

DEDICATED TO HIS SPORT

LOCAL SWIMMER, HUDSON FRAYN, IS ON HIS WAY TO OLYMPIC TRI-OUTS

Sixteen year old Hudson Frayn has made one of his swimming goals come true when he competed at the Canadian National Swimming Event held in Toronto in August 2023. He walked away with a gold medal in the 4 x 100 medley mixed relay in the 13 to 15 age category, beating the silver medalists from the University of Calgary Swim Club by almost two seconds. Overall the Grande Prairie Piranhas Club, for which Hudson swims for, wound up in sixth place among U18 teams from across the Country. **Next stop, Olympic Tri-Outs to be held in Montreal May 13th – 19th, 2024.**

Hudson's mother, Amanda, introduced him to swimming when he was a baby in "Mommy and Me" classes, following which he was enrolled in the Red Cross Swim Program. It soon became apparent that this young fellow possessed such a natural affinity for swimming that his mother decided that he should join the local swim club and start swimming competitively. Hudson was five at the time. He ended up qualifying for provincials two years before the required minimum age.



Competitions can be nerve-wrecking but Hudson was well-prepared. Although he started out by practicing two times a week, as his level of commitment along with his talent grew, his schedule soon consisted of dry-land training and swim practices nine times per week. Diet is taken into consideration as you are required to intake 4,000 – 5,000

beneficial calories a day to build strength and muscle along with specific vitamins that play a major part in the overall health of an athlete. Hudson and his team members are putting in 20 hours per week with swimming along with the usual hours at school. This does not take into account the time it takes per day to drive to Charles Spencer High School and then to the Eastlink Centre for swimming practices. Hudson's family moved from Grande Prairie to the County of Grande Prairie in 2015; therefore an extra hour per day can be easily calculated into his daily schedule. Hudson had stated that he is up at 5:30 am and usually makes it back home by 7 pm. Ask Hudson what he does in his spare time and the



answer would be "what spare time". It can seem like a brutal schedule at times but to compete at the level of any National Competition, the stakes are high.

Hudson advised that Team Canada provides a schedule of qualifying times that must be met or bettered at any sanctioned meet before you would qualify to go the Nationals. At Nationals, you have to wear approved swim suits but goggles and caps are not regulated – it is a personal preference if you use them or not but in competitions where the difference between placing 1st or 2nd is measured in minuscule portions of a second, the advantage of wearing a cap to streamline the surface of your head should certainly be taken into account.

Hudson Frayn

Hudson's specialty is the breast stroke but he competes in relays as well. The core group of swimmers that he practices with has been the same for several years and they have developed a special bond not only as they navigate the stress of competitive swimming but also the demands and rigors of High School life.

Hudson, who has an amazing support system in his family, realizes the impact his mother has made on his swimming from ensuring his diet and vitamins are what they need to be, to spending countless hours driving and waiting through the endless practices, and most importantly she is his "cheerleader" – something that he does not take for granted especially on days when he feels that his recorded time is not up to what he expects of himself.

To date, Hudson has had nine American Universities and one Canadian University reach out to him regarding his expertise in swimming. Of course the ultimate goal is to obtain a full scholarship. A University in New York was the first one to reach out to him on June 14, 2023; however, Hudson says he would like to swim somewhere warm for a change like California or Florida. In November of his Grade 12 year, he and his family will be able to officially sign the documents for his University of choice.



Nationals
August 2023
Toronto, ON

Hudson's advice for young swimmers who have a dream of competing at any level - *"Stay with it & never give up"*.

Hudson, your Community wishes you all the success in the world with your swimming endeavors. They especially send you best wishes for your "OLYMPIC TRI-OUTS" that will be held in MONTREAL on May 13-19, 2024.