

2016 – 2017 SEASON

WELCOME BACK EVERYONE FOR ANOTHER GREAT SEASON WITH PARA STORM SWIM CLUB

In reflecting on the 2015-2016 season, I am extremely proud of all of our swimmers, their hard work and commitment last season is inspiring. I want to extend my congratulations and admiration to all. Their dedication to the sport and our club has resulted in some incredible achievements. Two athletes at Paralympic Trials resulting in 2 bronze medals and both athletes making finals: A gold medal at Can Am Championships: 1 gold, 4 silver & 1 bronze at Western Canada Summer Games and a life-changing hurdle overcome: Numerous PB's: Great breakthrough achievements from our Junior skill development group.

Our success as a team continues to grow. It is my hope that our club and swimmers continue to show these strong improvements. This is what dedication, hard work, believing in yourself and a strong supportive club can achieve.

Last year we introduced the 15 minute team swim to enhance qualities that are making our club so successful, team spirit. I have watched our swimmers encourage and mentor each other, the younger swimmers, who look up to the older swimmers try harder to achieve their goals, the older swimmers pushing boundaries to challenge themselves and achieve their goals. These encouragements have a profound effect unifying and benefiting our entire team.

Our successes come from two defining factors. The first is our coaching and club philosophy that drive the programs provided to our swimmers. A well planned progression of skill development to high performance is one of our biggest assets and our coaching staff is focused on providing our swimmers the guidance and tools they need to reach their full potential. With Coach Shelby moving to Saskatoon, we all feel a loss. The best legacy we can give her, is to demonstrate continued improvements and team unity.

The other component so crucial to the success of our swimmers and the backbone of our organization are the parents and volunteers who help the club flourish. Your hours put into getting the swimmers to training, supporting all the swimmers not just your own and your dedication to making our organization stronger with board support does not go unnoticed. We sincerely appreciate all that you do behind the scenes to ensure the success of our swimmers and club.

Success is not limited to the pool. Academically, our swimmers are excelling in their studies at school and post-secondary institutions as well. It is gratifying to see so many of our older swimmers go on to college and university. To those swimmers leaving the club to further their education, I wish you all the best in your future endeavors. Remember we are always just a splash away and once part of Para Storm, always part of Para Storm.

As a coach, I am looking forward to seeing our new and returning swimmers achieving at every level. Our goal is to develop great young people who have fantastic swimming technique.

As our swimmers move through the program based both on age and ability, we continue to strive to provide additional support through education in nutrition, sports psychology and strength conditioning to complement their pool training. This is to ensure we are enhancing the program to have the best-rounded athletes and provide opportunity to continue development.

For all new swimmers and parents, welcome to the family of Para Storm Swim Club. Swimmers in our club work hard, play hard, strive for success and make life-long friendships. Their successes and goals become our successes and goals. I know that the time you and your child spend with us will be well spent. It is my hope that during time with our organization, we also play a role in helping our swimmers grow into the strong and successful individuals they are meant to become.

Karen Williams

Head Coach Para Storm Swim Club

