



FASTLANE

Club news and information

April 2008

Introduction & Executive News:

This is the third edition of the resurrected SSMAC newsletter. Hopefully you are all finding it informative. If you have anything you wish to see in the newsletter, please contact the executive or myself with your comments.

Past Meets:

We attended two meets in April, Valley East in Sudbury and Victor Davis Memorial meet in Guelph. The swimmers had excellent results and a good time as well. As Lucas Luciani said after the Valley East...It was a great. I got to know the older swimmers a lot better! Here is the news release I sent out on behalf of both meets.

It can viewed on Saultthisweek.com, sootay.com, and saultsports.com.

Fournier and Rock lead Mighty SSMAC teams in Back to Back Swim Meets

Coming off a very successful NEOR #4 short course meet at the Valley East pool in Sudbury on the week-end of April 5th and 6th, Marina Fournier and Shane Rock headed to Guelph this past week-end for the Victor Davis Memorial meet with a different group of swimmers to swim at their first long course meet of the season.

Shane Rock (13) swimming for his first time as a thirteen year old managed four 1st places, a 2nd place as well as anchoring his relay team of Steven Lee, Christopher Carlyle and Aaron Mohammadi to two 1st place finishes. He took this success with him to Guelph as he competed in the 13 to 14 year old age category. Shane qualified for the finals in the 200-meter I.M. and 100-meter backstroke while being an alternate for the 100-meter free and 400-meter I.M. Shane moved from 6th position to 5th in his 100 back and maintained his position of 6th place in his 200 I.M. Shane also achieved ten more top ten results over the three-day meet.

Marina Fournier (14) also had a great weekend at the NEOR #4 meet with four 1st place and two 2nd places finishes of her own. At Guelph this past weekend she continued her winning ways with a SILVER medal performance in the 1500-meter freestyle race.

She also qualified for finals in the 200-meter fly, 400-meter I.M., and her 200-meter I.M. She finished in 4th place in her 400 I.M. and 5th place in both the 200 I.M. and Fly.

Cait Tomlinson after taking a break from competition, returned to attend this meet. Her results were great as she competed in the over 15 female division. She qualified for the 200-meter I.M. finals where she finished in 4th place. She also had 4 more top ten results.

The 13 to 14 year old male division was a tough division for the male competitors. Also competing with Shane at the Victor Davis meet in this division were Michael Lawrence, Brendan Wilton and Anas Abou-Zaid. Michael received a BRONZE medal in his 800-meter freestyle race while achieving 8 more top fifteen place finishes.

Brendan finished the weekend with 6 top fifteen finishes with an 8th place result in his 800-meter freestyle. In his first big meet, Anas finished 9th in his 800-meter freestyle race. He also achieved 5 top twenty results. Rounding out the male competitors was the lone 10 and under male, Noah Janzen. Also competing for his first time at a big meet, Noah managed to capture a 7th place result in his 400-meter freestyle as well as 7 more top fifteen place results.

The female 13 to 14 division was the largest of the meet with upwards to fifty entries in an event. So the competition was intense as Rayne Fisher, Sherri Lambkin, Marissa Lobert and Kailee Valois all in this division with Marina will attest to. But they all held their own and achieved some personal best times. Rayne finished 13th in her 50 breast, Sherri a 12th in her 1500 free, Marissa a 13th in her 1500 free and Kailee a 17th in her 200 fly.

Complementing the senior swimmers were two junior swimmers Emily Boucher and Erinn Theodossiou, both 10 years old. Both handled the pressures of a big meet very well by achieving personal best times. Erinn swam to a 4th place finish in her 800 free while Emily finished 14th in a very strong 200 breaststroke division.

Other swimmers at the NEOR #4 meet swimmers deserving mentioned are Erin Lee (10) swimming personal best times to four 2nd places finishes. Kate Mohammadi (9) and Vanessa Reid (7) also swan hard and obtained personal best times in their events. Steven Lee achieved four 1st place finishes and a 2nd while swimming some of his personal best times. Christopher Carlyle had the meet of the season for himself swimming best times in all of his events to come home with three 2nds, a 3rd and a 4th place finishes.



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Past Meets continued:

Aron Mohammadi (11) swam a personal best weekend as well placing 2nd in two events and 4th in two more. There were four boys all competing in the under 10 division. They were Lucas Luciani (10), Dante Severini (9), Samuel Weir (9) and Michael Reid (9). These swimmers gave there best and it showed by all swimming personal best times and having a great time at the meet.

The next meet for the Mighty SSMAC swimmers is the Eastside Mario's Invitational Long Course at the Laurentian Pool in Sudbury May 9, 10 and 11.

Upcoming Meets;

LONG COURSE MEET SCHEDULE

May 9-11 – Eastside Marios - Sudbury

May 23rd – 25th Thunderbolt International Swim Meet - Thunder Bay

June 13th – 15th Jeno Tihanyi Long Course Championships, Sudbury Deadline to register is May 21. Talk to the coach about attending this meet!

Birthdays:

April:

Shane Rock April 5

Andrew Quon April 9

Vanessa Reid April 13

Noah Janzen April 23

May:

Shae McLury May 1

Michael Reid May 1

Dante Severini May 5

Devon Cavanagh May 10

Lexus Hall May 10

Amelia Marrato May 19

Erinn Theodossiou May 24

Kalen Critchley May 27

Sarah Gelmych May 29

Please contact me if you want me to announce ANYONE's birthday.

Coaches' Highlights:

April has been a very busy month. Here are only a few of the highlights from the coaching staff.

Swim-a-thon:

Top young achievers: Aron Mohammadi and Anas Abou-Zaid both completed their 200 lengths. Other notables; Amelia Marrato 180, Samuel Wier 172, Noah Dante 150, Lexus Hall 126 and Michael Reid 104. Excellent effort by all.

Valley East:

All swimmers swam personal best times and achieved many top 5 placings. Special thanks to our SSMAC relay team good luck charm, Lucas Luciani, who stayed Sunday after his swim to cheer on his teammates. The boys 13-year old relay won both of their relays. A special thanks goes out to Karen Reid for all her assistance and coaching at this meet.

Victor Davis:

Thirteen swimmers drove to Guelph for this meet. Swimming for their first long Course meet of the season, all swimmers did an excellent job. Congratulations to Cait, Marina and Shane for making finals on Saturday night.

New members of the 1500-meter club: Sherri Lambkin, Marissa Lobert, & Shane Rock

New members of the 800-meter club: Anas Abou-Zaid and Erinn Theodossiou.

New members of the 400-meter club: Emily Boucher and Dante Severini.

Ontario Summer Games:

Not since 1983 has swimming been part of the Ontario Summer Games. This year it has been added and will take place in Ottawa August 13 – 16, 2008. Congratulations to all our swimmers who were on the list for the Ontario Summer Games.

Julia Turgeon and Sarah Theodosiou for 15-year old girls.

Marina Fournier for the 14-year girls.

Brian Lee for the 15-year old boys.

Michael Lawrence for the 14-year old boys.

Shane Rock, Steven Lee and Christopher Carlyle for the 13-year old boys.

Marina, Shane and Christopher are heading to North Bay in May for a training camp for the OSG. Good luck to you as you challenge yourselves for the Ontario Summer Games. You can go the OSG website to learn more.

www.2008osg.ca



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Social news:

We would like to thank everyone who helped with our waffle breakfast after the swim a thon. A special thanks goes out to Papa Lawrence for his "secret" waffle mix and his help. It was a huge success!

Fundraising news:

Don't forget to support **Shop and Support**. To date Shop and Support has earned \$1,845. We raised \$429 since last month. Orders are every 2 weeks and the program has been going very well. The Esso cards return is now 4% until May 9th instead of the previous 2%. We can make big money with this if EVERYONE gets involved. For the new people starting, you can contact Janice at 946-5748, jmbelanger@shaw.ca, or the order forms are on the bulletin board).

The Swim-a-Thon:

This year's Swim-a-thon was extremely successful. All of the SSMAC families pulled together to help make this year's Swim-a-thon the best ever. We had a great morning of swimming with 32 swimmers swimming 5080 lengths in 2 hours and raising \$8780 for our club. After the swimming we had some great "Lawrence waffles" at our family breakfast. Thank you to everyone for all of your hard work in fundraising, swimming, cooking, counting laps, cleaning and organizing. We can do great things when we work together!!

Congratulations to our Top 5 Fundraising families:

TOP ACHIEVER: Lawrence Family \$610

2nd place: Turgeon Family \$520

3rd place: Elder Family \$385

4th place: Rock Family \$326

5th place: Theodossiou Family \$325

On behalf of the club, a great big thank you goes out to Amy for doing such a great job with this year's swim-a-thon.

Classifieds:

For Sale: Speedo training fins size M 7-8. Call Rob or Linda @ 942-8657 or e-mail rrock@shaw.ca.

For Sale: TYP SPLIT fins. Contact Coach Eve.

Other news:

Please remember to check your swimmer's mailbox for any important news.

SSMAC FASTLANE is the newsletter of the Sault Ste. Mare Aquatic Club.

Submit content to: rrock@shaw.ca or call 942-8657.

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