



## SSMAC has record-breaking weekend, again

For the second time since April, a regional record held by Alex Baumann, a two time gold medalist at the 1984 Olympics in LA, has fallen to a SSMAC swimmer. On June 11 to 13, the Sudbury Laurentian Pool hosted the annual Regional Championships, the Dr. Jenő Tihanyi Long Course “A” Championships. Swimmers must swim qualifying times in order to compete in this event. One such swimmer from SSMAC was twelve year old Paul Widgett. Widgett’s goal this season after meeting Mr. Baumann last summer at a swim camp was to beat one of his NEOR records. Through hard work, determination and the leadership skills of head coach Dan Stratton, Widgett achieved his goal on Saturday June 12 as he swam the 12 to 13 year old 100 meter freestyle in a time of 1:01.99 to beat the Baumann record which has stood the test of time for 34 years. This time also places Widgett 5<sup>th</sup> in Ontario and 7<sup>th</sup> in Canada for his age group. This is the second Baumann record to fall this season to a SSMAC swimmer. In April, Brian Lee swam his way into the record books by beating Baumann’s 50 meter freestyle record for males 15 and older.

Widgett and 13 of his teammates combined their efforts to bring home 49 medals (33 GOLD, 9 SILVER and 7 BRONZE), three age group high point trophies and a third place overall out of twelve teams from the region in team standings: Sudbury Laurentian with 35 Swimmers and Timmins with 23, took first and second place, respectively. Head Coach Dan Stratton and Coach Craig Stroyan were extremely pleased with the performance of their swimmers, which stepped up to the task to compete with the top swimmers of the region.

Widgett’s record-breaking performance resulted in 5 GOLD medals and a SILVER medal: three of these performances were personal best times. This earned him the **High Point Trophy for 12 and 13 year boys**. Two fellow team mates, Shane Rock (15) and Brian Lee (17) also won **High Point Trophies in the 14 – 15 and 16 and over age groups** respectively. Rock swam to 6 GOLD medals in the 14 – 15 year old boys while Lee won 6 GOLD medals in the 16 and older group. Erin Lee (12) swam away with 4 GOLD medals and 2 SILVER medals with 4 personal best times. Andrew Budau (10) had a very successful weekend swimming his way to 3 GOLD medals, SILVER and BRONZE all with personal best times. Chenoa Naylor (13) captured 5 medals with 2 personal best times after swimming the previous week in Toronto at the Age Group Internationals where she qualified for Nationals in 3 events. Naylor won 2 GOLD, SILVER and 2 BRONZE medals as well as a 4<sup>th</sup> place ribbon for her efforts. Steven Lee (14) qualified for provincial championships at this meet with 5 personal best times. Steven achieved a GOLD and a SILVER medal along with 2 – 5<sup>th</sup> place and 2 – 7<sup>th</sup> place ribbons. Team mate and fellow competitor Christopher Carlyle (15) in the 14 to 15 year age group had a personal best to win GOLD in the 50 m freestyle. Carlyle missed the medal podium 3 times finishing 4<sup>th</sup>. Michael Lawrence (16) competing in the 16 and older category brought home 2 SILVER medals and a 4<sup>th</sup>, 5<sup>th</sup> and 7<sup>th</sup> place ribbons with an impressive 6 personal best times. Carrie-Lynne Smale (15) was also a multi medal winner on the weekend with SILVER and 2 BRONZE as well as a 4<sup>th</sup> place ribbon and a personal best time in 15 and older girls category. Aron Mohammadi (13) was impressive with 3 BRONZE medals and a 5<sup>th</sup>, 6<sup>th</sup> and 8<sup>th</sup> place ribbon while swimming to two personal best times. Matthew Budau (14) swimming against the 15 years didn’t let that bother him as he swam four personal best times on his way to a BRONZE medal in the 200 meter breaststroke and a 5<sup>th</sup> and 8<sup>th</sup> place ribbon. Erin Theodossiou (13) in a very competitive girls’ 13 to 14 age group swam 3 personal best times while team mate Sheridan Worth (12) also had some very good swims on



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the weekend. The boys 14 -15 year relay team of Shane Rock, Steven Lee, Christopher Carlyle and Matthew Budau teamed up to win GOLD in the 200 meter Medley relay while Paul Widgett joined Rock, Lee and Carlyle to win gold in the 14-15 year old 200m freestyle relay. The relay team of Brian Lee, Michael Lawrence, Shane Rock and Christopher Carlyle teamed up in the 16 and older division to capture GOLD in the 200m Freestyle and second in the 200m Medley relays.

Finally, SSMAC takes this opportunity to thank all of its sponsors for their support through the past season and especially Joey Calzone whose support is instrumental for SSMAC's extremely popular invitational meet, the Joey Calzone Invitational, held each fall for the past 6 years