



SSMAC's Brian Lee Shines of GOLD

Canada Day weekend saw 5 of SSMAC's 8 qualified provincial swimmers attend the Junior Provincial Long Course Championships held in the Nepean Sportsplex in Ottawa. The top junior swimmers from across the province converged to compete for the title of Ontario's fastest.

Brian Lee (17) spent the school year at Baylor School in Tennessee with considerable more pool time for training as well as an increased dry land program, which clearly has paid dividends for the swimmer. Lee, entered in 5 events at the Provincial Championships, brought home a total of 4 GOLD medals for his efforts. Lee's gold medal performance in the 100 meter freestyle in a time of 53.09 seconds was just a mere 0.06 of a second shy of the meet record. His other gold medal swims were in the 50 meter freestyle, 100 meter breast stroke and 100 meter butterfly. His 5th event was the 100 meter backstroke which he was just out touched at the wall to finish 4th in the province. Lee ranked in the top five in Canada for these events; he will take this success with him as he competes in Winnipeg at the Canadian Age Group Championships later this month.

Paul Widgett (12) shone with SILVER as he brought home SILVER medals in both the 100 and 200 meter freestyle events. Widgett also placed 5th in the province three more events; the 400 meter freestyle, the 100 meter and 200 meter backstroke. After a hard weekend, Widgett still managed to secure an 8th place finish in the 800 meter freestyle. His times in his 200 meter freestyle, 100 and 200 meter backstroke times also earned Widgett three new SSMAC club records. Widgett will continue to train over the summer to prepare to represent SSMAC as a member of the NEOR team at the Ontario Summer Games to be held in Sudbury August 10th to 13th.

Shane Rock (15) returning after a light shoulder injury this season managed to swim his way into the 200 meter freestyle finals in 7th. In finals, Rock took another 3.5 seconds off his morning best time to finish in 5th stop. A mere 0.07 of a second separated him from the bronze medal. Rock finished in 10th in the province for the 400 meter freestyle, 13th in the 50 meter and 800 meter freestyle and 16th in the 100 meter butterfly. He is planning to skip swimming at Canadian Age Group Championships this year in order to better prepare for the Ontario Summer Games as a member of the NEOR team.

Steven Lee (14) finished a 14th in the province in both the 100 meter and 200 meter breaststroke. Steven also competed in the 200 meter freestyle and IM to round off his weekend at the provincials. Steven also a member of the Ontario Summer Games NEOR team will continue to train over the summer.

Erin Lee (12) competed in 4 events at the Junior Provincials. She placed 12th in the province in the 200 meter backstroke. She also had personal best times in her 200 meter and 400 meter IM events. Erin also competed in the 800 meter freestyle. This was the last competition for Erin and she will be taking a well deserved break for the summer.

Head Coach Dan Stratton was very impressed with the effort these 5 swimmers delivered at the Provincial level. Their efforts did not go unnoticed as they placed 34th out of 76 teams competing at the provincial championships.

For Brian Lee and Chenoa Naylor, they will be off to compete at the Canadian Age Group Championship as the best from across the country converge in Winnipeg. The SSMAC family wishes success to both Brian and Chenoa.

And for Carrie Lynne Smale, Kalen Critchley, Paul Widgett, Steven Lee, Shane Rock and Michael Lawrence, the SSMAC family is excited that these six swimmers have been selected to represent the region as part of the NEOR Ontario Summer Games 24 member team. We also wish you success in the pool.