



# BISON SWIMMING



The University of Manitoba, 120 Frank Kennedy Building, Winnipeg Manitoba, R3T 2N2, CANADA Phone: 204-474-6497 Fax: 204-474-7634 E-mail: vcerny@ms.umanitoba.ca

## The Program



The **philosophy** of the program is based on the individual approach to performance improvement. It is our belief that success is a result of a balanced and demanding approach to performance excellence.

We maintain consistent focus on the latest in sport psychology, strength training and technical/tactical skills. We help swimmers develop personal life skills and encourage them when it comes to maintaining good health. Last but not least we employ the latest in sport physiology and provide a full range of programming, from sprint to endurance.

## MISSION

*“Committed to the pursuit of Academic and Swimming Excellence”*

<b>Head Coach</b>	<i>Vlastimil Cerny</i>
<b>Assistant Coach</b>	<i>Craig McCormick</i>
<b>Sport Physiologist</b>	<i>Daryl Hurrie</i>
<b>Strength Coach</b>	<i>Scot Dressler</i>
<b>Athletic Therapist</b>	<i>Gina Tessman</i>

## “Focused”



**Manitoba** has a proud history of producing **Olympians** such as Vlastimil Cerny (1988 as an athlete, 2000 and 2004 as coach), Kristin Topham (1988), Riley Mants (1996), Michelle Lischinsky (2000), Shannon Shakespeare (1996/2000) and Rhiannon Leier (2000 and 2004).



The Olympic spirit was further enhanced through the creation of The Manitoba High Performance Swim Centre at the University of

Manitoba. The Centre was officially established in the 1998/1999 season with the assistance of number of partners: Swim Manitoba, Swimming Canada, University of Manitoba, Sport Manitoba, Manitoba National Sport Centre-Manitoba and the local swim community.

➤ The Centre’s focus is to prepare swimmers for International and National success (**podium performances**). We provide a focused training environment and support services such as sport psychology, strength training, nutrition/career counseling and massage therapy.

The University of Manitoba Bisons swim team has competed successfully at the CIS level for over 35 years. The team was established in the late 1960 after a new pool was built at the Frank Kennedy Centre. The strengths of the program are:

- Commitment to developing a program that can win at the CIS Championships
- Consistently ranked amongst the top 10 schools at the CIS Championships
- Consistently producing CIS and Canada West Championships medalists
- Consistently finishing the season with academic All-Canadians (3.5 GPA or higher)

## Eligibility

University of Manitoba swimmers are eligible to compete for a total number of 5 years at the varsity level during which time they need to maintain full time academic status (60% course load distributed evenly over 1<sup>st</sup> and 2<sup>nd</sup> terms).

*...realizing and achieving human potential through swimming...*



*“The lessons I learned while swimming at the University of Manitoba program can apply to both sport and life. I learned to take responsibility for my actions, not to be afraid to take risks and to push myself to my full potential.”*

*Rhiannon Leier (Double Olympian, Canadian Champion & Canadian Record holder)*

## Team Obligations/Expectations

- Commitment to full time training
- Commitment to competition
- Commitment to program philosophy
- Commitment to academic excellence
- Commitment to an athletic lifestyle
- Purchase own training equipment (fins, paddles, goggles, etc...)
- Bingo – about 1 per year
- \$150.00 annual program fee

## Training Times

	Mon	Tue	Wed	Thr	Fri	Sat
<b>A M</b>	6-8, S	7-9, D	6-8, S		6-8, S	6-8, S 8-9, D
<b>P M</b>	3:30- 5:30, S	3:30- 5:30, S	3:30- 5:30, S 5:30- 6:30, D	3:30- 5:30, S	3:30- 5:30, S	

## Team Standards

The roster will be determined within the first two weeks of pool training in September. The current cut-off standards to try-out for the team are the Canada West Conference times (CW) that are 7.5% off of the CIS Standards.

Women		06/07 STANDARDS		Men	
CW	CIS		CIS	CW	
0:29.32	0:27.27	<b>50 FR</b>	0:23.94	0:25.74	
1:03.41	0:58.99	<b>100 FR</b>	0:52.11	0:56.02	
2:16.39	2:06.87	<b>200 FR</b>	1:53.95	2:02.50	
4:51.23	4:30.91	<b>400 FR</b>	4:04.92	4:23.29	
10:03.43	9:21.33	<b>800 FR</b>			
		<b>1500 FR</b>	16:29.53	17:43.74	
0:33.51	0:31.17	<b>50 BK</b>	0:27.41	0:29.47	
1:11.64	1:06.64	<b>100 BK</b>	0:59.04	1:03.47	
2:33.72	2:23.00	<b>200 BK</b>	2:08.51	2:18.15	
0:37.67	0:35.04	<b>50 BR</b>	0:30.44	0:32.72	
1:20.83	1:15.19	<b>100 BR</b>	1:05.89	1:10.83	
2:54.76	2:42.57	<b>200 BR</b>	2:25.14	2:36.03	
0:31.64	0:29.43	<b>50 FLY</b>	0:26.09	0:28.05	
1:09.90	1:05.02	<b>100 FLY</b>	0:57.35	1:01.65	
2:36.26	2:25.36	<b>200 FLY</b>	2:08.39	2:18.02	
2:37.49	2:26.50	<b>200 IM</b>	2:10.64	2:20.44	
5:33.03	5:09.80	<b>400 IM</b>	4:36.12	4:56.83	

## Focus Meets

## Manitoba Swimming

### Short Course

- Dual meets & Prairie Winter International
- Bell Grand Prix - Toronto
- Canada West Conference Champs
- C.I.S. Championships

### Long Course

- Games Trials or Summer Nationals
- US Grand Prix
- National Team Tours

## Manitoba Funding

University of Manitoba Athletic Awards are available to Manitoba student/athletes in the amount up to full tuition per year. All student/athletes must meet award & training criteria (based on academic standing, training commitment & swim performance).

Swim Manitoba Post Secondary Scholarship Program is worth \$800 per year and is based on academic and athletic performance. The swimmers must maintain a full time-student status and a GPA of 2.0 or higher and their swimming performance must score over 750 points on the WPC.

Swim Manitoba Team Program is based strictly on swimming performance and has two levels.

Level 1 \$1,000 grant (sc & lc) top 8 at Nationals  
Level 2 \$750 grant (sc & lc) top 16 at Nationals

Swim Manitoba Performance Bonuses are also given to swimmers finishing in the top three at National Championships. \$2,000 for 1st place, \$1,000 for second and \$500 for a third place finishes.

Swim Manitoba Team Elite Program for Age-group National Championships finalists. Annual tour and additional funding is available.

Sport Manitoba Athlete Assistance is based on performances at National level competition (Youth to Senior). The amount of support ranges from \$250 to \$1,000 annually.

National Sport Centre-Manitoba provides up to \$5,000 financial support to swimmers striving to compete at the World Championship/Olympic Games level.

To join the UofM program contact Vlastimil Cerny or

Craig McCormick @ (204) 474-6497

vcerny@ms.umanitoba.ca

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