



Nanaimo White Rapids Swim Club NEWSLETTER

Number 8

Sept 12th, 2004

PRESIDENTS' CORNER

Well Done White Rapids!

As the season comes to a close we need to look back on the accomplishments of this Club over the course of the season. As I noted in our first newsletter, our swimmers were in the water swimming in their groups on the second day the pool was open. During the season over 1600 best times were swum. We successfully defended the Ray Newman Regional Trophy for an unprecedented 20th year. NWRSC brought the B&C Peter Sutton Team Aggregate Trophy back to the Kin Pool and the future looks promising to keep it here for years. Our P2, P3 and P4 Water Polo Teams all qualified for Provincials. As a Club we stage two successful swim meets and numerous other events like our Mini Tri on Hell Week. All in all, it was a very busy and successful season.

Our season was supported by an excellent coaching staff. Head Coaches Brian Nishi and Sheila Galloway, Senior Coach Marc Hammer-Belanger, Developmental Coaches Kim Beerman and Kiala Silverton, and Junior Coaches Simon Baldwin, Dave Heikkila, Sita Ollek and James Saunders. Special thanks to Steve Elwood for leading our Water Polo program and to Steve Low for his support during the season.

A big thank you to the Board of Directors, Committee Coordinator and parent volunteers who helped to make this season a success. There is room for more parent involvement and I urge you to join a committee, coordinate an activity or become a board member for next season. Our AGM is on October 26th 7:00 p.m. at Beban Park, and it is important for us to have a large number of members attending this. If you attend one board meeting this year, please make it this one. If you have an agenda item forward it to me by email.

The Club continues to run over the winter. Winter Maintenance information is now available for swimming and the Water Polo maintenance program is beginning to

take shape. Stay in touch by checking the website (www.bcssa.bc.ca/vi/nan) and joining the Club email list for up-to-date information over the winter.

Summer Swimming is an activity for the whole family. You are either in the water swimming or helping out beside it. Once you are hooked, you are there for the long term. The season ends abruptly and often you find yourself at a loss as to what to do. Savour that time, as next season it starts all over again.

See you on deck,

Mike Silverton
President NWRSC

PLEASE ATTEND OUR A.G.M.

The Nanaimo White Rapids Swim Club Annual General Meeting will be on **Tuesday October 26th, 2004 at Beban Park Centre, at 7:00pm**. The meeting is usually 60 to 90 minutes long.

At this meeting we will hear committee reports on the larger aspects of the club's business. There will also be an election of the 2004-2005 Board of Directors. If you are interested in getting more involved with the management of our club, then this is a good meeting to attend. Board Meetings take place on a monthly basis during the winter, and all club parents are welcomed to attend at any time.

IT IS EXTREMELY IMPORTANT THAT AT LEAST HALF OF THE 150 FAMILIES IN THE CLUB ARE REPRESENTED AT THIS MEETING!

We need you to attend, even if it is only for a portion of the meeting, so that we can secure our \$30,000 in Bingo revenue, by proving to the Gaming Commission that the membership is adequately represented at the A.G.M. If you have any questions or concerns about the AGM, the Board of Directors, or committee work, please contact Lana Fitzpatrick at 751-2642 or fitzl@island.net

Head Coach Report

It is hard to believe that we are back in school and another swim season has passed us by. I have been involved with this sport for a long time and each year it never ceases to amaze me how special each summer swim season is. These past four months were simply unlike any other, as I quite literally lost a part of me this summer and left it in Nanaimo. Sheila and I would like to take this time to thank all the Board of Directors for their time and effort throughout this season, as the success of the summer would not have been possible without your efforts. We would also like to congratulate the entire coaching staff: Marc Hammer-Belanger, Kim Beerman, Kiala Silverton, James Saunders, Sita Ollek, Dave Heikkila, Simon Baldwin, Carla Henderson and Steve Elwood, as each of you imprinted your personalities upon this club in your very own way. We feel truly fortunate to have had the opportunity to get to know each of you and work along your side.

When each of you takes the time to reflect upon your summer of 2004, I can only hope that you remember all the good moments that this swim club has brought to you. It could be anything...it could be the morning mist that covers the pool after a cool night and the sun rises from behind the horizon of trees in our beloved Bowen park. It could be the hours spent at a swim meet or the time spent on those long drives in the car to and from. It could be the moments spent on the bleachers talking and laughing with other parents, or perhaps it could be that perfect race where you touched the wall knowing that you put everything you had into it, and all that hard work in practice was worth every inch of effort. I know that there is at least one of these moments in each of you and when you reflect upon the season be sure to remember how treasured these moments were.

Sheila and I would like to thank every member of this club because it was you who gave us countless moments of enjoyment this summer. We will remember Chris Wickman's back slapping flips off the diving board; we'll recall Shane's enthusiasm on the statistical wonders of the current and former Olympic swimmers. I'll remember talking to the Todd's in the park at Courtney and Judy Nieman dancing to Guns N' Roses during hell week. Then there was the coaching staff this season who each brought us a moment of wisdom and a moment of laughter. Kim helped us realize the subtleties of discipline, while Kiala proved the importance of creative fun and I know I'll never be able to say Marc and pee in the same sentence again! There were also so many moments found in competition to cherish, such as Colin pumping his fist after his 100 breaststroke at Regionals, Stacey and her short burst of excitement when her relay team made finals at Provincials or the excitement in Garrett's eyes as he proudly swam his events at B&C's. To us the Nanaimo White Rapids captures the essence of summer swimming as it creates the perfect flavour of excitement and enjoyment for the sport. I leave it up to you to take the time to appreciate the simplistic beauty of the experiences we endured this summer. Bringing a family together we can be amazed as

our young swimmers undergo a tremendous transformation. We watch the development of an individual's personal growth, the maturation of one's self-confidence and his or her ability to appreciate personal achievement. It is a summer that Sheila and I will never forget and I hope that you don't either. Once again, thank you for all the memories.

From your head coaches,
Brian and Sheila

WINTER MAINTENANCE NEWS

Registration is on now for the up coming Fall & Winter maintenance sessions. The first session will start Friday, September 24th at Beban Pool. The cost is \$60.00 per swimmer for a 12 week session, ending December 10th.

3-4 pm for Juniors
4-5 pm for Intermediates & Seniors

For more information & to register contact Leanne Edle at 756-9792 OR by email at edlesimpson@shaw.ca

The winter session will resume on January 14th 2005, and run until April 15th 2005, as well as an additional Technical session being offered in the New Year. Cost is \$60.00 per session as well. Watch your Club emails for more information on these programs or feel free to contact Leanne.

All info & registration forms are currently available on the NWRSC website.

SEE YOU AT THE POOL!!!!



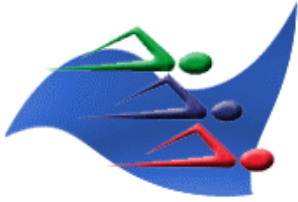
nvtech.com

WATER POLO MAINTENANCE

We would like to offer winter water polo maintenance, September through December, and January through to April. Time will likely be Sunday mornings again. Level make-up will depend on interest. Cost will be approximately \$70.00 per session, for pool time. Please contact Rick Heikkila, at 754-3618, or rbheikkila@shaw.ca.

S & O Swimmer Categories

The club offers a winter swim and water polo maintenance program. The BCSSA categorizes all swimmers as "S" or "O" swimmers. "O" category swimmers have done formal winter swimming, in excess of 2 hours per week. Any sanctioned winter swim meet will move a swimmer to O status. Lessons for lifesaving classes, leadership training (NLS, Instructor, Leaders, etc) are not counted. Individual, non-formal training does not count. Many winter water polo tournaments may not count, but participants need to be careful that the exemption has been granted prior to participation. To maintain the "S" category, swimmers must be careful to abide by these regulations. The club's winter maintenance program is conforming. We encourage you to participate in this technique-focused program for off-season skill advancement. If you are planning to train in the winter and maintain your "S" category status, please check with Mike or the BCSSA office. The rules for "S" category swimming are long, complex and change from time to time. Neither the club nor the club's BOD will take responsibility if you cross into the "O" category in an unintended manner. Be careful if you are playing the margins of this issue!!



2004 BEST TIMES

This has been quite the year for racking up Best Times. There were more than 90 swimmers that had eight or more Best Times at swim meets this season, a big increase over last year. We congratulate them all on this awesome achievement! The numbers show just how hard these swimmers have worked throughout the season. It's incredible to see just how many individuals earned more than 20 Best Times! WOW!

Vanessa Yates – 35
Eliza McGuire – 28
Hollis Louie – 26
Taylor Richardson – 26
Christopher Yates – 24
Gareth Saunders – 23
Forrest Simpson – 23
Shane Malone – 22
Colin McDonald – 22
Karli Nieman – 22
Tricia Reynes – 22
Tommy Gossland – 21
Kaitlin Miller – 21
Danya Nieman – 21
Sheldon Scow – 21
Simon Kleijn – 20
Ian Smith – 20
Gabriel Kleijn – 19
Cody Olson – 19
Megan Skeeles – 19
Andrew Taylor – 19
Taylor Olson – 18
David Lutes – 18
Kaitlin Yelle – 18

Garrett Burdett – 17
Riley Prout-Holm – 17
Bea Shorting – 17
Nathan Taekema – 17
Stephanie Taekema – 17
Alex Turko – 17
Caitlin Gossland – 16
Lindsay Hazelbower – 16
Alexine Hurly – 16
Blake Mattson – 16
Lauren Moore – 16
Stacey Juss – 15
Emilie Kleijn – 15
Krystina Pellegrino – 15
Owen Simpson – 15
Whitney Bastedo – 14
Alanna Beerman – 14
Declan Burdett – 14
Richard Chisholm – 14
Jamie Gold – 14
Melanie Heizer – 14
Dominic Kleijn – 14
Megan Malone – 14
Shelby Scow – 14
Kaleigh Studer – 14
Ellen Taekema – 14
Wonsucc Lee – 13
Helen Lutes – 13
Mitchell Read – 13
Georgia Barron – 12
Steven Gossland – 12
Aria Maccoll – 12
Luke Postey – 12
Catherine Sevenhuysen – 12
Rhia Beland – 11
Richard Bourgeois – 11
Dakota Burill – 11
Sophie Heizer – 11
Jasmine Ingalls – 11
Genevieve McMeel – 11
Stephen Moore – 11
Fraser Read – 11
Hayley Sedola – 11
Erin Skeeles – 11
Chloe Swabey – 11
Hannah Swabey – 11
Maira Brown – 10
Devyn Brugge – 10
Catherine Carriere Der – 10
Caleb Harding – 10
Kalli Ross – 10
Lisa Sevenhuysen – 10
Chris Sutton – 10
Joshua Todd – 10
Kristeen Cooper – 9
Derrick Hollman – 9
Andrew McDonald – 9
Karli Silvestrone – 9
Lukas Swabey – 9
Zachary Todd – 9
Darby Walker – 9
Cassandra Yoon – 9
Kevin Beerman – 8
Kim Beerman – 8
Kyra Brugge – 8
Eric De Paoli – 8
Laura Lutes – 8
Don Punshon – 8
James Saunders – 8
Madeleine Whiting – 8

MEET RESULTS

Regionals 2004

It was quite an accomplishment. Nanaimo White Rapids Summer Swim Club successfully defended their Island Championship title this past weekend, to claim Island supremacy for the 20th consecutive year. Other clubs mounted a stiff challenge to try and dethrone the long reigning champions, but team depth ended up telling the tale. Nanaimo swam to a final lead of 500 points over their closest rival, Sidney Piranhas.

There were some outstanding club swims along the way to the victory. Three individuals went through the weekend undefeated, swimming to victories in all four of their races.

Carla Henderson (div 7), broke two records (100 back and 50 free), and also claimed 1st in her other races (50 fly and 100 free). **Vanessa Yates** (div 2) also set a new Island mark in the 50 breaststroke, as well as claiming 3 other individual firsts in 100 free, 100 IM, and 50 fly.

Tommy Gossland showed his speed by also winning each of his races (50 free and fly, 100 free and fly). Yates and Gossland also were members of relay teams that took home two gold medals.

Numerous Nanaimo swimmers came away from the meet as 'Island Champions' in individual events. Eliza McGuire collected two golds in 200 IM and 50 fly, while Jaclyn Sangha, Marc Hammer-Belanger, Justyna Sypniewski and Stacey Juss each brought home a full set of medals, with Sangha ('O' cat 2) swimming to gold in the 50 fly, double silver in the 100 and 50 free, and bronze in the backstroke, while Hammer-Belanger (div 8) received gold in 50 free, silver in 50 fly, and bronze in 100 free. Juss (div 5) picked up her medals in the IM, breaststroke and 100 free., while Sypniewski ('O' cat 2) collect hers in 50 free, 100 breast, and 100 free. Owen Simpson (div 1), Richard Bourgeois (div 3), Jordan Veller (div 6) and James Saunders (div 7) shone in the breaststroke, defeating all opposition to claim gold medals. Saunders and Veller also brought home two bronze medals each, in 50/100 free for Veller and 100free/100IM for Saunders. Sheila Galloway (div 8) picked up a gold and two silver for her efforts in 100 free, breaststroke and 50 free, while Gareth Saunders (div 5) was tops in the IM, and brought back silver in the backstroke. Hollis Louie (div 3) received gold in 50 free and silver in the 50 breast. Finishing just out of the top spot with a silver and two bronze were Stephanie Taekema (div 3 - IM, 50 fly, backstroke), Dominic Kleijn (div 3 - 100 free, 50 fly/ 50 free) and Shane Malone (div 5- 50 free, 100 free, 100 backstroke). Simon Baldwin (div 7) and Jamie Gold ('O' cat 1) swam to double silver, Jamie Gold in the 50 and 100 free, and Baldwin in 100 back and 100 breaststroke. Finishing with a silver and a bronze were Colin McDonald (div 4- 100 breast, 50 free), Riley Prout-Holm (div 1 - fly, backstroke), and Kiala Silverton (div 7 – 100 breast, 200 IM), while Chris Yates (div 1) picked up two bronze medals (50 free, 50 fly), as did division 6 swimmers Tim Wickman (100 free/100fly)and Kevin Beerman (50 fly, 100 breast). Individual silver medals

were won by Whitney Bastedo (fly), Taylor Richardson (div 1 – backstroke), Taylor Olson (div 3 – breaststroke) while single bronze medals were picked up by Eric Hammer Belanger (div 7 – 100 breaststroke), Aria MacColl ('O' 1 – 50 free), Forrest Simpson (div 3 IM) and Claire Smith (div 6 – 100 breast).

Finalists – Island Championships 2004

Div 1

Taylor Richardson – 2nd 50 back, 5th 50 breast, 100 free

Danya Nieman – 7th 50 back, 8th 50 free

Emilie Kleijn – 4th 50 free, 6th 50 back, 100 free

Ellen Taekema – 7th 100 free

Riley Prout-Holm – 2nd 50 fly, 3rd 50 back, 4th 100 free, 50 free

Owen Simpson – 1st 50 breast, 4th 50 back, 6th 50 free

Chris Yates – 3rd 100 free, 50 fly, 5th 50 back, 7th 50 free

Zachary Todd – 5th 50 breast

Div 2

Gabriel Kleijn – 5th 50 back, 6th 100 free, 7th 100 IM

Luke Postey – 7th 50 back, 100 free, 8th 50 breast

Chloe Swabey – 8th 50 back

Vanessa Yates – 1st 50 breast, 100 free, 100 IM, 50 fly

Div 3

Stephanie Taekema – 2nd 100 IM, 50 fly, 3rd 50 back., 4th 100 free

Forrest Simpson – 3rd 100 IM, 5th 100 free, 50 free, 50 back

Hollis Louie – 1st 50 free, 2nd 50 breast, 5th 100 IM

Richard Bourgeois – 1st 50 breast, 6th 50 free

Taylor Olson – 2nd 50 breast, 5th 100 IM, 50 fly

Christopher Yoon – 8th 50 breast, 50 free

Dominic Kleijn – 2nd 100 free, 3rd 50 fly, 50 free, 4th 100 IM

Kaitlin Miller – 8th 50 free

Div 4

Eliza McGuire – 1st 200 IM, 50 fly, 5th 100 back, 6th 100 breast

Colin McDonald – 2nd 100 breast, 3rd 50 free, 6th 100 free, 200 IM

David Lutes- 6th 100 breast

Nathan Taekema – 7th 100 breast, 50 fly

Div 5

Helen Lutes – 4th 100 free, 5th 50 free

Richard Chisholm – 7th 200 IM, 8th 100 fly

Chris Sutton – 7th 100 fly

Tommy Gossland – 1st 50 fly, 100 fly, 50 free, 100 free

Shane Malone – 2nd 100 free, 50 free, 3rd 100 back, 4th 50 fly

Gareth Saunders – 1st 200 IM, 2nd 100 back, 4th 100 breast, 100 free

Laura Lutes – 4th 100 back, 6th 50 free

Alanna Beerman – 6th 100 back, 8th 100 free

Stacey Juss – 1st 200 IM, 2nd 100 breast, 3rd 100 free, 7th 50 free

Hayley Sedola – 6th 100 free

Div 6

Claire Smith – 3rd 100 breast, 5th 100 fly, 6th 50 fly, 7th 200 IM
Kevin Beerman – 3rd 50 fly, 100 breast, 4th 100 free, 100 fly
Tim Wickman – 3rd 100 free, 100 fly, 6th 50 fly, 7th 100 breast
Marcus Negrin – 8th 50 fly, 100 fly
Codie Ward – 5th 100 back
Jordan Veller – 1st 100 breast, 3rd 100 free, 50 free
Alex McDonald – 8th 50 free

Div 7

Carla Henderson – 1st 50 fly, 100 back, 100 free, 50 free
David Heikkila – 4th 100 breast, 6th 50 fly, 8th 100 free, 50 free
Kiala Silverton – 2nd 100 breast, 3rd 200 IM, 4th 100 back, 5th 50 free
Kalli Ross – 6th 100 back
Simon Baldwin – 2nd 100 back, 100 breast, 6th 100 free
James Saunders – 1st 100 breast, 3rd 100 free, 200 IM, 4th 50 free
Eric Hammer-Belanger – 3rd 100 breast, 5th 50 free

Div 8

Marc Hammer-Belanger – 1st 50 free, 2nd 50 fly, 3rd 100 free, 4th 100 breast
Chris Wickman – 4th 100 free, 50 free, 7th 50 fly, 100 breast
Sheila Galloway – 1st 100 free, 2nd 100 breast, 50 free

Div 'O' Cat 1

Jamie Gold – 2nd 100 free, 50 free, 4th 100 back, 5th 200 IM

Div 'O' Cat 2

Jaclyn Sangha – 1st 50 fly, 2nd 100 free, 50 free, 3rd 100 back
Whitney Bastedo – 2nd 100 fly, 4th 50 fly, 6th 200 IM, 7th 100 breast
Justyna Sypniewski – 1st 50 free, 2nd 100 breast, 3rd 100 free, 4th 50 fly
Aria MacColl – 3rd 50 free, 4th 100 breast, 100 free, 200 IM

Provincials 2004

The competitive season came to an end for our swimmers in Burnaby, as 30 athletes from Nanaimo made the trek to the mainland for the 3 day swimming portion of the event. There were some outstanding swims, and numerous best times produced by the home club.

Leading our club were **Vanessa Yates** and **Tommy Gossland**. Yates went into the competition ranked number one provincially in three of her races, and she certainly lived up to that billing. Yates brought home an impressive three gold in 100 IM, 50 fly, and 100 free, and picked up a bronze in the breaststroke. She rounded out her weekend with a second bronze medal in the regional relay. Regional relays put the fastest 4 swimmers in the region in an age group on a medley relay, where they than

race against the other 7 regions at the conclusion of the swim meet. Tommy Gossland, racing in the highly competitive div 5 boys category, picked up a silver medal the first day of racing in the 50 free, and gave notice that he would challenge for the gold in his other races. After an 8th place finish in his 100 fly, Gossland got back on track and looked incredibly smooth as he then held off challengers in the 50 fly to win convincingly, and then a short time later took on the fast field in the 100 free. Teammate Shane Malone was also in this final. Both swimmers were part of a group of four that was tied at the first two turns, and then Gossland and Abbotsford's Troy Perrin, previous provincial champion in this event, inched ahead of the field. Gossland, slightly behind at the 3rd turn, then held his form and turned on the jets to beat out his rival at the wall to claim his second gold of the weekend. Malone swam his best race of the year to place fourth. Malone also had a great meet, finishing just out of the medals in the 100 backstroke (4th) and winning the consolation final in the 50 free to come 9th. Carla Henderson, (div 7) picked up a silver medal in the 100 back, and two thirds in the 50 and 100 freestyle. Henderson was just 2/10ths of a second out of the silver medal in the 50 free, and she and the 1st place finisher in the backstroke were well ahead of the field in that race. Henderson also finished 5th in 50 fly.

There were several other outstanding swims for the locals. Eliza McGuire captured a bronze medal in the div 4 50 fly. McGuire, who was ranked 6th going into the fly, made her move the last 15 metres of the pool, putting her head down and working to out touch two other swimmers at the wall for third. As well, McGuire placed 8th in the 200 IM. Also grabbing a bronze medal was Kiala Silverton (div 7), in the 100 breast. Silverton, a veteran swimmer, paced herself superbly, and showed her fitness and experience in outdistancing her tough competition to the wall. A 7th in the 200 IM, and a 10th in the 100 back rounded out Silverton's provincial placings. As well, Jaclyn Sangha swam very well to pick up a bronze medal in the 'O' category 50 fly, and then raced to double fifth places finishes in the 50 and 100 free.

The club's other medals came in relays. The div 5 boys team, comprised of Gossland, Malone, Gareth Saunders and Colin McDonald, took home bronze in both the 200 medley and freestyle relay. This placing was made even more impressive by the fact that the team used McDonald, a young swimmer (div 4) to complete their team. Gossland and Malone each swam on the regional relay as well, which picked up a silver. This meant that Gossland was the 'Michael Phelps' for Nanaimo, coming home with the impressive medal haul of 2 gold, 2 silver, and 2 bronze. The White Rapids also took home double gold in relays with their 'O' category 2 girls relays, with Sangha teaming up with Aria MacColl, Justyna Sypniewski, and Whitney Bastedo to outpace their competition.

Given that there are more than 6,000 summer swimmers in BC, and that only the top swimmers from each region in the province advance to finals at provincials, making it to the finals and consolation finals is a remarkable

achievement. Finishing out of individual medals, but making it to finals were Taylor Olson and Richard Bourgeois, who came 6th and 7th respectively in the div 3 breaststroke, Gareth Saunders, who battled hard to pick up 7th place in the 200 IM and 100 back, and 12th in 100 free, Justyna Sypniewski with a 4th in 100 breast, and 7th in 50 free and 100 free, and Whitney Bastedo and Aria MacColl who both collected 6ths, Bastedo in the 100 fly, and MacColl in the 50 free. Sheila Galloway rounded out finals for the club with a 5th in 100 free, and a 6th in 100 breast.

Qualifying and competing in 4 races at provincials was James Saunders, who finished 9th (200 Im), 10th (100 breast), 11th (50 free) and 13th (100 free). Other Nanaimo swimmers who took part in individual consolation finals were Taylor Richardson, Hollis Louie, Stephanie Taekema, Colin McDonald, Stacey Juss, Jordan Veller, and Marc Hammer-Belanger.

Results

Div 1

Taylor Richardson – 9th 50 back

Div 2

Vanessa Yates – 1st 100 IM, 50 fly, 100 free, 3rd 50 breast

Div 3

Hollis Louie – 10th 50 free

Stephanie Taekema – 16th 50 fly, 50 back

Taylor Olson – 6th 50 breast

Richard Bourgeois – 7th 50 breast

Div 4

Eliza McGuire – 3rd 50 fly, 8th 200 IM

Colin McDonald – 15th 100 breast

Div 5

Tommy Gossland – 1st 50 fly, 100 free, 2nd 50 free, 8th 100 fly

Shane Malone – 4th 100 back, 100 free, 9th 50 free

Gareth Saunders – 7th 200 IM, 100 back, 12th 100 free

Stacey Juss – 12th 100 breast, 16th 200 IM

Div 6

Jordan Veller – 11th 100 breast, 14th 50 free

Div 7

James Saunders – 9th 200 IM, 10th 100 breast, 11th 50 free, 13th 100 free

Carla Henderson – 2nd 100 back, 3rd 50 free, 100 free, 5th 50 fly

Kiala Henderson – 3rd 100 breast, 7th 200 IM, 10th 100 back

Div 8

Marc Hammer-Belanger – 9th 50 free, 50 fly

Sheila Galloway – 5th 100 free, 100 breast

'O' Cat 2

Jaclyn Sangha – 3rd 50 fly, 5th 50 free, 100 free

Aria MacColl – 6th 50 free

Justyna Sypniewski – 4th 100 breast, 7th 50 free, 100 free

Whitney Bastedo – 6th 100 fly

Peter Sutton B & C Meet 2004

The sweep is complete. Nanaimo White Rapids swimmers dominated at the Peter Sutton B & C Meet in Nanaimo. All swimmers from Vancouver Island who have not swum an 'A' time in an event are eligible to compete in this meet that is 'the best of the rest'. A large contingent of 100 swimmers from the local club helped pile up the points and ensure the club win.

There were numerous standouts for the local club. 13 year old Garrett Burdett had his best meet ever, bringing home 4 gold medals in breast, IM, free and fly. In only his 3rd year of swimming, Burdett has shown huge improvement and this showed on the weekend. As well, young Jamie Gold swept her 'O' cat (winter swimmer) events, and David Heikkila in Div 7 led the way with his 4 wins. Looking sharp, and finishing with 3 golds were Alanna Beerman (100 back, 50 free, 100 breast), Kim Beerman (100 back, 100 free, 200 IM) and Simon Kleijn, (50 back, 100 free, 100 IM). Picking up double golds were Chris Sutton (100 free, 50 free), Eric De Paoli (50 back, 50 free), and Gabriel Kleijn (100 free, 50 fly), who also had a silver in 50 breast.

Individual championships were won by Krystina Pellegrino (50 free), Wonsucc Lee, (50 fly) Danya Nieman (50 free), Sophie Heizer (100 free), Hayley Price (50 back), Brook Shouldice (50 free), Cody Olson (50 breast), Luke Postey (100 IM) Kaitlin Yelle (50 breast), Derrick Hollman (50 back), Sheldon Scow (50 free), Dakota Burill (100 free), Philip Bourgeois (100 back), Fraser Read (100 back), Lisa Sevenhuysen (100 breast), and Katir Vanhest (100 IM). Vanhest also swam to double silver in 50 back and 50 free.

B & C Results

B FLIGHT

Div 1

Joshua Todd – 3rd 100 IM, 6th 50 back

Krystina Pellegrino – 1st 50 free, 3rd 50 back, 4th 100 IM

Chris Yates – 2nd 50 breast

Wonsucc Lee – 1st 50 fly, 4th 50 breast

Zachary Todd – 5th 50 breast

Rhia Beland – 5th 100 free

Catherine Carriere Der – 2nd 50 free, 4th 100 free

Steven Moore – 2nd 100 free, 5th 50 free

Lucas Swabey – 5th 100 free

Danya Nieman – 1st 50 free, 3rd 100 IM

Div 2

Moira Brown – 4th 50 back

Kaleigh Studer – 2nd 50 breast

Cody Olson – 1st 50 breast, 3rd 50 free, 5th 100 free
Gabriel Kleijn – 1st 100 free, 50 fly, 2nd 50 breast
Luke Postey – 1st 100 IM, 2nd 100 free, 3rd 50 breast, 50 fly
Alexander Turko – 4th 50 breast, 100 free, 50 free, 100 IM
Chloe Swabey – 5th 100 free
Connor Marwood – 2nd 50 free

Div 3

Simon Kleijn – 1st 50 back, 100 free, 100 IM, 3rd 50 free
Taylor Olson – 2nd 50 back, 50 free
Steven Gossland – 2nd 50 fly, 3rd 50 free, 4th 50 back, 100 free
Chris Yoon – 3rd 50 breast, 100 free, 5th 50 back
Mitchell Read – 6th 50 back, 50 fly
Kaitlin Yelle – 1st 50 breast, 3rd 50 free, 5th 100 free, 50 fly
Declan Burdett – 6th 50 breast

Div 4

Cassandra Yoon – 4th 100 back
Alexine Hurley – 4th 200 IM, 50 free, 6th 100 back, 100 free
Philip Bourgeois – 1st 100 back, 6th 100 free, 50 fly
Megan Malone – 5th 100 breast
Garrett Burdett – 1st 100 breast, 200 IM, 50 free, 50 fly
Caitlin Gossland – 3rd 50 free, 4th 50 fly, 5th 100 free
Fraser Read – 5th 50 fly, 6th 50 free

Div 5

Hayley Sedola – 2nd 100 back
Alanna Beerman – 1st 100 back, 50 free, 100 breast
Tricia Reynes – 1st 100 free, 6th 50 free
Karli Silvestrone – 5th 100 free
Chris Sutton – 1st 100 free, 50 free
Ian Smith – 2nd 100 fly, 3rd 100 free, 6th 50 free
Matthew Postey – 3rd 200 IM

Div 6

A.J. Ballard – 1st 100 breast

Div 7

David Heikkila – 1st 50 fly, 100 breast, 100 free, 50 free
Kim Beerman – 1st 100 back, 100 free, 200 IM, 2nd 50 free

C FLIGHT

Div 1

Hayley Price – 1st 50 back, 5th 50 free
Emma De Paoli – 2nd 50 back
Thomas Grenn – 2nd 50 back
Krystina Pellegrino – 2nd 50 breast
Georgia Barron – 4th 50 breast
Lucas Swabey – 4th 50 breast
Sophie Heizer – 1st 100 free
Brooke Shouldice – 1st 50 free
Romi Al-Hajj – 3rd 50 free

Div 2

Eric De Paoli – 1st 50 back, 50 free
Karli Nieman – 2nd 50 breast, 4th 50 fly
Darby Walker – 4th 100 free

Kyra Brugge – 6th 100 free
Kaleigh Struder – 2nd 100 IM, 4th 50 free
Braeden Price – 3rd 50 free
Moira Brown – 2nd 50 fly

Div 3

Caitlin Sevenhuysen – 2nd 50 back, 6th 100 IM
Melanie Heizer – 6th 50 back
Derrick Hollman – 1st 50 back, 2nd 50 free
Sheldon Scow – 1st 50 free, 2nd 50 back, 6th 100 free
Dakota Burill – 1st 100 free, 5th 50 back
Michael De Paoli – 3rd 50 breast, 6th 50 back
Bea Shorting – 4th 50 fly, 5th 100 free
Keen Abdurahman – 6th 50 free

Div 4

Fraser Read – 1st 100 back
Devyn Brugge – 2nd 100 breast, 50 free, 4th 100 back, 4th 100 free
Jasmine Ingalls – 4th 100 breast, 5th 100 back
Lisa Sevenhuysen – 1st 100 breast
Megan Malone – 2nd 200 IM

Div 5

Karli Silvestrone – 2nd 50 fly, 4th 50 free
Shelby Scow – 3rd 50 fly, 5th 100 free
Laura Lawley – 5th 50 fly, 6th 50 free
Ian Smith – 2nd 50 fly

Div 'O' Cat 1

Jamie Gold – 1st 50 fly, 50 back, 100 free, 50 free
Katie Vanhest – 1st 100 IM, 2nd 50 back



BIRTHDAYS

Happy Birthday to the following swimmers:

Gen McMeel	Sept 2
Catherine Carriere Der	Sept 2
Declan Burdett	Sept 3
Matthew Postey	Sept 4
Nicholas Pond	Sept 5
Melissa Hamilton	Sept 6
Helen Lutes	Sept 7
Laura Lutes	Sept 7
Ian Smith	Sept 8
Nadya Geselbracht	Sept 9
Chris Sutton	Sept 12