

Simon Fraser Aquatics

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

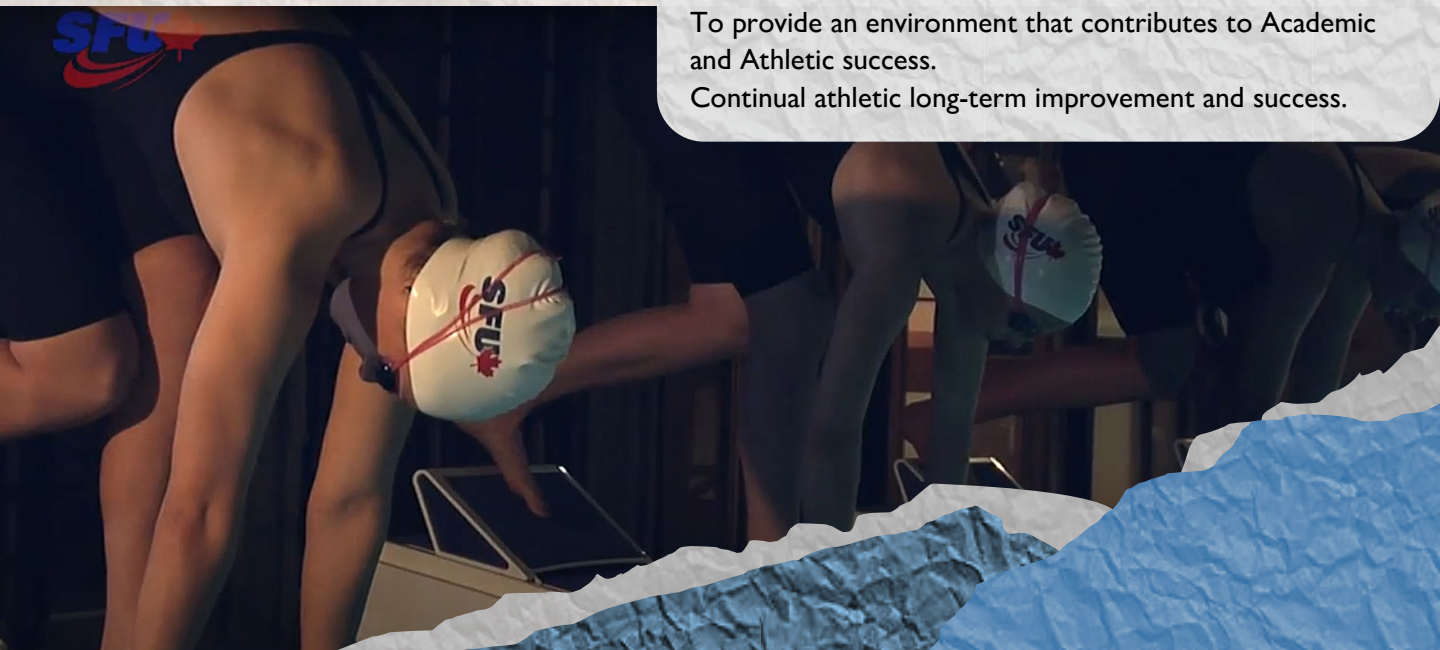
The SFA Head Coach is Ryan Skomorowski. Coach Ryan has over 20 years of coaching experience at all levels of swimming. Coach Ryan also runs Catalyst Aquatics, a high performance swim lab complete with underwater cameras and extensive technology to provide feedback for swimmers from beginners to national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

To provide an environment that contributes to Academic and Athletic success.

Continual athletic long-term improvement and success.



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 \$ 6,000 - \$7,000.

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 \$ 5000 - \$6000 per year.

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 SFA directly through Ryan Skomorowski at Ryan@simonfraseraquatics.com

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

<https://www.studyinburnaby.ca/resources/apply/>