGHLIGHT ALL NATIONAL, PROVINCIAL AND REGIONAL ACCOMPLISHMENTS
- COMPILE A RECORD OF RECENT COMPETITION RESULTS
- CREATE HIGHLIGHT VIDEOS IF REQUIRED

3

Contact the head coach Paul Birmingham at [swimming@ualberta.ca](mailto:swimming@ualberta.ca)

- ASK YOUR QUESTIONS ABOUT PURSUING YOUR ACADEMIC AND ATHLETIC GOALS
- LEARN MORE ABOUT THE SWIM PROGRAM
- LEARN ABOUT ACADEMIC ADMISSION REQUIREMENTS AND RESOURCES
- ATTEND A CAMPUS RECRUIT WEEKEND

4

Apply to the academic program(s) of your choice

- REVIEW AND MEET ALL DEADLINES

## FOR MORE INFORMATION


**PAUL BIRMINGHAM**

HEAD COACH

[swimming@ualberta.ca](mailto:swimming@ualberta.ca)

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