



## SSMAC Rules the pool

The Sault Ste Marie Aquatic Club hosted its annual Invitational swim meet at the John Rhodes pool November 12<sup>th</sup> through 14<sup>th</sup>. The meet, sponsored by Joey's Twisted Italian Grill and Pub, saw approximately 200 swimmers from eight teams from the region. The meet was divided into two divisions, A and B: based on their seed time, most swimmers swam in a mixture of division. The 41 SSMAC swimmers dominated the pool and won High Point team trophies for both A and B divisions. As well, SSMAC swimmers won 10 of the 22 individual age group High Point trophies. Andrew Budau (4 gold, 4 silver) and Mitchell Fillmore (4 gold, 1 silver, 3 bronze) were the 10 and under boys' winner of the A and B division, respectively. Alexander Gelmych (6 gold, 2 silver) and Paul Widgett (7 gold, 1 silver) won the 11 year old boys' and the 13 year old boys' age group of the A division, respectively, whereas Sarah Gelmych (3 gold, 3 bronze, 4<sup>th</sup> and 6<sup>th</sup>) was the winner of the 13 year old girls, B division. Lucas Luciani (5 gold, 2 silver, 1 bronze) accomplished a similar feat by winning the 13 year old boys' B division. Chenoa Naylor (6 gold, 1 silver, 1 bronze) and Julia Turgeon (17) (4 gold, 3 silver, 1 bronze) were winners of the 14 year old and the 15 and over age groups, both in the A division, while Aron Mohammadi (4 gold, 2 silver, 2-4<sup>th</sup>) and Shane Rock (7 gold, 1 bronze) accomplished similar results on the boys side in the 14 year old and 15 and over age groups, respectively.

Collectively, SSMAC swimmers harvested 161 medals (73 gold, 49 silver and 39 bronze). Contributing to this medal haul, were Kalen Critchley (14) (2 gold, 4 silver, 2 bronze), Matthew Budau (14) (2 gold, 2 silver, 2 bronze, 4<sup>th</sup>, 5<sup>th</sup>), Michael Lawrence (16) (2 gold, 3 silver, 1 bronze, 2-5<sup>th</sup>), Errin Theodossiou (13) (2 gold, 4<sup>th</sup>, 3-5<sup>th</sup>, 2-6<sup>th</sup>), Mikayla Steele (14) (1 gold, 2 silver, 2 bronze, 2-5<sup>th</sup>), Erin Lee (13) (1 gold, 3 silver, 4-4<sup>th</sup>) Amanda Jeffereys (9) (1 gold, 2 bronze, 2-4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>), Colin MacQuarrie (16) (1 gold, 2 silver, 1 bronze, 4<sup>th</sup>, 5<sup>th</sup>, 2-6<sup>th</sup>), Noah Janzen (13) (2 silver, 6 bronze), Liam Cameron (12) (2 silver, 2-4<sup>th</sup>, 5<sup>th</sup>, 2-6<sup>th</sup>), Lexus Hall (13) (1 silver, 3 bronze, 5<sup>th</sup>, 2-6<sup>th</sup>, 7<sup>th</sup>), Christopher Carlyle (15) (1 silver, 1 bronze, 2-4<sup>th</sup>, 5<sup>th</sup>, 2-7<sup>th</sup>), Andrew Quon (12) (1 silver, 1 bronze, 2-4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>), Dante Severini (12) (1 silver, 1 bronze, 4<sup>th</sup>, 3-8<sup>th</sup>), Matteo Reich (12) (1 silver, 1 bronze, 2-5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>), Steven Lee (15) (1 silver, 3-4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>), Gracie McKay (10) (1 silver, 2-5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>), Desiree Rouse (15) (1 bronze, 4-4<sup>th</sup>, 7<sup>th</sup>, 2-8<sup>th</sup>), and Kate Mohammadi (12) (1 bronze, 2-7<sup>th</sup>).

Head Coach Stratton and Coach Stroyan were also extremely impressed with the performances of the remaining team members, which showed great improvements and contributed significantly to SSMAC's increase in depth of quality swimmers. Among those swimmers were Parker Simpson (11) (2-4<sup>th</sup>, 5<sup>th</sup>, 2-8<sup>th</sup>), Vanessa Reid (10) (4<sup>th</sup>, 3-5<sup>th</sup>, 7<sup>th</sup>, 2-8<sup>th</sup>), Olivia Keenan (11) (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>), Emily Boucher (13) (5<sup>th</sup>, 6<sup>th</sup>, 2-7<sup>th</sup>), Michael Reid (12) (6<sup>th</sup>, 2-7<sup>th</sup>, 8<sup>th</sup>), Rayne Fisher (16) (6<sup>th</sup>, 7<sup>th</sup>), Emma Stroyan (8) (6<sup>th</sup>, 8<sup>th</sup>), Mitchell Stroyan (11) (3-7<sup>th</sup>, 2-8<sup>th</sup>), Liam Dingle (11) (7<sup>th</sup>, 2-8<sup>th</sup>), Madison Fillmore (11) (8<sup>th</sup>), Shanojh Gengatheran (11) (8<sup>th</sup>), and Maggie Fillmore (8). Such depth was certainly an asset when it was time to combine the swimmers to create relay teams. SSMAC relay teams won 11 gold, 7 silver and 4 bronze medals as well as 4-4<sup>th</sup> place and a 5<sup>th</sup> place ribbon.

Head coach Stratton and his entire coaching staff were extremely pleased with the personal and collective achievements in the pool over the weekend. Of the 41 swimmers attending, 34 of them qualified for the North East region's championship meet to be held here in Sault Ste Marie in February 2011. SSMAC swimmers are extremely busy with meets in Sault Michigan, North Bay, Etobicoke and Sudbury over the next few weeks. Good luck to all SSMAC swimmers and let the excellence continue.

The Sault Ste. Marie Aquatic Club (SSMAC) is for swimmers from age seven to seventeen. Swimmers at all competitive levels enjoy the benefits of professional coaching. The club, founded in 1978, is managed by dedicated volunteers and sanctioned by Swim Ontario. For an interview or more information about Sault Ste. Marie Aquatic Club programs call 705-941-9880.