



SSMAC WINS DIVISION 3

SSMAC swimmers propel themselves to Division 2 under the new leadership of Head Coach Dan Stratton by winning Division 3 Team Championships this past weekend. Thirty-nine teams descended upon the Wayne Gretzky complex in Brantford to compete in the annual Ontario Team Championships held in three different cities in Ontario all on the same weekend. Each team brought along a selective group of twenty swimmers ready to tackle five individual races each. The top eight finishers in each event scored points and the team accumulating the highest amount of points over the three-day event is awarded the Championship banner to take home and proudly display in their facility.

SSMAC made their presence known right from the start. Marching in as a team wearing matching custom designed "iPod" style team shirts to the senior boy's relay team wearing white shirts, ties and dress pants to finals, this team's goal was to finish in the top three and winning the division was an added bonus. But it wasn't an easy task. SSMAC was six points behind the leader after Friday's swims but by the end of Saturday, SSMAC had taken the lead by twenty-two points and never looked back. Host team, Brantford Aquatic Club, made an valiant attempt Sunday evening to over take the SSMAC team but the forty-nine point lead SSMAC had over the then third place Brantford team was too large of a spread. Brantford came in second just thirty-three points behind SSMAC. This was a team success as each member of the team contributed to the overall team points.

There were six junior swimmers of which four were first time competitors at such an important meet. However, they did not let the pressure get to them. Leading the way for the juniors was the powerful Kalen Critchley (12) who swam her way to five GOLD individual medals. Kalen teamed up with eleven year olds Erin Lee, Erinn Theodossiou and Sarah Gelmych to win SILVER medals in both the 200-m free and medley relays. Erin Lee also swam to a 4th and 8th place finish.

Paul Widgett (11) led the way for the junior boys with 2 SILVER, 1 BRONZE and two 4th place results. Fellow teammate in the boys' 11-12 category was Aron Mohammadi (12) who scored with a 4th, 5th and 8th place finish. The two youngest swimmers on the team, Alexander Gelmych and Dante Severini, both 10, swimming in the 10 and under group were extremely impressive. Alex came away from the meet with SILVER and 3 BRONZE medals as well as a 5th place finish. Dante won 2 SILVER medals, a 5th, 6th and 7th place result. The four boys teamed up to compete in the 11-12 year old relays. They swam hard to achieve a 4th in the 200-m medley and 5th in the 200-m free relay.

The rest of the team was made up of six senior boys and six senior girls that swam preliminary events in the morning to qualify for one of the top eight spots for finals in the evening. Achieving medals in all five of his individual events was Shane Rock (14). Shane won 2 GOLDS, 2 SILVER and a BRONZE. Fellow 13-14 year teammates and competitors Michael Lawrence and Christopher Carlyle, both 14, also had a tremendous success in the pool. Michael won GOLD, SILVER and a BRONZE medal as well as a 7th place result. Christopher swam many personal best times and added a 5th place final. Paul Widgett was brought up from the juniors to swim with Shane, Michael and Christopher in the relay events. The boys captured SILVER for both the 200-m medley and free relays in the 13-14 year old group.

Leading the way for the 15 year old and older boys was Brian Lee (16). Brian swam to 3 GOLD, a BRONZE and a 4th place finish in finals. Kyle Matthews (17) won 2 GOLD, a BRONZE and a 6th place. Colin MacQuarrie (15) joined with Brian, Kyle and Shane to help the 15 year old and over boys' relay team swim to SILVER medals in both the 200m free and medley relays.

Carrie-Lynne Smale (13) led the senior girls with 3 SILVER medals and a 5th place result. Carrie-Lynne teamed up with fourteen year olds Rayne Fisher and Marissa Lobert as well as Kalen Critchley to compete as the 13-14 year old girls relay team. The team captured a BRONZE medal for the 200m free relay and finished 7th in the 200m-medley relay.

Julia Turgeon (15) led the 15 and older girls by placing 4th, two-5th, a 6th and 8th in finals. Sarah Theodossiou (16) placed 8th in finals. Elyse McCarthy (17) teamed up Julia, Sarah and Carrie-Lynne to form the 15 and old senior girls' relay team. In a very strong division, these girls managed to swim a 9th place finish in the 200m free and 14th in the 200m-medley relay.

The SSMAC team would also like to congratulate the Soo Y Dolphins on all of their successes in the pool and would like to thank them as well for sharing the bus and accommodations while at the meet. Both teams supported each other both in and out of the pool and showed true Sault Ste Marie Community spirit.

Head Coach Dan Stratton and assistant coach Kieran O'Neill worked hard all weekend to prepare the SSMAC competitors both physically and mentally for their events. Both coaches were extremely proud of how well the swimmers handled themselves. The swimmers truly bonded as a team and supported each other fully. The SSMAC Executive would also like to thank the chaperones for all their hard work over the weekend making sure the swimmers were well feed and hydrated, got plenty of sleep and got to be where they needed to be on time. Congratulations and thank you to all the team champ swimmers.

The next two meets for SSMAC swimmers is the developmental meet NEOR #5 in Elliot Lake, May 2nd and 3rd as well as Sudbury for Eastside Mario's Invitational May 8-10.