

THE LEDGER



VOLUME 9, ISSUE 7

DECEMBER 17, 2008

## POINTE-CLAIRE SWIM MEET REVIEW



### A BIG THANK YOU

Thanks to the parents who helped shuttle, prepare meals and look after the swimmers. Our chaperones were Jim Slade and Ed Curran who both did a fantastic job! We also had great help from Tim O'Leary, Janet Oliver, Debbie Mercer, Linda Mercer and Paul Froude! The incredible work by these parents helped our swimmers perform so well.



## Pointe-Claire P2 Swim Meet Highlights

Our 7 swimmers racing in the P2 category swam incredibly well all weekend, with all four boys swimming 100% best times and all of the P2 swimmers racing to 84% best times overall. Brandon led the way with four bronze medals in the 50brst, 100im, 200im and 400im. Brandon qualified to swim the 50brst at Eastern Nationals, he also qualified for the first time as a 17&over for next year's Eastern Nationals in the 400im. Aaron qualified for this year's Eastern Nationals with a silver medal time of 25.04 in the 50free after qualifying for the final with a highlight filled 50free in heats that included goggles in his mouth, turning under the lane rope and out touching everyone in his heat by .01-.10 seconds to qualify for a second swim. Aaron also qualified for the 50fly and 100free at Age Group Nationals this summer and earned a bronze for his 100free. Owen also had a strong meet qualifying for Age Group Nationals in 200free and 100back. Owen was in medal contention in all of his events and came away with two bronze medals in the 200free and 50back, great swimming for a 13 year old in the P2 13-14 age group. After finishing as an alternate with strong swims in 100fly and 200im, Reniel got his chance to race in finals in the 200fly and qualified in another event for Age Group Nationals. Nadine swam to a bronze in the 800free and had great improvements in her 50 and 100fly. Karen raced to 3rd in the 50m breaststroke with a time of 36.16 and narrowly missed the Eastern National time of 35.92. She also had big drops in the 100brst and 50free. Emily I improved throughout the meet and improved her time in heats and finals in the 200fly on Sunday.



### Eastern Nationals

February 12-15, 2009 in Halifax

Qualified Legends Swimmers

Nadine (50fly), Aaron (50fr)

Brandon (50br, 400im, 800fr)

### Age Group Nationals

July 16-19, 2009 in Montreal

Qualified Legends Swimmers

Leah (50bk, 100bk, 200bk), Alex (50bk),

Brandon (50br, 200fly, 400im),

Reniel (50fly, 200fly), Owen (200fr, 100bk),

Aaron (50fr, 100fr)

# Pointe-Claire P1 Swim Meet Highlights

The Legends were represented by 30 swimmers in the P1 division. Leo led the way in the P1 pool with six gold medals in the 50fly, 100fly, 200fly, 200im, 400im and 50back. Leo did a great job of racing throughout the meet, improving his times in finals. Even when he had a late start in his 50fly he raced to first by 25m mark and finished with his best 50fly time. Aileen had gold medals in both the 50brst and 100brst and added a silver medal in the 50free. Sarah also swam to a gold medal in the 100free while adding bronze medals in both the 800free and 200im. Victoria M swam to a bronze medal in the 800free.

Our younger swimmers who were competing at Pointe-Claire for the first time did a great job of figuring out how to race at this level of meet. Rachel had a good meet leading into Sunday with a final in 200im but stepped up and raced hard to silver medals in both the 200back and 400free to finish off her meet. Logan and Dawn all made 2nd swims for the first time on Sunday, both going for it early with Logan just missing a medal with a great effort in the 200back.

Thursday night was the best distance swimming our team has ever taken part in. We had 100% best times, with every swimmer racing to a best time in the 400m mark on their way to a best time in the 800free or 1500free. It displayed how our swimmers are trained to race distance and they did a fabulous job of going out strong and keeping their rhythm on the second half of their races. In the 800free, Victoria M took off 92 seconds, Danielle 60 seconds, Miya 32 seconds, Rebecca 31 seconds, Sarah 29 seconds, Samantha 8 seconds and Aileen 2 seconds. In the 1500free, Billy took off 96 seconds, Peter G 29 seconds and Leo 4 seconds.

Our relay swimming was also it's best in the past three seasons. In the 4x50free relay on Friday night we had 36 relay swims and 32 were best times. On Saturday night we had 30 best times out of 36 relay swims. Most of the best times were by 1-2 seconds as well, just great energetic relay swimming.

One of the main goals of our off-island travel meets is to give our swimmers the experience necessary to go to an Eastern Nationals, Age Group Nationals or East Coast Champs and be able to perform at their highest level when away from home. It is a different racing experience going against unfamiliar fast competition and our swimmers did a good job of resting away from the pool, eating well throughout the meet, focusing in warm-ups and ultimately rising up to their competition. We had a number of swimmers get closer to qualifying for our big meets for the year Age Group Nationals and Eastern Nationals as well as swimming to a high percentage of best times. There is nothing that we can do to duplicate the effect of an opportunity to race in a new environment to help the development of our swimmers throughout their swimming career. The team really came together and the memories of the meet will last with our swimmers for a lifetime.



## P2 Legends Finalists

Karen 3rd 50brst, 4th 100brst  
Aaron 2nd 50free, 3rd 100free, 4th 50back, 5th 50fly  
Owen 3rd 100free, 3rd 50back, 4th 200free, 4th 400free,  
5th 50fly, 5th 100bk, 6th 100fly  
Reniel 6th 200fly  
Emily 6th 200fly  
Brandon 3rd 200im, 3rd 50brst, 3rd 400im, 3rd 100im,  
4th 200fly, 5th 100fly  
Nadine 3rd 800free, 4th 100fly, 5th 50free, 5th 100free,  
6th 400free, 6th 50fly

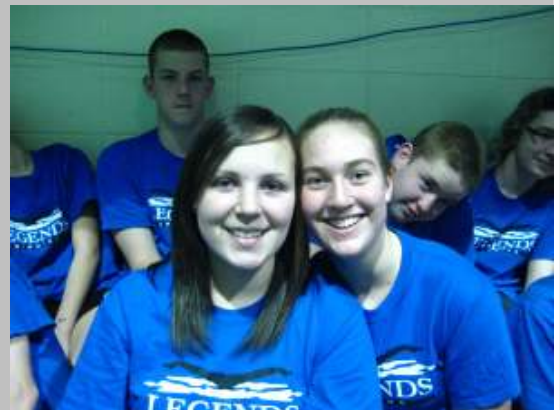
## P1 Legends Finalists

Dawn 5th 50fly  
Leo 1st 200im, 1st 50fly, 1st 100fly, 1st 400im,  
1st 200fly, 1st 50back, 6th 1500free  
Peter G 6th 1500free  
Miya 6th 50back  
Victoria M 3rd 800free, 4th 400free  
Aileen 1st 50brst, 1st 200brst, 2nd 50free, 5th 200brst  
4th 100free  
Curtis 4th 100free, 4th 400free, 5th 50fly, 5th 50brst,  
6th 400free  
Rachel 2nd 200back, 2nd 400free, 5th 200im  
Sam N 6th 50fly  
Logan 4th 50back, 5th 200back  
Laura 6th 200fly, 6th 50back  
Sarah 1st 50free, 3rd 800free, 3rd 200im  
Victoria T 4th 50free, 6th 200brst





Newfoundland's Legends and Marlins at the meet.



**P1 - 100% Best Times**

Declan, Leo, Peter I, Billy

**P2 - 100% Best Times**

Aaron, Owen, Reniel, Brandon

**P1 - 70+% Best Times**

Danielle, Peter G, Meg, Victoria M, Rachel, Sam N, Jess Nos,  
Liam, Rebecca, Logan, Sarah, Victoria T, Jack, Nathan

**P2 - 70+% Best Times**

Karen

# Train Downtown





## Random Photos

Organizing team cheers, Logan beating up Curtis, Sunday night's healthy supper



Ariel's arty train station shot, Boys never bought Brad a matching shirt.

