



## Critchley SSMAC'S the Competition

Six of the Sault Ste Marie Aquatic Club top level swimmers attended the 28<sup>th</sup> Annual Youth Cup hosted by North York Aquatic Club at the Etobicoke Olympium Pool December 2<sup>nd</sup> through the 5<sup>th</sup>. This annual event has fast qualifying times and tends to draw top ranked swimmers from all across Canada and around the world. This year was no exception with over 800 swimmers representing 47 different clubs from across Canada and even from the Peoples Republic of China.

SSMAC's 14 year Kalen Critchley emerged as their bigger medal winner of this meet. Qualifying and competing in 4 events, Kalen reached the podium 3 times. She won a silver medal in the 50 meter freestyle swimming a personal best time of 27.93 in preliminaries only to swim even faster in the evening finals coming in at 27.80. Kalen also won two bronze medals on the weekend one each in the 14 year girls' 100 meter freestyle and 100 meter backstroke events. Kalen managed a 5<sup>th</sup> place finished in the 200 meter backstroke despite knocking 3 seconds off her preliminary time.

Fellow 14 year team mate Chenoa Naylor just missed the podium finishing 4<sup>th</sup> in the 100 meter butterfly while shaving off over two seconds of her personal best time. Chenoa placed 9<sup>th</sup> in the 200 meter butterfly on route to knocking almost 7seconds off her personal best time. Chenoa also had two more top 20 finishes in the 50 and 100 meter freestyle events.

Seventeen year old Julia Turgeon competing in six events in the girls' 17 to 18 year category reached finals in the 100 meter backstroke. Swimming a personal best time of 1:06.52, Julia captured 7<sup>th</sup> place. Julia placed in the top twenty of all five of her remaining events which were the 50 and 100 meter freestyle, 200 meter backstroke and the 200 and 400 Individual Medley.

Fifteen year old Shane Rock raced in the 15 to 16 year boys' category which had as many as 70 swimmers in one event. While swimming to three new personal best times, Shane placed in the top twenty in five of his events finishing 13<sup>th</sup> in both the 400 meter freestyle and the 200 meter Individual Medley. (50 meter freestyle, 200 meter freestyle, 400 meter freestyle, 200 and 400 Individual Medley) as well as two top 25 finishes in the 100 meter freestyle and 100 meter butterfly.

Fellow competitor and team mate in the 15 to 16 year old boys' category was sixteen year old Michael Lawrence. Michael took an amazing 15 seconds off of his 1500 meter freestyle to finish in 17<sup>th</sup> spot. Michael also had personal best times in his top twenty finish of the 200 meter breast stroke and a personal best time in the 400 Individual Medley.

Thirteen year old Erin Lee took almost two seconds off of her personal best time in the 200 meter breast stroke to finish in 18<sup>th</sup>.

Coach Stratton was extremely please at how well these swimmers raised their level of swimming in order to compete at such a high standard meet. It also demonstrated that the hard work and dedication both in and out of the pool that these swimmers give to the sport and the coaching methods of Stratton are starting to pay off.

The swimmers of SSMAC have a short break from competitions over the Christmas break with the next meet scheduled for early in January. However, they still continue to train over the holidays.

Happy Holidays from SSMAC.