

# UNIVERSITY OF CALGARY SWIM CLUB

ANNUAL REPORT 2023-2024



# MESSAGE FROM THE PRESIDENT

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As President of the University of Calgary Swim Club (UCSC), I am excited to highlight the many accomplishments of the UCSC “Family” in our inaugural 2023-2024 Annual Report.

As one of the largest swim teams in Canada, UCSC celebrates the achievements of all our swimmers from our little Dinos just getting their “claws” wet, all the way to our International Training Group (ITG) competing on the global stage.

This has been a tremendous year with landmark successes including our swimmers representing Canada at the 2023 Junior World Championships in Israel, the 2023 Pan American Games in Chile, the 2024 World Championships in Qatar, the 2024 Junior Pan Pacific Championships in Australia, and the 2024 Paris Olympic Games!

Our coaches have also been lauded with abundant awards at the provincial and national levels. We had 15 young adults graduate from the age group ranks, with many continuing to swim at varsity programs in Canada and the USA, including the University of Calgary.

Our strong connection with the University of Calgary not only provides a path for our little Dinos to become big varsity Dino swimmers, it has also led to the establishment of a new Swimming Research Program that will advance our swimmers and our sport.

The bedrock of all these successes, both large and small, has been the work of our parents and volunteers who strive tirelessly to ensure that competitions run safely, efficiently and fairly. Regardless of their age or stage in the sport, our swimmers learn important lessons about discipline, resilience, fair play, and teamwork that will shape who they become as adults.

As we enter the next quadrennial, we will strive to advance our mission as a club, with enthusiasm, commitment, and anticipation for the great things to come.

**KRIS NORMAN**  
President



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# WHAT IS UCSC?

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The University of Calgary Swim Club (UCSC) is a distinguished year-round competitive swim club dedicated to providing top-tier professional coaching and technique instruction to individuals of all ages and skill levels.

The primary objective of the UCSC is to provide every member with the skills and opportunities to achieve success at their own unique level of ability - from novice to international competitor.

As a not-for-profit organization, the core vision is to establish the Club within the Canadian community and to set a global standard for swimming across all proficiency tiers.



# BOARD OF DIRECTORS

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## 2023 - 2024

**President** Kris Norman

**Past President** Stephanie Wigginton

**Director of Swimming** Mike Blondal

**University Liaison** Michael Boyles

**Director of Finance** Christa McKeegney

**Director of Competitions** Peter Lloyd

**Director of Communications** Barb Duncan

**Secretary** Michael McLean

**Director at Large** Jarrod Ballem

**Director at Large** Michael Power

**Director at Large** Matt Pumphrey

**Director at Large** Todd Sutherland

**Director at Large** Gary Wong

### Committee Chairpersons 2023-2024

Bingos/Casino                      Christa McKeegney

Officials Chair                      Kerstin Clark

We are guided by our values, integrity, hard work, excellence and teamwork.

## Mission

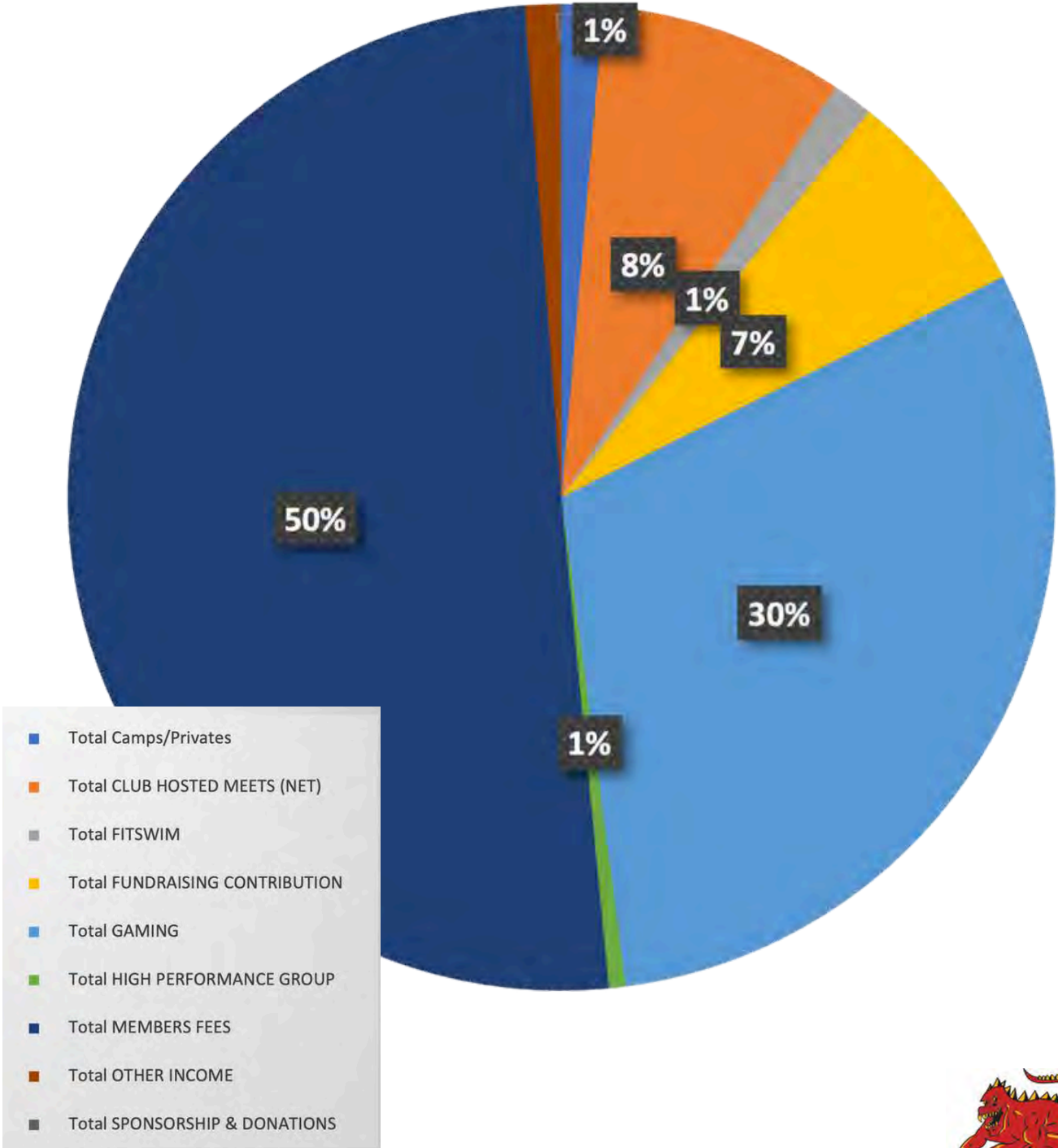
To develop a community of people through competitive swimming

## Vision

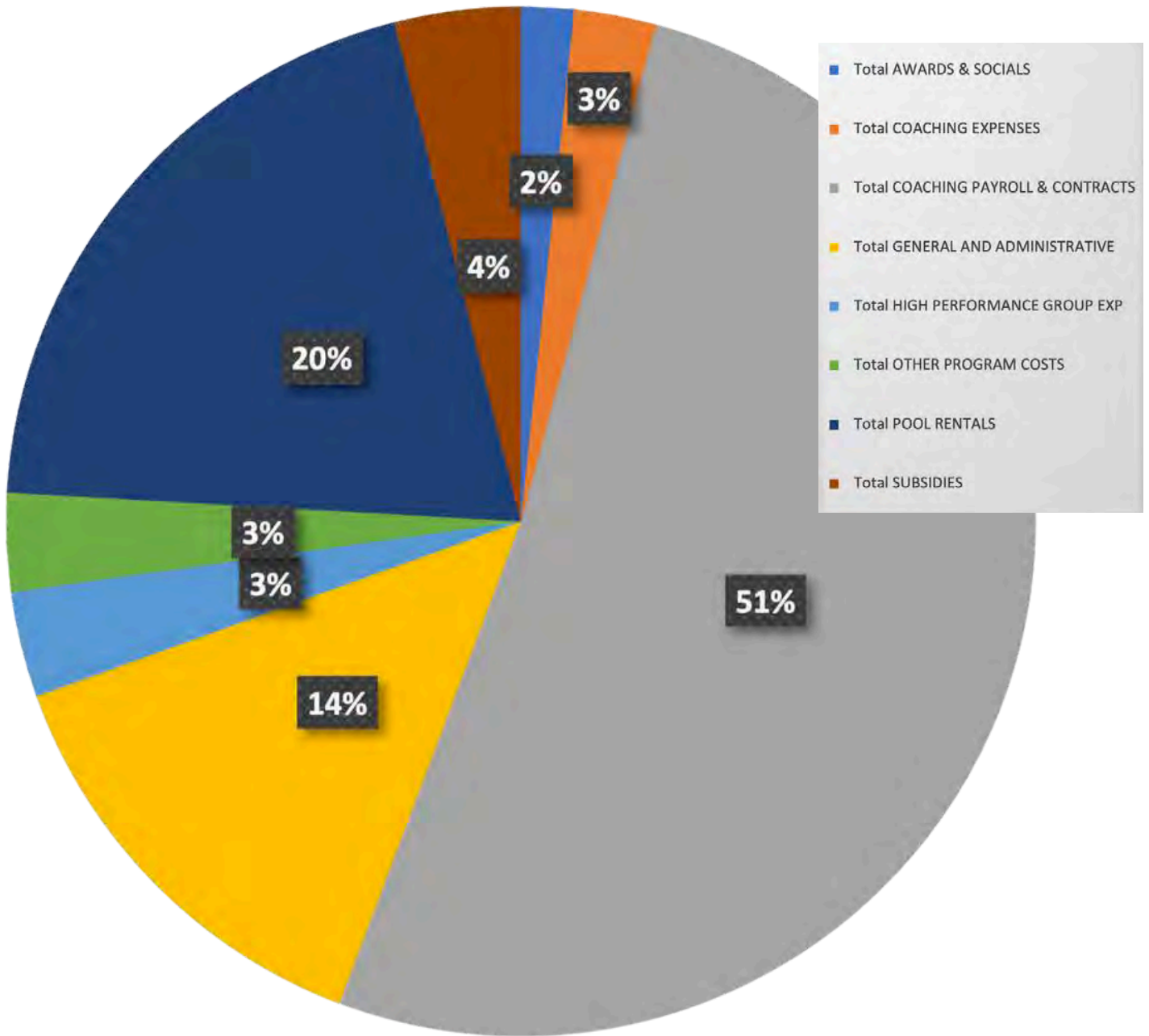
Leading Canadian Swimming



# FINANCIAL OVERVIEW INCOME (Y/E 2023)



# FINANCIAL OVERVIEW EXPENSES (Y/E 2023)



# DIRECTOR OF SWIMMING

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The University of Calgary Swim Club (UCSC) is a competitive swim club that offers programs for youth development in our community and world-class training opportunities for swimmers pursuing a path toward swimming excellence. Our club of over 500 members offers Development, Age Group, Senior, and High-Performance programs.

UCSC has a rich history of excellence in developmental competitive swimming and has placed over 30 swimmers on the Canadian Olympic team over the past 10 Olympic games.

Our family consists of swimmers, parents, volunteers and alumni. UCSC is a member-driven swim club and relies on the help and support from our member parents to operate the Club. Thank you to all the parents and volunteers who help keep the Club running for our swimmers. I encourage everyone to get involved in UCSC.

I wish success for all our athletes during this season and beyond. I invite everyone to embrace our mandate of “leading Canadian swimming”, as we focus on developing and delivering programs that will provide every opportunity for our swimmers.

**MIKE BLONDAL**

Director of Swimming/Head Coach





# ORGANIZATION CHART



# SWIMMERS



The UCSC community is comprised of over 500 swimmers from over 350 families. Below is a breakdown of our swimmers by squad.

- CH/SD: 178
- TREX: 91
- 12s: 82
- Provincial: 44
- National Development: 35
- National: 42
- Senior Varsity: 45
- FitSwim: 25



# COMPETITIONS, AWARDS & RECORDS

In the 2023-2024 Season, UCSC broke 190 Club records, 70 Alberta Provincial Records, and 12 Canadian National Records.

**NATIONAL RECORD**  
A. NORMAN, L. KIM,  
N. DUNCAN, P. DARDIS  
15-17 YO - MARCH 2024 - LCM

**CLUB RECORD**  
ALEXIS YUAN  
AGE 12 - MARCH 2024 - LCM

**PROVINCIAL RECORD**  
LAON KIM  
AGE 15 - MARCH 2024 - LCM

4x100 Medley Relay  
**3:45.99**  
2024 Provincial Champs

50 Fly **29.88**  
50 Back **32.10**  
2024 Provincial Champs

100 Free  
**50.30**  
2024 Provincial Championships

CALGARY SWIMMING RECORD BREAKER 2023-2024

UCSC had a record number of swimmers attend a record number of meets across Canada in 2023-2024. UCSC qualified for all Swim Alberta meets including the 2024 Provincial Championships, the 2024 Canadian Swimming Championships, and the 2024 Canadian Olympic and Paralympic Swimming Trials.

Go Dinos Go!

# 2024 CANADIAN OLYMPIC TRIALS

Fifty-one (51) UCSC athletes qualified for and attended the 2024 Canadian Olympic Trials that took place from May 13 to May 19, 2024 at the Toronto Pan Am Sports Centre. UCSC had a strong presence and enthusiastic cheering force at the Canadian Olympic Trials.



SONIA BAKHSI  
HANNAH BENNETT  
GIBSON BLACK  
STEPHEN CALKINS  
KAMRYN CANNINGS  
IAN CAMERON  
MATTHEW CHEUNG  
MAXINE CLARK  
MILENA COSIC  
MARIA COSIC  
KIAH CRAIG  
PAUL DARDIS  
EMILY DE JAGER  
LIAM DENNETT  
NICK DUNCAN  
RANUMI EASHWARAGE  
HAYLEY FRENCH

KATIE GRABOSKI  
THEO GRABOSKI  
JORDAN GREBER  
HILARY GUO  
HAYLEIGH HAINES  
ELIZA HOUSMAN  
ROSIE HOUSMAN  
MADISEN JACQUES  
HANNAH JOHNSEN  
LAON KIM  
KEVIN KONG  
ALICIA L'ARCHEVEQUE  
ALEXANNE LEPAGE  
AIDEN LUYKENAAR  
PATRICK MCCLOY  
THOMAS MCDONALD  
PAUL MCKENZIE

MARK MCKENZIE  
KEALEIGH MCLEOD  
STEPHEN MOORE  
JULIANNE MOORE  
DEMETRI MYLONAS  
AIDEN NORMAN  
GEMMA NORMAN  
JULIA NORMAN  
XAVIER PIMENTEL  
SIENNA RODGERS  
CHARLIE SKALENDA  
SYDNEY STEWART  
MATTHEW SYRGIANNIS  
JETT VERJEE  
NATHAN VERSLUYS  
RACHEL WIGGINTON  
CHRISTINE ZHOU



# INTERNATIONAL EVENTS - JUNIOR

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WORLD AQUATICS  
JUNIOR SWIMMING  
CHAMPIONSHIPS



Paul Dardis, Jordan Greber, Alexanne Lepage, Aiden Norman and Lorne Wigginton represented Canada at the 2023 World Aquatics Junior Swimming Championships in Netanya, Israel from September 4-9, 2023. Alexanne took home a gold medal in the 100M breaststroke and a silver medal as part of the women's 4x100M medley relay. Lorne Wigginton captured a bronze Medal in the 400 IM.



# INTERNATIONAL EVENTS - JUNIOR

Four (4) UCSC swimmers were selected to represent Canada at the 2024 Junior Pan Pacific Championships in Canberra, Australia. Congratulations to Nick Duncan, Jordan Greber, Laon Kim, and Aiden Norman.



Canada's silver medal performance in the Men's 4x100M Medley Relay included three (3) UCSC swimmers, Nick Duncan, Laon Kim and Aiden Norman.

Aiden and Laon also contributed to the relays with bronze medals in the 4x100M and 4x200M relays and a silver medal in the 4x100M Mixed Medley Relay for Aiden. Aiden added individual gold medals in the 100M and 200M Back while Laon added a silver medal performance in the 100M Free. Congratulations UCSC swimmers!



# INTERNATIONAL EVENTS

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UCSC Senior swimmers Steven Calkins and Rachel Nicol were selected to represent Canada at the 2023 PanAm Games in Santiago, Chile.



Rachel won 2 Gold Medals in the 100M and 200M Breaststroke. She announced her retirement from swimming in the Spring of 2024. During her career, Rachel also represented UCSC at the 2016 Olympic Games and 2022 World Championships.



# INTERNATIONAL EVENTS

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UCSC senior swimmers Stephen Calkins and Rebecca Smith were selected to represent Canada at the 2024 World Aquatics Championships in Doha, Qatar. Rebecca earned two bronze medals in the 4×100M freestyle and 4×100M medley relay finals. (Photos courtesy of Swimming Canada)





# INTERNATIONAL EVENTS

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UCSC's Lorne Wigginton was selected to join the Canadian Olympic Team for the 2024 Paris Summer Olympics. Congratulations Lorne!



# GRADUATING SWIMMERS

In 2024, 19 UCSC swimmers graduated from high school. Below are the students continuing to post-secondary education and the institution they will attend.

- Adam Al Seafan - University of Ottawa
- Alicia Best - University of Lethbridge
- Andrew Byrne - Western University
- Matthew Cheung - University of Calgary
- Paul Dardis - University of Florida
- Nick Duncan - University of Calgary
- Katie Graboski - Western University
- Jordan Greber - Arizona State University
- Jason Liu - Western University
- Riley Long - University of Calgary
- Kealeigh McLeod - McGill University
- Demetri Mylonas - University of Calgary
- Aiden Norman - University of Florida
- Elijah O'Reilly - MacEwan University
- Sam Spencer - SAIT
- Sydney Stewart - University of Toronto



# GRADUATING VARSITY SWIMMERS

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## UCSC's Senior/Varsity Swimmer Graduates

Marit Anderson - Sociology

Sarah Corson - Kinesiology

Nadine Daoud - Law and Society

Emma Mitchell - English and Art History

Mackenzie Wallich - Engineering

Stephen Calkins - Communications and Culture

Mark McKenzie - Kinesiology

Paul McKenzie - Kinesiology

Rebecca Smith - Nursing

Richie Stokes - Education

Nathan Versluys - Geography



**Congratulations to all of our UCSC's graduates! We wish you great success in your future endeavors.**



# SWIMMING RESEARCH

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Current research projects in collaboration with the University of Calgary:

## **Gut Microbiota in Athletes**

PI: Dr. Reimer; coordinator: Kate Sales

6 swimmers completed, 2 pending



## **Critical swimming velocity**

PI: Dr. MacIntosh; coordinator: Tara Falconer

5 swimmers in progress

## **Injury Surveillance, Range of Motion, and Risk Factors in Youth Competitive Swimmers**

PI: Drs. Emery, Schneider; coordinator: Paul McKenzie

39 swimmers.

## **The Reliability of Upper and Lower Body Strength Testing and Power Testing in Competitive USports Swimmers.**

PI: Dr. Matt Jordan; coordinator: Mark McKenzie

32 USports swimmers.

## **Pilot Study for a Novel Iron Supplement**

PI: Dr. Jane Shearer; coordinator: Brendan Abrahamson-Durant

Ongoing.

**TOTAL:** as of April, 2024: 82 swimmers.

## **Mental Health Research**

PI: Dr. H. Davis (TBD)



# STROKE ANALYSIS TECHNOLOGY

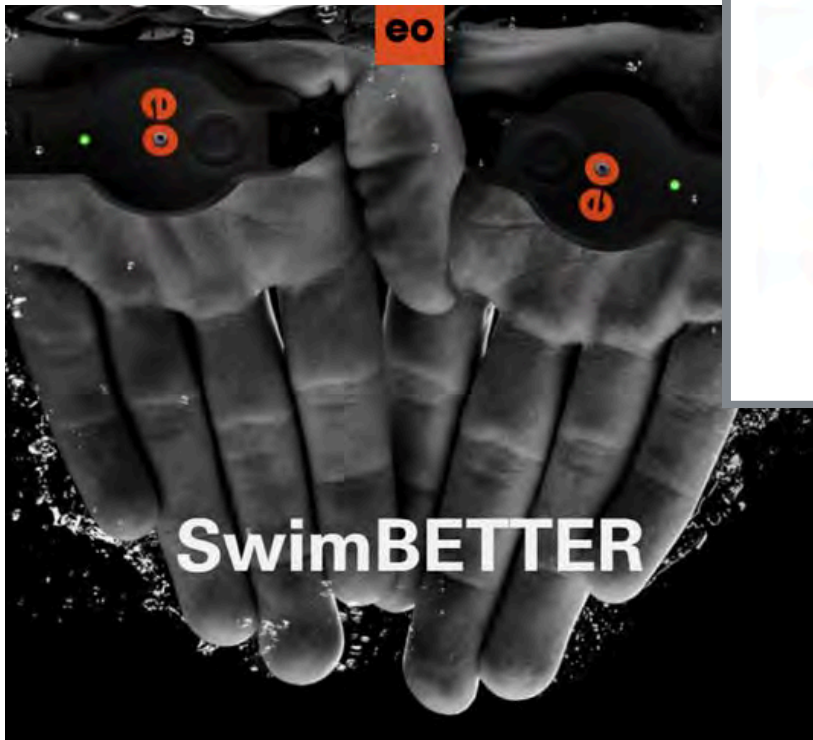
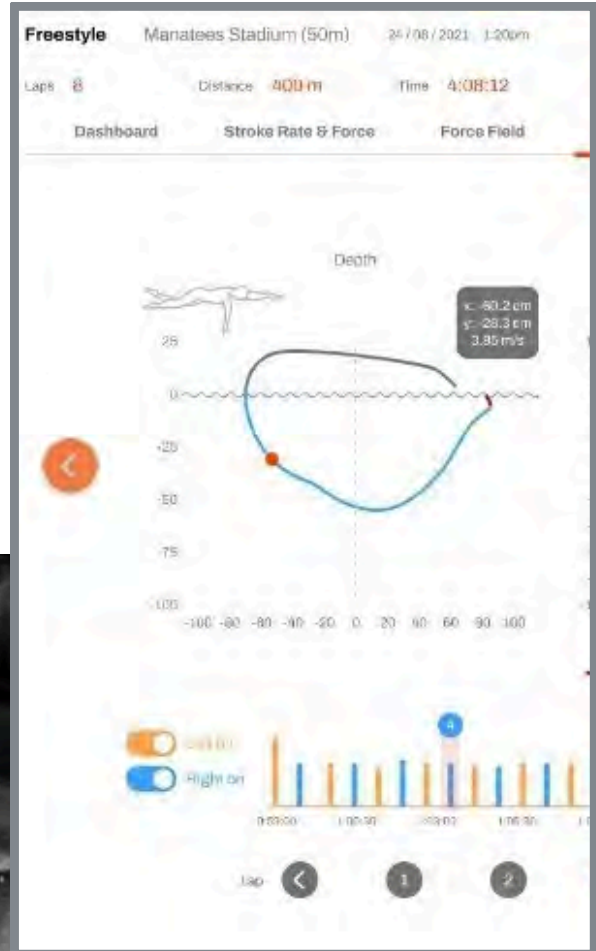
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UCSC uses **Athlee** swim cameras to analyze strokes and provide feedback to swimmers.



# STROKE ANALYSIS TECHNOLOGY



UCSC is currently conducting stroke analysis research using **eo lab** smart paddles.



# SPONSORS & PARTNERSHIPS

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UCSC is proudly sponsored by Speedo.



**Audi**  
Royal Oak

UCSC extends our thanks and appreciation to **Audi Royal Oak** for their continued support since 2018. In 2024 an Audi Q3 was the main prize for the UCSC car raffle.



**Team Aquatic Supplies (TAS)**, Canada's largest supplier of high-quality, specialty swimwear, equipment, and accessories. TAS provides UCSC members with a discount on swimming gear and expert advice on products.



Special thanks to the **University of Calgary** for their continued partnership between UCSC and the Faculty of Kinesiology Active Living Aquatic Centre.

For more information on UCSC partnerships, refer to [CalgarySwimming.com](http://CalgarySwimming.com)



# VOLUNTEERS

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UCSC ran a total of 17 swim meets this season. All meets were a tremendous success and helped our swimmers reach their goals.

UCSC is grateful for our dedicated volunteer officials along with meet electronics, hospitality, chaperones, bingos, social event set-up, squad managers, and the list goes on!

Thank you to all our volunteers for your contribution and everything you do for our UCSC swimmers and community.





# CONTACT US



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