

North American
**INDIGENOUS
 GAMES 2023**
 HALIFAX · NOVA SCOTIA

SASKATOON GOLDFINS SWIM CLUB
GOLDFINS AT THE GAMES

SHINING THE SPOTLIGHT ON GOLDFINS SWIMMERS
 WHO WILL BE COMPETING AT THE
 2023 NORTH AMERICAN INDIGENOUS GAMES
 JULY 15 - 23, 2023



Cassidy Darling

TRAINING GROUP: GOLD 18

SCHOOL: UNIVERSITY OF
 SASKATCHEWAN

AGE: 18

NAIG EVENTS:

100M FLY,
 50M BACKSTROKE,
 200M BREASTSTROKE,
 100M BREASTSTROKE,
 400M FREESTYLE,
 50M BREASTSTROKE

2022 - 2023 Season Highlights

- 16.1% Improvement 100M Fly (1:30.22 - LCM) Lasers Invitational LC Swim Meet - 2023-04-28
- 3rd Place - 50M Breaststroke (37.95 - SCM) 2023 Fall Break Out - 2022-1--21
- 1 NEW Senior Provincial Qualifying Time Standard - 50M Breaststroke (37.95 - SCM)

TOP TIMES (SCM):

Event	Time	Date
50M Breaststroke	37.95	2023 Fall Break Out - 2022-10-21
100M Breaststroke	1:23.24	2023 Fall Break Out - 2022-10-21
200M Breaststroke	3:08.45	2022 PWI - 2022-12-15

TOP TIMES (LCM):

Event	Time	Date
50M Breaststroke	38.85	2022 Winter MAN/SK - 2023-03-02
100M Breaststroke	1:26.65	Lasers Invitational - 2023-04-28
200M Breaststroke	3:08.45	Lasers Invitational - 2023-04-28



PERSONAL

FULL NAME: Cassidy Darling
PARENTS: Shannon & Lindsey Darling
ANCESTRY IDENTIFICATION: Metis
GRADE: 1ST Year University
SWIMMING EXPERIENCE: 6 Years
FAVORITE EVENT(S): 50M Breaststroke
MOST MEMORABLE SWIM EXPERIENCE:
 The Start of the 2023 Swim Season
FAVORITE TRAINING SET: Sprints
ANY FUTURE PLANS?: Living in the Moment
FAVORITE SMOOTHIE FLAVOR: Strawberry
WHAT DO YOU HOPE TO TAKE AWAY FROM NAIG 2023: Enjoy the Life You Have and Make the Most of the Opportunities and Be Grateful For Them
WHAT DO YOU HOPE TO SEE IN HALIFAX, NS? Lots of Lobster