

Nanaimo White Rapids Swim Club

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2006 Provincial Championships

Members of the Nanaimo White Rapids Summer Swim Club traveled to Kamloops this past weekend to take part in the 2006 B.C. Summer Swim Association Provincial Championships. This meet, the largest annual sprint championships held in Canada, saw 1500 athletes competing during the week long aquatics competition that includes water polo, diving, synchronized swimming and swimming. Summer swimmers, who are often multi-sport athletes, train intensely over a 16-week period, and focus on swimming sprint events (50 meters - 200 meters). Local swimmers earned a berth to Kamloops by placing top three at the Vancouver Island meet held two weeks ago. The White Rapids contingent was led by Gareth Saunders, Richard Bourgeois, and Christopher Yates, who each brought home provincial gold. Saunders won gold for his outstanding effort in the 200 IM, racing home with a best time for the season to beat a tough field. The quality of his race was reflected in the fact that Saunders achieved an age group National standard (winter club standards). The 16-year old then just missed out on a second gold in the backstroke, as he was out touched at the wall. A fine breaststroke swim for a bronze completed Saunderson's hardware haul. Bourgeois collected two medals - gold and bronze. He upset the #1 seed in the 100 breaststroke with an exciting swim, claiming the race in the final few strokes. A well-raced 200 IM gave the 14 year-old Bourgeois a bronze medal in that event, where he stormed from behind in the breaststroke leg to contend for a medal. Young Chris Yates literally swam away from the field in his 50 breaststroke win. A delighted Coach Marc Belanger commented, "I knew Chris could win a medal, but I wasn't sure what color it might be." The only other White Rapid to pick up an individual medal was 13-year old Hollis Louie, with a strong 50 free swim for a bronze medal. Louie turned in a personal best time to claim the 3rd spot on the medal podium. She also just missed a medal in the 100 free (4th) and raced to two 7th place finishes (IM and breaststroke).

Relays were a strength for the local club. In div 1 (9 and under) the combination of Lucas Swabey, Zach Todd, Callum Gemma and Callum Montgomery was good for the bronze medal in the IM 4 x 50 relay on Friday. Not content with that, the youngsters then showed they were the best in the province in the 4 x 50 freestyle event, beating the opposition in convincing style. The div 4 girls' combination of Stephanie Taekema, Vanessa Yates, Hollis Louie and Hannah Swabey swam tough to claim the bronze medal in the 4 x 50 free relay.

There were a number of local swimmers who just missed out on a trip to the medal podium, but had excellent personal results. Stephanie Taekema (div 4) had four terrific swims in her finals, and was top 5 in the province in all of her events. Callum Gemma, in div 1, swam a best time in heats, and then again in finals to claim a 6th place ribbon in his 50 free. Vanessa Yates also made finals (top 8) in all four of her swims, collecting a top result of 6th in her 100 free, and will be a force in her division next year. Taylor Richardson, in her first year in div 2, did well in the 50 back, taking the 5th place ribbon home. Justyna Sypniewski made 2 finals, and had some of her best swims of the year.

Coach Jenny Duncan commented, "Our club did extremely well - especially our relays - 40 athletes made the trip to Kamloops, with many of them coming just for relay swims. Many of these athletes were attending their first provincials, and coped very well with the long days, and the heat. Swimmers like Declan Burdett, Danya Nieman, Garrett Burdett, Ellen Taekema, Catherine Carriere Der, Moira Brown and Andrew Taylor gained valuable provincial experience. Stalwarts like Brad Cioban, Hayley Sedola, Helen and Laura Lutes and Nathan Taekema led by example in the pool. With so many of our swimmers attending a huge meet like this and swimming well, we know the competitive future of the club looks good. Some of our senior swimmers like Gareth (Saunders) and Vanessa (Yates) are only in their first year of their division, so next year could be very exciting for them."

B.C. Swim Championships - Results

Div 1

Callum Gemma - 6th 50 free,
Callum Montgomery - 6th 50 free (consolation final)
Lucas Swabey - 7th 50 fly (consolation final)
Boys 4 x 50 IM Relay - BRONZE MEDAL
Boys 4 x 50 Free Relay - GOLD MEDAL
(Zach Todd, Lucas Swabey, Callum Gemma, Callum Montgomery)

Div 2

Chris Yates - GOLD MEDAL - 50 breaststroke, Consolation finals - 1st 50 back, 3rd 100 IM, 50 fly.
Taylor Richardson - 5th 50 back, Consolation finals - 4th 100 IM, 5th 100 free, 6th 50 fly
Danya Nieman - Consolation finals - 4th 50 breast, 8th 50 free
Rhia Beland - Consolation finals - 6th 50 back
Girls 4 x 50 free relay - 6th
Girls 4 x 50 IM relay - 6th
(Taylor Richardson, Ellen Taekema, Danya Nieman, Rhia Beland)

Div 3

Girls 4 x 50 free relay - 8th
Girls 4 x 50 IM relay - 6th
(Chloe Swabey, Catherine Carriere Der, Krystina Pellegrino, Moira Brown)

Div 4

Richard Bourgeois - GOLD MEDAL - 100 breast, BRONZE MEDAL - 100 IM, 8th, 50 free, Consolation Finals, 2nd 50 fly
Hollis Louie - BRONZE MEDAL - 50 free, 4th 100 free, 7th 200 IM, 100 breast,
Stephanie Taekema - 4th 50 fly, 5th 200 IM, 100 back, 100 breast
Vanessa Yates - 6th 100 free, 7th 50 fly, 100 back, 8th 50 free,
Forrest Simpson - Consolation finals, 4th 100 breast
Girls 4 x 50 free relay - BRONZE MEDAL
(Hannah Swabey, Vanessa Yates, Stephanie Taekema, Hollis Louie)
Boys 4 x 50 IM relay - 8th
Boys 4 x 50 free relay - 8th
(Declan Burdett, Forrest Simpson, Andrew Taylor, Richard Bourgeois)

'O' Cat 2

Justyna Sypniewski - 6th 50 free, 8th 50 fly, consolation final - 2nd

Div 6

Gareth Saunders - GOLD MEDAL - 200 IM, SILVER MEDAL - 100 back, BRONZE MEDAL - 100 breast, 6th 100 free
Hayley Sedola - consolation finals, 7th 100 free
Girls 4 x 50 free relay - 7th
(Helen Lutes, Laura Lutes, Hayley Sedola, Aria MacColl)
Boys 4 x 50 IM relay - 7th
(Brad Cioban, Garrett Burdett, Nathan Taekema, Gareth Saunders)

Div 7

Kiala Silverton - consolation finals - 1st 50 free, 100 back, 100 breaststroke
Girls 4 x 50 IM relay - 7th
(Kiala Silverton, Hayley Sedola, Helen Lutes, Laura Lutes)

Div 8

Boys 4 x 50 free relay - 8th
(Brad Cioban, Garrett Burdett, Gareth Saunders, Marc Hammer - Belanger)