



Swimming Academy

General Information

Simon Fraser Aquatics (SFA) is a year-round Olympic swim team based in Burnaby. SFA operates out of six pools all within the Burnaby School District (SD 41). The SFA Coaching staff works with all School Districts' High Schools to support the student-athletes. Our goal is to ensure high level success in both academics and sport.

The coordination with SD 41 has attracted a number of International Students to our program. Some come for a semester, a full year, and there have been student-athletes who have returned for two or more years. In the past, we have had student-athletes from Austria, Germany, Italy, Spain, Mexico, Korea and Hong Kong.





Staff

The SFA Head Coach is **Ryan Skomorowski**. Coach Ryan has over 20 years of coaching experience at all levels of swimming. Coach Ryan also runs Catalyst Aquatics, a high performance swim lab complete with underwater cameras and extensive technology to provide feedback for swimmers from beginners to national level athletes.

Coach Ryan believes that high performance swimming can only be achieved with heavy attention to stroke correction mixed with a complete program. He is assisted at SFA by Strength and Conditioning expert **Sean Nugent**, Assistant Swim Coach **Rossini Francisco** and the Collegiate and Pro group Head Coach **Liam Donnelly**.

Program Goals

The objectives of SFA Swimming Academy program are:

- To provide an environment that contributes to Academic and Athletic success.
- Continual athletic long-term improvement and success.

We are a small program with a supportive "family" environment. Participants who are fully engaged in the program are warmly welcomed.



Swimming & School Schedule

The Student-Athletes have a blended academic and swimming schedule.

The typical weekly swimming schedule is:

Monday	7:15am - 9:30 am	1:45pm - 4:00 pm
Tuesday	7:15am - 9:30 am	1:45pm - 4:00 pm
Wednesday	7:15am - 9:30 am	1:45pm - 4:00 pm
Thursday	7:15am - 9:30 am	1:45pm - 4:00 pm
Friday	7:15am - 9:30 am	1:45pm - 4:00 pm
Saturday		7:15pm - 9:30 pm
Sunday	To be announced	

The above times are pool training sessions. It is not common for a swimmer to swim all 12 available sessions. The coach and student build a schedule based on their individual circumstances, training background and school schedule. Most swimmers train between 7 to 9 weekly water training sessions.

Additionally, the athletes are scheduled for 1 hour strength and conditioning sessions, three times a week with S&C Coach Sean Nugent.

Burnaby high schools are located with convenient and easy access to all our training facilities.

Fees

Please note that the fees for the swimming program are separate from the fees from the school as each of these organizations run independently.

Head Coach Ryan will determine the swimmers' appropriate level of Swim programming.

The cost for a full year inclusive of training, facility access, coaching services, strength training, local competitions, team uniform, and all registration and insurance fees is **CDN \$ 6854** (\$ 3325/semester).

For those who qualify at our second level of high school programming. The cost for a full year inclusive of training, facility access, coaching services, strength training, local competitions, team uniform, and all registration and insurance fees is **CDN \$ 5650** (\$ 2825/semester).

Additional Expenses

Additional expenses will include the **cost of travel** plus the purchase of any additional **training equipment** or **optional additional team gear**.

Program Registration

If you are interested in the program, please contact us through the school agent for registration information.

The Burnaby School District School Enrollment is a separate application through the School District.



Ricardo, Italy

"The swimming program is absolutely amazing: it offers a real opportunity to improve swimming skills and technique and the schedule is adapted to your school requirements. It requires an excellent work ethic, but the coaches are always ready to help you and working hard becomes a pleasure when you find awesome swim-mates to stay with.

Everyone cooperates like in a big family: I will never forget the way they welcomed me and I will always be thankful for the wonderful time we spent together."

Andrea, Mexico

"Training at Simon Fraser University has helped me to grow as an athlete and to coordinate myself with school and swimming. When I first arrived I found the program challenging, but with all the support I get from my teammates and coaches I've accomplished goals that I considered impossible. With the coordinated program I have been able to maintain my grades while participating in this intensive training program with my teammates.

I have not only found friends, but a family that will always support me."

Carmen, Hong Kong

"It was such a great experience studying in Canada. I have learned a lot of new things and have met a lot of new friends. The program allowed me to have a flexible schedule with school and swimming. Both the staff in Burnaby Mountain Secondary and the Swim Coaches were very helpful and supportive."