

# *University of Waterloo Varsity Swim Program*

## **Frequently Asked Questions**

### **Why choose the University of Waterloo?**

- University of Waterloo has been consistently ranked as one of the top educational institutions in Canada.
- Comprehensive academic curriculum and innovative research programs.
- 30 000 Undergraduate and Graduate students in six faculties encompassing Engineering, Arts, Math, Applied Health Sciences, Science and Environmental studies.
- Wide range of professional and applied programs – world respected Graduate programs.
- **World leader in co-op programming** giving students real work experience inside academic careers.

### **Historically, how has the University of Waterloo fared in the pool?**

- Competitive in the OUA conference with average finishes of 6<sup>th</sup> for the men and 10<sup>th</sup> for the women. Averaging 4 swimmers per year progressing to U Sports championships.
- Team history is fantastic with 4 national titles. Gold Medal at 2009 CIS championships.

### **What can I gain from Warrior Swimming?**

- Challenge yourself in a motivating and innovative training environment directed to support your individual strengths and academic goals.
- Make lifelong friends.
- Swim faster than you ever have in your life!

### ***Swimming – Team Selection:***

#### **How many spots are available on the team?**

- On the 2017-2018 team, Waterloo has about 40 men and women training, traveling and racing. All committed and qualified student athletes will be supported throughout the season.
- OUA Championship/Divisional Meets: Roster is limited to 18 Men and 18 Women; selected on performances throughout the season and ability to contribute to the team.

#### **What is the process to select the team?**

- Our team is selected by invitation on past performances or a tryout during the first week of school.
- Indicate your interest in attending Waterloo by contacting Head Coach Jacqueline Beckford Henriques.
- Performance standards grid for entry onto the team on the last page of this handout.

#### **What can I do to help me make the team?**

- Be engaged in the process of becoming a better student-athlete. Perform at an elite level every day.
- Be excited! - 100% effort in training, racing and academics.
- Be committed to success - swim and study to the best of your ability.



**Rookies and Captains 2017-2018**

### ***Swimming – Structure:***

#### **What is the commitment level required?**

- Swimmers train a minimum of 6 times per week – minimum once a day. There are 11 practice opportunities offered to balance your academic and athletic demands.
- Swimmers at a national level (and athletes striving to make significant improvements) train 8 times per week, supplemented with dry land sessions. This time commitment is 12-20 hours per week.

#### **How long does the varsity season last?**

- The varsity season runs from September to March.
- Opportunities are offered for training and competing from March to August.
- Racing and meets – competitions occur during weekends, usually dual or tri meets that take 3-4 hours.
- All swimmers are asked to be committed to a year-round training program.

#### **What conference is the University of Waterloo in? What schools do we race?**

- The University of Waterloo competes within the Ontario University Athletics (OUA) and U Sports.
- 12 Universities participate in OUA swimming.
- 35 Universities participate in U Sports swimming.
- U Sports Championships require each athlete to meet a qualification standard.
- The team participates in dual or tri meets throughout the fall and winter in Ontario, Quebec and the United States. This year's schedule includes all Ontario schools plus Niagara University.



## How many years of eligibility do I have?

- Each athlete has five years of eligibility. This provides full eligibility for co-op and grads.

## Support – What type of support does the team receive?

- Sports Injuries Clinic – Access to Athletic Therapists and Sports Doctors.
- Health and Performance Centre – Access to physiotherapists, nutritionists, massage therapists, chiropractors and exercise physiologists.
- Facility – weight room, fitness machines, towel service, team locker room, 6-lane 25-yard pool with an L-shape deep end with huge deck space.
- Travel – all travel and accommodation costs are covered for Varsity Meets

## What is expected in the off-season?

- On-campus training every day. Co-op students and local people are expected in the water throughout the summer. Racing will be decided individually. Swimmers, who return home are encouraged to participate in the highest-level competitive swim program available to them.
- During the off season, a swim and weight program will be distributed.

## Training Camp – Is there one? Where is it?

- All swimmers will attend a team building camp in early September.
- The Warriors will travel every year to an offsite camp. December, 2015 was in Costa Rica



**Alumni Meet 2017**

## *Academic:*

### **Is it possible to balance academics and swimming? What is the impact of swimming on school?**

- Our student-athletes excel at both academics and athletics. The swim team has a proud tradition of Academic All-Canadians where student-athletes have an over 80% average while competing.
- A number of published studies indicate regular athletic activity leads to improved academic performance. The structure of regular training provides a framework for good school habits as well.

### **How does swimming work with co-op?**

- Every situation is unique but YES swimming works with co-op. We will work with you to find training and racing opportunities wherever you are working.
- Our program has excellent relations with swim teams across the country and our swimmers are regular visitors in training in many far-flung locations.
- Communication with your employers during interviews often gives you great opportunities at work as many companies are excited to employ varsity athletes.
- Competitive athletes are increasingly sought after by companies. We have great examples of placements leading to full time work in a wide variety of disciplines.

### **Admissions Plan**

- All details are available at [www.findoutmore.uwaterloo.ca/admissions](http://www.findoutmore.uwaterloo.ca/admissions)
- All offers of admission will be made by mid-May and must be accepted by the end of May. Coaches can assist with information throughout the application process. Good communication is key.

## *Finances:*

### **What does it cost to go to university?**

- There are many financial calculators available. In general a rule of thumb is \$25 000 for a year including all tuition, housing, food, travel to home and back plus incidentals. Co-op can be a significant help in balancing the costs of school.

### **What types of scholarships and bursaries does the University of Waterloo offer? Does the University of Waterloo offer awards specifically for athletes?**

- Entry scholarships for any student with more than 85% high school average. There are individual entry awards for each faculty.
- **Co-op programs give students an opportunity to earn \$40 000-70 000 during their undergrad.**
- A grid of performance standards is used for athletic financial awards based on previous year's performances. Decisions about final scholarship offers are made as acceptances are made in March through May. Standards are on the next page.

### *Other:*

#### **Travel – Does the team travel much?**

- Majority of travel is to race Ontario universities, 2018 OUA champs are at Western University.
- U Sports Champs are hosted across the country, in 2018, they are at the University of Toronto.
- Out of season and during co-op the Warrior swimming program is dedicated to supporting swimmers to the highest possible level. We will travel to Eastern Champs, Trials, Nationals or appropriate level meets in the summer

#### **International Students – As an international student, am I eligible to swim at the University of Waterloo?**

- All international students attending the University of Waterloo directly from high school are eligible to participate in varsity sports.
- Students transferring from other universities are likely to be eligible.
- If transferring from any school please contact Head Coach Jacqueline Beckford Henriques with your specific situation to establish your eligibility.

#### **How can I meet the team?**

- Indicate your interest by contacting Head Coach Jacqueline Beckford Henriques.
- All swimmers are encouraged to visit campus and attend a practice.
- **We are holding a recruitment event on November 3-4.** Contact Jacqueline Beckford Henriques for more information.

#### **Contacts:**

Head Coach:  
Jacqueline Beckford Henriques  
University of Waterloo  
Varsity Swimming  
519-888-4567 x37530 (office)  
519-588-0158 (cell)  
[jbeckford@uwaterloo.ca](mailto:jbeckford@uwaterloo.ca)



## 2017-18 Team Qualifying Standards

Women					Men			
Warrior Record	Invited to tryouts, may make the team	On the team	On the team with financial support		On the team with financial support	On the team	Invited to tryouts, may make the team	Warrior Record
0:26.65	0:28.75	0:27.70	0:26.38	50 free	0:23.29	0:24.45	0:25.39	0:23.53
0:57.91	1:02.94	1:00.63	0:57.74	100 free	0:50.79	0:53.33	0:55.36	0:50.83
2:03.56	2:17.30	2:12.26	2:05.96	200 free	1:53.40	1:59.07	2:03.61	1:48.64
4:16.25	4:49.11	4:38.50	4:25.24	400 free	4:01.60	4:13.68	4:23.34	3:57.27
8:45.89	9:54.52	9:32.70	9:05.43	distance	16:12.44	17:01.06	17:39.96	15:55.46
0:30.37	0:32.62	0:31.43	0:29.93	50 back	0:26.29	0:27.60	0:28.66	0:25.55
1:05.47	1:09.52	1:06.97	1:03.78	100 back	0:56.29	0:59.10	1:01.36	0:55.39
2:19.03	2:30.93	2:25.39	2:18.47	200 back	2:04.82	2:11.06	2:16.05	2:00.17
0:33.71	0:36.42	0:35.08	0:33.41	50 breast	0:29.16	0:30.62	0:31.78	0:28.26
1:12.43	1:18.79	1:15.89	1:12.28	100 breast	1:04.08	1:07.28	1:09.85	1:00.18
2:33.17	2:50.98	2:44.70	2:36.86	200 breast	2:18.81	2:25.75	2:31.30	2:12.28
0:28.25	0:31.49	0:30.33	0:28.89	50 fly	0:24.98	0:26.23	0:27.23	0:25.09
1:03.16	1:10.16	1:07.59	1:04.37	100 fly	0:55.83	0:58.62	1:00.85	0:56.19
2:23.94	2:34.16	2:28.50	2:21.43	200 fly	2:04.25	2:10.46	2:15.43	2:02.51
2:21.93	2:35.22	2:29.52	2:22.40	200 IM	2:06.71	2:13.05	2:18.11	1:55.98
4:55.11	5:31.69	5:19.51	5:04.30	400 IM	4:31.05	4:44.60	4:55.44	4:19.05

All times are SCM. Conversions may be used.

Anyone may try out for the team but these times will be used for selection purposes.

Goal is to provide swimmers with the opportunity to be competitive at an OUA (provincial) and then U Sports (national) level.

## 2017-18 Athletic Financial Aid Standards

Warrior Record	Women					Men				Warrior Record
	USports Medal	Trials	USports 16th	OUA 8th		OUA 8th	USports 16th	Trials	USports Medal	
0:26.65	0:26.03	0:26.93	0:26.55	0:26.38	50 free	0:23.29	0:23.13	0:23.95	0:23.35	0:23.53
0:57.91	0:57.44	0:57.45	0:57.06	0:57.74	100 free	0:50.79	0:50.39	0:51.79	0:51.26	0:50.83
2:03.56	2:02.57	2:04.66	2:04.34	2:05.96	200 free	1:53.40	1:50.04	1:53.72	1:51.68	1:48.64
4:16.25	4:22.69	4:25.15	4:23.71	4:25.24	400 free	4:01.60	3:56.71	4:03.36	3:57.26	3:57.27
8:45.89	9:01.62	9:11.99	9:06.55	9:05.43	distance	16:12.44	16:00.13	16:23.72	15:57.03	15:55.46
0:30.37	0:29.17	0:30.58	0:29.48	0:29.93	50 back	0:26.29	0:25.83	0:27.80	0:26.21	0:25.55
1:05.47	1:02.29	1:04.57	1:03.84	1:03.78	100 back	0:56.29	0:55.82	0:58.88	0:56.57	0:55.39
2:19.03	2:13.14	2:19.60	2:18.00	2:18.47	200 back	2:04.82	2:01.38	2:08.60	2:05.06	2:00.17
0:33.71	0:32.15	0:33.93	0:33.15	0:33.41	50 breast	0:29.16	0:28.97	0:30.35	0:28.75	0:28.26
1:12.43	1:10.18	1:13.10	1:11.79	1:12.28	100 breast	1:04.08	1:02.95	1:05.49	1:03.37	1:00.18
2:33.17	2:31.35	2:38.35	2:37.01	2:36.86	200 breast	2:18.81	2:17.52	2:22.49	2:19.02	2:12.28
0:28.25	0:27.61	0:28.49	0:28.44	0:28.89	50 fly	0:24.98	0:24.75	0:25.86	0:24.59	0:25.09
1:03.16	1:01.42	1:02.64	1:02.59	1:04.37	100 fly	0:55.83	0:54.86	0:56.33	0:54.70	0:56.19
2:23.94	2:18.45	2:21.92	2:20.71	2:21.43	200 fly	2:04.25	2:02.90	2:06.65	2:03.52	2:02.51
2:21.93	2:17.84	2:22.40	2:20.25	2:22.40	200 IM	2:06.71	2:05.31	2:09.02	2:05.82	1:55.98
4:55.11	4:55.07	5:03.68	4:56.06	5:04.30	400 IM	4:31.05	4:28.06	4:38.18	4:25.30	4:19.05

Standards are for 2017-18 academic year and are adjusted at the end of 2017 U Sports champs.

Times must be performed in the 2016-17 year. SC for OUA 8th and U Sports 16th, LC for Trials and U Sports Medal.

Academic standards must be met in conjunction with the swim standards to be eligible for awards.

Bonus of \$500 for medalling at OUA champs or breaking a Warrior team record. Max one-time payment/year.

OUA 8th place swim = \$1000 (once per swimmer)

U Sports 16th place swim = \$2000 (once per swimmer)

Trials qualifying swim (LC) = \$3000 (once per swimmer)

U Sports medal swim (LC) = \$4000 (SC in 2017)

To receive awards, swimmers must commit to summer training and compete in at least one meet in consultation with Jacky after the first of June. There will be a performance standard at this meet where swimmers show fitness (within 3% of best time in main event).

Maximum award is \$4500 for any year.