



## **Critchley, Rock & Matthews all Medal at Provincial's**

The Sault Ste Marie Aquatic Club (SSMAC) sent three swimmers to the Junior Short Course Provincial Championship held this past weekend in Ottawa. Over 1,000 of Ontario's best junior swimmers converged on the Nepean Sportsplex to perform at this highly competitive annual event. Despite these odds, all three SSMAC swimmers, Kalen Critchely, Shane Rock and Kyle Matthews, rose to the occasion and showed their true colours by swimming provincial performances and ranking among the top three in some of their events. These three swimmers combined points placed the SSMAC team in 37 spot amongst 89 Ontario teams represented. Many provincial records were broken at this very competitive event.

Kalen Critchley, aged 12, captured TWO BRONZE medals for her efforts on the weekend. Kalen swimming a personal best time of 28.83s in the 50m-free to capture a BRONZE medal. She also captured BRONZE in the 100m-back stroke event as well. Kalen just missed out of the medals by finishing 4<sup>th</sup> with a personal best time in the 100m-free. Kalen also had a personal best time in the 200m-backstroke to finish 5<sup>th</sup>.

Shane Rock, aged 13, also swam his way to TWO BRONZE medals. Shane swam personal best times of 57.09s in the 100m-freestyle and 4:22.67 in the 400m-free in order to secure his medal standings. Shane also swam a personal best times to finish 5<sup>th</sup> in the 800m-freestyle and 10<sup>th</sup> in the 100m-back. Shane completed his weekend performance by placing 5<sup>th</sup> in the 200m-freestyle and 8<sup>th</sup> in the 50m-freestyle.

Kyle Matthews, aged 17, swam to a BRONZE in the 50m-freestyle after finishing 3<sup>rd</sup> in the preliminaries. Kyle also managed personal best times in the 100m-back and 200m-freestyle.

Coach Andrew Bignell and head Coach Dan Stratton were very pleased with the efforts and performances of these three swimmers at this high calibre provincial meet. Congratulations to Kalen, Shane and Kyle for their success in the pool.

The month of March is a black-out month to allow swimmers to prepare for the upcoming long course season which will see many of the SSMAC swimmers travel to Sudbury for the first long course meet of the season on April 4<sup>th</sup> and 5<sup>th</sup>. Once again congratulations to all three swimmers, your teammates are proud off your accomplishments.