

# CANADIAN JUNIOR RECORD HOLDER HEADING TO SIMON FRASER UNIVERSITY



It all starts with a dream. Just ask **Hudson Frayn**, whose exceptional talent helped set a Canadian junior record in the mixed 13-15, 4 x 100 medley relay at the 2023 Canadian Championships.

His mother, Amanda, introduced him to swimming when he was just 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 when he was only five.

Hudson, who was a student at Charles Spence High School in Grande Prairie, trained with the Grande Prairie Piranhas specializing in the breaststroke. In 2024, Hudson was selected for Swim Alberta’s Team Aspire where he earned the “Pursuit of Excellence Awards”, including the “Come Fly With Me” and the “Bob Neufeld Scholarship”. He was also named the **Most Dedicated Swimmer** at the 2024 Grande Prairie Piranhas award ceremony.



*“I am happy to announce my verbal commitment to Simon Fraser University for 2025. I want to thank my family, friends, coaches, and teammates for their support and encouragement, which have helped me reach this milestone. I’m excited to join the SFU community and pursue both my academic and athletic goals as a member of the swim team. Thank you to everyone who has been part of this journey!”*

*Hudson Frayn*

Although Hudson was sought out by several American Colleges, he opted for one of Canada’s most prestigious institutions, Simon Fraser University. SFU competes at the NCAA Division II level with the team placing 3rd at the 2025 Rocky Mountain Athletic Conference (RMAC) Championships. Hudson, without a doubt, embodies high-level potential that will make an impact on the program.

Hudson posted several lifetime bests in long course events at the Mel Zajac Jr. International Swim Meet held in May 2025 that was hosted by the UBC Thunderbirds. He set new personal records in preliminaries of the 100 freestyle, 100 breast, 50 breast, and 50 fly and added another in the finals of the 200 breast.

At the 2024 Speedo Canadian Championships (LCM) in July, Hudson was a finalist in the 50 breast (29.67), placing 9th. He also set a lifetime best in the 50 free during prelims with a time of 24.94.

Hudson secured personal bests in short course meter breaststroke events at the 2024 Ontario Junior International meet in December. His preliminary times in the 50 breast (29.28), 100 breast (1:04.07), and 200 breast (2:22.46) remain lifetime bests. He placed 9th in the 50 breast (29.43) and 18th in the 100 breast (1:04.60).

Hudson will join a roster of swimmers who are primarily from Canada. Simon Fraser is the only Canadian university that competes in the NCAA.

***Best of Luck in all Your Academic & Athletic Endeavors, Hudson***

**Reference:**  
SwimSwam’s College Recruiting

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Photos: Frayn Family