



SSMAC excels at Fred Rams Championships

Seven swimmers from the Sault Ste Marie Aquatic Club travelled to Timmins this past weekend for the annual Fred Rams Memorial B Championships. Over 250 swimmers competed at this North Eastern Ontario Regional (NEOR) event. All seven SSMAC swimmers medalled at this meet and despite the small number of swimmers the team placed 3rd among small teams and 9th over-all out of 16 teams.

Leading the way for SSMAC was Sherri Lambkin (14) who swam away with the high point trophy for girls aged 14. She brought home four GOLD and two SILVER medals. She won gold in the 400 & 800m-free and 100 & 200m-back whereas the silvers were in the 50m-back and 100m-free. Sherri achieved personal best times in all 6 events.

Fellow 14year-old teammate, Kailee Valois, also excelled in the pool on the weekend achieving two GOLD medals, three SILVER medals and a BRONZE medal. Her results achieved her 2nd runner up for high point trophy in the 14 year-old girls. Kailee won gold in the 100 & 200m-butterfly, silver in the 200m IM, 200 & 400m-free with bronze in the 50m-butterfly. She had personal best times in two of her events.

Aron Mohammadi (12) was second runner up for the 12 year-old boys by winning three GOLD medals and a BRONZE. Aron won his gold in the 400m-free, 50 & 100m-back with his bronze in the 50m-fly. Aron also had two 4th place finishes with four personal best times.

Lucas Luciani (11) was first runner for boys aged 11 swimming away with two GOLD, SILVER and a BRONZE. Lucas' gold medals were in the 200m-back and breaststroke, silver in 100m-breast and bronze in the 50m-breast. Lucas also achieved a 4th and a 5th place with four personal best times.

Kate Mohammadi (10) won GOLD in the 200m-breast stroke while also placing in 5th, 7th and 8th place with three personal best times.

Mitchell Fillmore (8) achieved two BRONZE medals in the boys 9 and under group. Mitchell won his medals in the 50 & 100m-freestyle events. He also had two-4th, 5th and a 6th with four personal best times.

Emily Boucher (11) won her BRONZE medal in the 200m-backstroke. She also swam to a 5th and two 8ths with four personal best times.

Head Coach, Dan Stratton, is proud at how well all the swimmers did at this championship event.

The next event for some of the SSMAC swimmers is the Junior Provincial being held in Ottawa Feb. 26 to March 1. Good luck to these swimmers.