



Dear TSC Families,

Another great swim season has come to an end. This long course season TSC swimmers continued to smash records, win championships and swim impressive personal bests! We've tried to cover it all in this edition of **KEEP SWIMMING!** If we've missed something, please accept our apologies.

BUT FIRST, A MESSAGE FROM HEAD COACH BILL O'TOOLE:

Dear TSC Swimmers and Families,

CONGRATULATIONS ON AN OUTSTANDING 2013-2014 SWIM SEASON!



Our club stood out this season with great success in so many areas. I am extremely proud of all of you for the commitment, dedication and hard work you exemplified. Some may say I'm biased (and I definitely am) but TSC consistently brought a new level of performance, energy, presence and spirit to everything we did this season and I am definitely not the only one who noticed.

As a team, TSC broke three National Age Group Records, five Provincial Records, won its first ever Swim Ontario Junior Provincial Championship, won the women's and team title at the 2014 Eastern Canadian Championships, won the team title at the 2014 Swim Ontario Summer Festival and broke 100 TSC Club Records! Outstanding job everyone!

Moving forward we are very excited about the upcoming season and encourage everyone to carry our success and energy into the new swim year.

WHAT'S NEW FOR 2014-15...

A Fresh look at our Swim Groups:

As you will recall from earlier correspondence, we've taken a fresh look at our swim groups including their criteria, objectives and even their names. We know it may take a little while before we're all used to the new groups, but we strongly believe these changes are in the best interests of our athletes. As always, if you have any questions, don't hesitate to contact the club. The new swim group descriptions can be found on our website at: torontoswimclub.com/about-us/swimprogram

Great Coaching Additions:

We are excited to have four new full-time coaches....

Katie Ferguson joins TSC to coach our Junior 3, Senior 2 and Senior 3 groups. Prior to TSC Katie coached for the Region of Waterloo Swim Club for eight years, leading swimmers at all levels from intro to those preparing to compete in provincial and national competitions. Katie

began swimming when she was nine years old and immediately fell in love with the sport. She continued to swim at Wilfrid Laurier University as the captain of the varsity team while completing her degree in Honours Kinesiology and Physical Education.

Luke Hall is no stranger to TSC. Already highly regarded by many of our athletes and families, Luke is a University of Toronto graduate and a Varsity Blues veteran who swam competitively for 16 years. A two-time Olympian (2008 and 2012) and multiple World Championship swimmer representing Swaziland, Luke has a wealth of experience in the sport of swimming and has been a standout coach at the Toronto Summer Swim Camp. Luke will coach our Senior 1 swimmers.

Kate Andal will coach our Junior 2 and Youth 2 Groups bringing her talent and experience to the performance and development of these young athletes. Kate has already had a tremendous impact on all the TSC athletes with whom she has worked and we are very excited to have her in this new role.

Amanda Andal will coach our Junior 4 Group and is very excited to work with our young up and coming athletes. Already well known within our club we are very excited to have Amanda in the role of our Junior 4 coach.

Pan Am Games.....followed by the Olympic Games

This season will be filled with great excitement as Toronto hosts the 2015 Pan Am and Para Pan Am Games, followed by the 2016 Olympic and Paralympic Games in Rio. Canadian swimmers, including some of our very own TSC swimmers will be gearing up for these international events. We can't help but be caught up in the excitement at every level of our club. The GTA will also open two new (much needed) 50 meter pools - one in Scarborough and one in Markham - for future competitions. There is no question 2014-2015 will be an exciting year to be a Canadian swimmer and a member of TSC. We can't wait to get started!

I hope everyone continues to enjoy the summer break, and look forward to seeing you in the Fall.

Head Coach Bill O'Toole



AND NOW, FOR OUR SWIM GROUP UPDATES...

NATIONAL GROUP COACH BILL O'TOOLE

What an outstanding and successful season we have had. Congratulations! It has been a pleasure working with all of you and I am extremely proud of what we have accomplished.

GRADUATES

I want to recognize and thank our graduates heading off to university this Fall. We wish you great success in this next chapter of your lives and share your excitement for the future: Nathan Boucher, Courtney Cowan, Piper Ferguson, Kaity Gervais, Josh Gold, Isabella Jamieson, Lukasz Kosiorek, Alek Riley, Rebecca Stellino, Oliver Straszynski, Leena Struzina, Phil Vranic, Andrew Williams and Austyn Wunsch.

Highlights of the long course season...

SPRING NATIONALS

TSC had 9 swimmers racing at the 2014 Spring Nationals in Victoria: Rebecca Stellino, Piper Ferguson, Kaity Gervais, Vanessa Gold, Maddie Noble, Phil Vranic, Tyler Tong-McDermott, Oliver Straszynski and Will Morley. Highlights included Oliver's selection to the 2014 Relay Initiative Camp and to the Charlotte Junior National Team; and Rebecca Stellino swimming to her first National Consolation Final in the 200 back.

EASTERN CANADIAN TRI-MEET

Congratulations to Vanessa Gold, Tyler Tong-McDermott and Will Morley for being selected to represent Team Ontario and contributing to the team's victory against Montreal and the Eastern Provinces.

EAST SIDE MARIOS - SUDBURY/ BUFFALO JUNE KICK OFF

TSC won both team titles by a landslide with many of our athletes achieving High Point Awards for their specific age groups. Special congratulations to Oliver Straszynski and Penny Oleksiak for winning the Iron Swimmer Awards in Sudbury. Rebecca Stellino and Piper Ferguson both achieved new Senior National standards (Rebecca 400 IM, Piper 100 back) in Buffalo. Congratulations!

PROVINCIAL LONG COURSE CHAMPIONSHIP

The National Group had 14 swimmers competing, winning 19 individual Gold, 5 individual Silver and 10 individual Bronze. We also contributed to 11 medal winning relays with 5 of them achieving Gold! We broke 9 club records (Penny 4, Oliver 1, and Penny, Aleksa and Christiane 4 on relays).

Gold Medalists: Penny Oleksiak (7!!; as well as High Point Award for 14 year old girls!), Kaity Gervais (2), Vanessa Gold, Rebecca Stellino, John Stoyan, Oliver Straszynski, Christiane Konstantopoulos, Aleksa Gold, Josh Gold, and Phil Vranic.

Silver Medalists: Aleksa Gold, Christiane Konstantopoulos, Penny Oleksiak, Piper Ferguson, Rebecca Stellino, Oliver Straszynski, Alexis Bragman (relay).

Bronze Medallists: Aleksa, Christiane (2), Piper, Rebecca, John Stoyan, Josh Gold, Tyler Tong-McDermott (2), Phil Vranic (relay) and Kaity Gervais (relay).

Top 8 Finishers: Alexis Bragman, Courtney Cowan, Phil Vranic and Nathan Boucher.

Congratulations to Courtney Cowan in achieving her Senior National qualifying time in the 200 fly!





CANADIAN AGE GROUP CHAMPIONSHIP

The National Group had 10 swimmers competing with some outstanding results!

Penny Oleksiak was on fire medaling in all 10 of her individual events, breaking the National Record for 13-14 year old girls in the 50 free with a sizzling 26.16, setting a new Provincial Record in each of the 50 fly and 200 fly and, with **Aleksa Gold**, **Christiane Konstantopoulos** and **Emma Binns**, setting a new National Age Group Record in the 13-14 girls 4 x 200 free relay!! In fact TSC's 13-14 girls won Gold in all of the relays for their respective age group! Penny's individual tally included:

- The High Point Award for 14 year old girls
- Five individual Gold Medals
- Three relay Gold Medals
- Three individual Silver Medals
- Two individual Bronze Medals.
- One National and two Provincial Records

Oliver Straszynski won Gold in the 200 free and a very close Silver in the 100 free missing the Gold by 1/100th



Our 16-18 boys won Silver in the 4 x 100 free relay - **Phil Vranic**, **Josh Gold**, **Oliver Straszynski** and **John Stoyan**, and Bronze in the 4 x 100 medley relay - **Oliver Straszynski**, **Tyler Tong-McDermott**, **Josh Gold** and **Phil Vranic**.

Top 8 Finalists: **Tyler Tong-McDermott**, **Josh Gold**, **John Stoyan**, **Rebecca Stellino**, **Kaity Gervais** and **Christiane Konstantopoulos**.

EAST WEST DUAL



Congratulations to **Penny Oleksiak**, **Phil Vranic**, **Tyler Tong-McDermott** and **Josh Gold** for being selected to represent the National East Team in Winnipeg. Special congratulations to **Josh Gold** who achieved his first Senior National qualifying time in the 200 fly. Way to go Josh!!

LOOKING FORWARD...

I am very excited to the season ahead of us. With 14 swimmers graduating and a great group of new swimmers promoted to the National Group TSC's star continues to shine brightly.

This September marks the start of the qualifying period for the 2016 Olympic Trials. TSC is committed to success at these Trials and also to the largest contingent possible. To achieve this we need motivated and performance driven leaders. So, come back in September healthy, fit, lean and motivated for success!

I look forward to seeing you soon, and wish you all a great summer.

Bill



GOLD 1 COACH DAVE LING



The Gold 1 season comes to completion with a tremendous amount of optimism for the future.

MOVIN' ON UP

Congratulations to 9 Gold 1 swimmers who are taking the next step and moving into the National Group for the coming season: **Sam Belo, Graeme Goodman, Christien Kelly, Talia Pappalardo, Katja Pavicevic, Jacob Rothery, Dana Sherrard, Cameron Valcic** and **Michelle Weller**.

LONG COURSE HIGHLIGHTS

CANADIAN AGE GROUP CHAMPIONSHIP

We qualified 11 swimmers for the **Canadian Age Group Championship (CAGC)**:

- **Katja Pavicevic** making finals in all 3 breaststroke events finishing of 5th in the 50 breast
- **Jacob Rothery** finishing 5th (1500 free) and 8th (800 free)
- **Graeme Goodman** qualifying for his first CAGC final (100 back) finishing 8th
- **Emma Binns** taking part in the National Age Group Record breaking 4 x 200 free relay

CANADA CUP

We had several outstanding performances at **Canada Cup** in Montreal in June including:

- **Cameron Valcic** dropping 6 seconds off his 200 fly to qualify for CAGC
- **Dana Sherrard** dropping 5 seconds off her 200 fly and then adding her 100 fly to qualify for CAGC

MORE EXCITING PERFORMANCES

- **Renee Corbiere's** outstanding success at the **North American Indigenous Games** winning 6 individual medals (5 Gold, 1 Silver)
- **Aidan Hull** leading off the National Age Group Record breaking 4 x 100 medley relay in May
- **Jacob Rothery** (1500 free) and **Katja Pavicevic** (200 breast) winning their individual Provincial Championship





G1 SWIMMERS OF THE MONTH

Congratulations to our TSC Swimmers of the Month during the long course season...

- April** **Emma Binns**, who went on to help TSC break a National Age Group relay record and claim several Gold Medals as a key relay player.
- May** **Jenna Wong** swam very well in May with 10 best times at the East Side Mario's Invitational in Sudbury. Jenna would cap off her season with a 6th place finish in the 200 fly at the Provincial Championship.
- June** **Talia Pappalardo** excelled in June with strong showings at the Star Kick Off meet in Buffalo and Canada Cup in Montreal.
- July** **Katja Pavicevic** excelled in July, capturing her first provincial championship in the 200 breast, adding a second place finish at the Provincial Open Water Championship in Brampton, and following up with three finals at CAGC.





GOLD 2

COACH DAVE LING

Gold 2 completes the 2013-2014 having eclipsed many of the success markers the group posted over previous years.

GRADUATES

Congratulations also to our graduates who are moving on to university where they will continue their student-athlete journeys: **Lindsay Lauder** joins University of Southern California, **Eva Stefanova** and **Nik Maydanyuk** will attend Queen's University, and **Samantha Lacroix** is heading to Wilfrid Laurier University!

MOVIN' ON UP

Congratulations to two Gold 2 swimmers who are taking the next step and moving into the National Group for the coming season: **Keirdra Dowling** and **Thomas van Maren**.

LONG COURSE HIGHLIGHTS

- Qualifying 13 swimmers for the **Provincial Long Course Championship**
- The successful returns of **Curtis Li** and **Charles Kim** to racing action with TSC
- **Emma Gomes'** 200 fly at the Star Kick Off in Buffalo... taking her best time from 3:17 down to 2:40.79

53% best times at the **Central Region Long Course Championship** highlighted by:

- **Kaitlyn Lee** (200 fly) and **Arielle Conn** (100 back) qualifying for finals for the first time ever at Central Regions
- **Cathleen Leone** grabbing a pair of Silver Medals in the 100 breast and 800 free
- **Zahra Sakr** earning a Silver Medal in the 100 breast
- **Nicole Demirov** with an incredible Bronze Medal swim in the 100 fly

Several outstanding performances at the Canada Cup in Montreal:

- **Curtis Li** winning the B-Final of the 50 breast
- **Lindsay Lauder** dropping 3 seconds off her 200 fly to qualify for CAGC
- **Thomas van Maren** dropping 35 seconds off his 1500 free
- **Keirdra Dowling** dropping 17 seconds off her 800 free, 25 seconds off her 1500 free and posting best times in the 100 fly & 200 fly





G2 SWIMMERS OF THE MONTH

Congratulations to our TSC Swimmers of the Month during the long course season...

- April** **Zak Sakr** showed an increased commitment to swimming in April, which led to his breakthrough swim in May in Buffalo where he qualified for Provincials in the 200 breast for the first time.
- May** **Nik Joy Jelcic** put together a fantastic May in the training pool, leading to a sub one-minute 100 free at Central Regions.
- June** **Nicole Demirov** put together a strong long course season highlighted by qualifying for a second swim at Canada Cup in Montreal. Nicole boasted a 100% attendance for the season and as a result had a “wow” swim in the 100 fly at Central Regions, coming out of lane 1 to steal a Bronze Medal.
- July** **Lindsay Lauder** used her success at Canada Cup to propel herself to her best showing at a long course provincial meet, with an impressive 200 fly. Lindsay returned to CAGC and posted her first best time at that level with an impressive 50 back. The arrow is pointing way up for Lindsay as she graduates from TSC.

It has been a pleasure coaching the Gold 2 group for the past four years. As the club restructures and my role with TSC evolves I could not have asked for a better season with this last edition of Gold 2.





GOLD 3

COACH NIKI REMEK



Gold 3 had an excellent long course season! Building on what they learned throughout the short course season, the athletes were able to take their swimming to the next level – and had fun doing it (most of the time)! :)

Making faster pace times, swimming more efficiently at practice and doing dryland circuits faster and better than ever before has led them to attain great success this Spring.

GROOTVELD INVITATIONAL

We started the long course season with a bang! Everyone swam a large number of events and achieved many best times throughout the weekend. Several swimmers also swam their first 800/1500 free of the season and I was very impressed with their endurance level and race splitting. Swimmers of the day for this meet were: **Matt Feitelberg, Joseph Samuel, Masa Stojanovic** and **Margaret Silverio**.

BROCK INVITATIONAL

A number of people stepped up at the Brock Invitational, and it was great to see swimmers who don't usually place really shine at this meet. A definite highlight was **Itza Rustecki-Maceda's** performance on Sunday where she raced a total of 3,200 m – all in one day! She raced 1500 free, 100 free, 200 fly, 400 free in the morning session, 200 individual medley and 800 free in the afternoon. Not only did she conquer this challenge, she achieved some great best times too. Swimmers of the day for this meet were: **Kai Rustecki-Maceda, Margaret Silverio** and **Itza Rustecki-Maceda**.

GUELPH INVITATIONAL

Guelph was an opportunity to experience an 'away meet', and also the longest meet of the season - 4 days. Athletes swam a variety of events including their strongest and weakest. It was especially important to see swimmers tackling races traditionally not their best and achieving big best times! They trusted their training and themselves and went for it! Well done. A special highlight at this swim meet was **Joseph Samuel** going a huge best time at the very end of the meet – taking off 4 seconds in his 100 free (1:02)! Swimmers of the day for this meet were: **Joseph Samuel, Itza Rusticki-Maceda** and **Elyse Earle**.

CENTRAL REGION LONG COURSE CHAMPIONSHIP

We finished the season with great racing and 100% best times at Central Regions. A special highlight was **Josh Ngan** making finals in all of his events on Sunday and winning a Silver Medal in the 100 breast with a best time! Swimmers of the day for this meet were: **Joseph Samuel** and **Josh Ngan**.

SWIMMERS OF THE MONTH

March Josh Ngan

April Maddie Lucier Hall

May Itza Rustecki-Maceda

It has been a pleasure coaching the Gold 3 group this season and I have been blown away by their development since September. Congratulations to everyone on a fantastic season! Hope you all have the best summer ever :).

Niki



SILVER 1 & BRONZE 1

COACH ASHLEY ZAHARIA



What a year we have had and how fast it has just flown by. I really can't believe that the new season is already approaching us. I would like to say a huge thank you to all my swimmers and families for their hard work and support throughout the duration of the season. I cannot express my gratitude for everything you have done for me.

On that note, I would like to congratulate everyone on his or her accomplishments this season. It doesn't matter if your accomplishment was a personal best or a time standard, both are just as important and stepping-stones to your ongoing success as swimmers and individuals. Make sure you celebrate all of your accomplishments because you all train so hard everyday and deserve to make a big deal for every milestone you reach. We can't always expect to have things come easy to us and it is those goals that we work so hard to reach that ultimately in the end feel the best.



CENTRAL REGION LONG COURSE CHAMPIONSHIP

This was a long meet and many of you had two races per day. Having a final is always tough especially when you are new to this, and I must say you all did amazing!

I would like to send out a special congratulations to our swimmers who placed Top 8 at this meet:

- **Lily Sheridan:** 100 back - 4th; 200 back - 5th
- **Clara Hudacin:** 100 breast - 1st; 100 fly - 2nd; 200 IM - 3rd
- **Madeline Spencer:** 200 back - 7th; 100 breast - 3rd; 100 fly - 7th
- **Zan Merison:** 100 back - 8th
- **Katie Na:** 200 back - 6th; 100 fly - 1st
- **Marni Gray:** 200 fly - 3rd
- **Sebastian Niskier:** 50 free - 3rd
- **Pedro Pesce:** 100 free - 6th; 200 free - 2nd; 50 fly - 2nd
- **Thomas Wheatcroft:** 100 free - 2nd; 200 free - 2nd; 800 free - 1st; 200 back - 5th; 200 IM - 2nd
- **Eli Offman:** 50 free - 2nd; 100 back - 2nd
- **Ryland Jones:** 200 fly - 8th



FESTIVAL LONG COURSE CHAMPIONSHIP

Not too long after our Regional meet our remaining swimmers were off to Ottawa for Canada Day weekend to compete in the Festival Championship, where our 13 and under swimmers proved to be the best in the Province placing 1st in the meet overall! It was a team effort from all the swimmers who really rocked it hard and pushed it to their limits.

Our Top 8 finishers were:

- **Rhys Bernard:** 50 breast - 6th; 100 breast - 5th
- **Freya Rothery:** 50 fly - 1st; 100 fly - 3rd; 100 IM - 6th
- **Caroline Carruthers:** 50 free - 2nd; 100 free - 2nd; 200 free - 3rd; 100 breast - 3rd; 100 fly - 3rd; 200 IM - 2nd
- **Alicia Corbiere:** 50 free - 5th; 100 free - 5th
- **Ella Stoyan:** 200 breast - 3rd; 100 fly - 6th; 200 fly - 8th
- **Emma Wheler:** 400 free - 7th; 800 free - 6th
- **Marni Gray:** 100 fly - 5th; 200 fly - 6th
- **William Valcic:** 100 fly - 8th
- **Owen Straszynski:** 50 free - 7th; 100 free - 3rd; 200 free - 5th; 400 free - 1st; 200 back - 5th
- **Erik Wright:** 50 free - 8th; 100 free - 6th; 200 free - 3rd; 100 breast - 1st; 200 breast - 1st; 200 IM - 3rd
- **Mirko Rado:** 200 free - 4th; 400 free - 2nd; 800 free - 1st; 100 fly - 3rd; 200 fly - 2nd; 400 IM - 2nd
- **Thomas Wheatcroft:** 800 free - 5th; 100 breast - 3rd; 200 breast - 4th
- **Graysen Bernard:** 100 back - 3rd; 100 fly - 2nd; 200 fly - 5th; 200 IM - 7th; 400 IM - 3rd
- **Cooper Lochrie:** 200 free - 7th; 400 free - 4th; 800 free - 2nd; 100 back - 2nd; 200 back - 3rd; 400 IM - 5th
- **Eli Offman:** 100 fly - 3rd



12-13 Girls Relays

- **Victoria Che, Olivia Luka, Alicia Corbiere, Caroline Carruthers:** 200 free - 5th; 400 free - 4th
- **Ella Stoyan, Olivia Luka, Caroline Carruthers, Victoria Che:** 200 Medley - 6th
- **Marni Gray, Olivia Luka, Caroline Carruthers, Victoria Che:** 400 Medley - 4th

11 and Under Boys Relays

- **Robert Taylor, Andrew Zab, William Valcic, Sebastian Nisker:** 400 Medley - 5th

12-13 Boys Relays

- **Aidan Hull, Owen Straszynski, Erik Wright, Eli Offman:** 200 free - 3rd
- **Aidan Hull, Mirko Rado, Erik Wright, Owen Straszynski:** 400 free - 2nd
- **Cooper Lochrie, Aidan Hull, Erik Wright, Eli Offman:** 200 Medley - 1st
- **Graysen Bernard, Thomas Wheatcroft, Mirko Rado, Owen Straszynski:** 200 Medley - 6th
- **Aidan Hull, Erik Wright, Eli Offman, Owen Straszynski:** 400 Medley - 1st
- **Cooper Lochrie, Thomas Wheatcroft, Graysen Bernard, Mirko Rado:** 400 Medley - 4th

Most swimmers finished their season after this meet and it was bitter sweet to say goodbye.





MORE CHAMPIONSHIP MEETS

Several swimmers participated in Provincial and Canadian Age Group Championships. As well, **Alicia Corbiere**, with her sister **Renee**, represented Ontario in the North American Indigenous Games.

Congratulations to our Top 8 finishers:

PROVINCIAL LONG COURSE CHAMPIONSHIP

- **Cooper Lochrie:** 100 back - 7th; 200 back - 5th
- **Tate Wunsche:** 800 free - 8th; 1500 free - 7th
- **Erik Wright:** 100 & 200 breastst - 4th
- **Mirko Rado:** 200 fly - 8th
- **Jacob Rothery, Richard Ren, Erik Wright, Aidan Hull:** 13-14 200 & 400 Free Relay - 7th
- **Cooper Lochrie, Erik Wright, Richard Ren, Jacob Rothery:** 13-14 200 Medley Relay - 7th
- **Jacob Rothery, Richard Ren, Erik Wright, Aidan Hull:** 13-14 400 Medley Relay - 6th

CANADIAN AGE GROUP CHAMPIONSHIP

- **Caroline Carruthers:** 50 free - 7th; 100 free - 4th; 200 free - 3rd; 400 free - 6th; 50 fly - 5th; 100 fly - 6th
- **Erik Wright:** 100 breast - 8th

NORTH AMERICAN INDIGENOUS GAMES

- **Alicia Corbiere:** 100 free - 2nd; 200 free - 3rd; 200 free relay - 1st; 400 free relay - 1st; 50 fly - 2nd; 100 fly - 3rd; 200 fly - 2nd; 200 Medley relay - 1st

CLUB RECORDS!

Three swimmers set TSC Club records this year:

- **Erik Wright** broke all of the 12 year old boys records in breaststroke
- **Caroline Carruthers** broke three Club records
- **Freya Rothery** broke the 10 & Under 50 fly record

NATIONAL RECORD!

Last but not least, four of our 11-12 year old boys broke the National Record in the 4 x 100 medley relay busting past the old record by a whopping 6 seconds! **Congratulations to Aidan Hull, Erik Wright, Graysen Bernard, and Owen Straszynski.**

I hope that everyone enjoys their summer and I really want to stress how proud I am of you! You have all made such a great impact on my life and I am so excited for next season! I will miss those of you not in my group this year, but will cheer for you and will always be here no matter what you need! Thank you so much for our journey this year and I hope I have taught you as much as all of you have taught me! See you in September! :)

Coach Ashley Zaharia





SILVER 2 & BRONZE 2

COACH LUKE HALL



CENTRAL REGION LONG COURSE CHAMPIONSHIP

Central Region was a highlight for the Silver 2 group with 21 swimmers qualifying for the meet:

- **Sophie Andrews:** 800 free; 400 free; 100 free; 200 free; 200 IM
- **Isabella Antonio:** 100 free; 200 free; 100 breast; 200 breast; 200 back; 200 IM
- **Eve Boyer:** 50 free; 100 free; 200 free; 400 free; 100 breast; 200 breast
- **Katie Brown:** 200 breast
- **Rochelle Clayton:** 50 free; 100 free; 200 free; 100 breast; 200 breast; 200 IM
- **Carmina Cornacchia:** 200 IM; 400 IM; 200 free; 400 free; 100 fly; 200 fly
- **Olivia Hill:** 100 breast; 200 breast
- **Amanda Jack:** 50 free; 100 free; 100 breast
- **Veronica Kurkjian:** 50 free; 100 free; 200 free; 800 free; 1500 free; 100 fly
- **Bora Kutun:** 100 breast; 200 breast; 200 IM; 200 back; 100 free; 100 fly
- **Martha LaFontaine:** 200 IM; 400 IM; 100 free; 800 free; 100 fly; 200 breast
- **Julie MacDonald:** 50 free
- **Nolan Marcus:** 50 free; 100 free; 100 breast; 200 breast; 100 fly; 200 fly
- **Connor McSweeney:** 200 fly
- **Kieran McSweeney:** 100 breast; 200 breast
- **Jessica Pearson:** 50 free; 100 free
- **Fiona Rees:** 50 free; 100 free; 200 free; 100 breast; 200 breast
- **Maija Rix:** 50 free; 100 free; 100 back; 200 back
- **Annie Rutherford:** 200 back
- **Robert Taylor:** 50 free; 100 free; 200 free; 400 free; 100 back; 200 IM
- **Andrew Zab:** 200 free; 200 IM; 100 breast; 200 breast; 100 fly; 100 back

There were many standout performances from the Silver 2 qualifiers:

- **Bora Kutun** finished the meet with two Gold Medals and two Silver Medals as well as the High Point scorer for 11 year olds!
- **Nolan Marcus:** 200 fly - 2nd
- **Robert Taylor:** 200 free - 2nd; 100 back - 2nd; 200 IM - 3rd
- **Andrew Zab:** 100 breast - 2nd

There were also several Silver 2 swimmers who made Top 8 finishes:

- **Carmina Cornacchia:** 100 fly and 400 IM
- **Martha LaFontaine:** 800 free
- **Kieran McSweeney:** 100 breast
- **Maija Rix:** 100 back; 200 back
- **Amanda Jack:** 100 breast
- **Olivia Hill:** 200 breast



SUMMER LONG COURSE FESTIVAL

While only four Silver 2 swimmers competed at the Festival Championship, nine swimmers qualified:

- **Sophie Andrew:** 400 free
- **Maija Rix:** 200 back
- **Robert Taylor:** 100 back; 200 back; 50 free; 100 free
- **Andrew Zab:** 200 breast; 100 breast
- **Bora Kutun:** 100 breast; 200 breast
- **Nolan Marcus:** 100 fly; 200 fly
- **Olivia Hill:** 200 breast
- **Fiona Rees:** 50 free
- **Connor McSweeney:** 200 fly

CENTRAL REGIONAL LONG COURSE CHAMPIONSHIP

Despite limited racing opportunities this year, Bronze 2 had a successful long course season. Six swimmers qualified for Central Regions:

- **Luke Abell:** 50 breast; 100 breast
- **Liam Alexander:** 50 free; 100 free; 50 breast; 100 breast
- **Kaya Farhat:** 50 breast; 100 breast
- **Olivia Morello:** 50 breast; 100 breast
- **David Sargeant:** 50 breast; 100 breast
- **Mina Stojanovic:** 100 breast

I am very proud of the entire Bronze 2 group as every swimmer showed great improvement and motivation throughout the season.





SILVER 3, SILVER 4 & GOLD 4

COACH KATE ANDAL



SILVER 3

Silver 3 had some of the most fun, talented and determined individuals with whom I've ever had the pleasure to work. Whether it was working to attain consistency in a new skill or reaching a higher time standard, I could count on the entire group to support one another. This group began the year as friends and acquaintances but grew to be much more than that – they became a team in the truest sense of the word. We had a lot of fun this long course season travelling to many far away pools from **Brock** and **McMaster** all the way to **Montreal!**

We started off the season with the **John Grootveld Sr.** meet where we had many outstanding swims, including **Abbey Wyman** breaking the 3:00 mark for the first time in her 200 free with a time of 2:56.76 -- shaving off nearly 10 seconds! Congratulations also to **Eli Doran** who managed a best time in EVERY event!

We did a great job at the **Dual Meet** at the **McMaster** pool. Special mention to **Hayley Giles; Sophie Dreu; Neville Madill & Findlay Murray** who managed to come top 3 in every event with best times!

We ended the year at **Mayor's Cup** with more great swims including: **Carina Tran** who took time off in her 100 and 200 free; and **Manning Whitby** who broke 2:50 with a time of 2:47.53 in the 200 free!

A big shout out to **Abbey Wyman, Hayley Giles, Sophie Dreu, Megan Maniglio, Hana Morgan, Uma Tong, Grace Valihora, and Neville Madill** for making the Central Region Long Course Championship and representing our group!

We had an amazing year and I look forward to seeing you all in September!





SILVER 4

Silver 4 was such a great group this year! After success during the short course season, quite a few new members joined the Silver 4 team. It was really exciting to see everyone successfully tackle a long course pool.

First, we had the **John Grootveld Sr.** meet where **Katarina Bojic** made a best time in EVERY event!

Then we made the long travel up to the **McMaster** pool for a **Dual Meet** with Oakville and had some very impressive swims. Congratulations to **Ella Kraus** for sneaking under 40.00 in her 50 free for the first time, and breaking the 2:00 barrier in her 100 breast with a time of 1:57.26. We also had some impressive swims from **Luka Pilasanovic** in his 50 free, and 200 back with a time of 1:53.99 -- SMASHING the 2:00 mark.

At **Mayor's Cup** we had outstanding swims from everyone! Congratulations to **Yan Nowaczek** for an impressive 3:06.79 in his 200 free and to **Ata Yilmaz** for breaking 3:40 in the 200 IM with a time of 3:37.41!



GOLD 4

The Gold 4 group had a great year filled with accomplishments. Many swimmers took on the role of 'mentor' to their younger teammates in Silver 4 who trained alongside them. Gold 4 capped off the long course season with **Mayor's Cup** where we had a record smashing attendance and had many best time swims. Congratulations to **Aleah Lyons** for sneaking under the 1:50 mark in her 100 fly with a time of 1:49.37, and to **Saffi Schonberg** for best times in her backstroke events including a time of 1:38.17 in her 100 back.





BRONZE 3

HEAD DEVELOPMENT COACH VICTOR DELAC



The Bronze program had a successful swim season in 2013-2014.

The entire Bronze 3 group (now known as Youth 3) have moved up to either B1 (Y1), B2 (Y2), or Silver 3/4 (Junior 3/4) groups. The mandate of the Bronze 3 program was to have each swimmer develop their stroke technique in all four strokes, turns, race starts, endurance, sportsmanship, and a love for the sport of swimming. I would like to extend a big thank you to **Alex Waite** for her support, commitment and hard work as my assistant coach on deck this past swim season.

A big shout out goes to all the B3 swimmers who successfully completed the 3 km Swim-A-thon in April, raising a lot of money for TSC.



In May, the B3s dominated at the 10-and-under **Guelph** meet (lots of medals were won and some swimmers raced their very first 400 free). At the **Tri-Star Series #3** at U of T, B3 swimmers were fast and cheered loudly for their teammates.

Charlie, Beats, Daghan & Denizhan qualified for the Central Region Long Course Championship in mid

June. All four swimmers achieved personal best times in their 10 and under events, and **Charlie** won the Silver Medal in the 50 free! **Beats** swam a technically perfect 100 breast (she was the fastest 8 and under girl in the event) and **Denizhan & Daghan** were ranked top 10 in the 100 back event. In addition, **Charlie, Daghan & Denizhan** qualified for the Festival Long Course Championship (an astounding accomplishment). Congratulations go out to each B3 swimmer; your high energy and commitment has made this swim season a memorable year.

At the moment we have some TSC swimmers who are training outdoors and working on their stroke technique and fitness at Summerville pool. It has been a chilly August. Despite the weather our TSC campers are a resilient bunch who are sun tanning, enjoying the land sports and having fun at the **Toronto Summer Swim Camp**.

To achieve success in the sport of swimming each Youth (Bronze) swimmer will need to focus on key objectives throughout the course of the upcoming season. The objectives are: 100 percent attendance, self-discipline in training and stroke technique; and willingness to take risks in test sets and race events.

Remember to listen to your coach, enjoy the new experiences on the swim team, and develop new friendships while having fun throughout the course of the season.

Looking forward to a great 2014-2015-swim season.

Victor Delac
Head Development Coach



INTRO WEST & INTRO EAST

HEAD DEVELOPMENT COACH VICTOR DELAC



The INTRO swimmers at Harbord and Riverdale did a fantastic job during the 2013-2014 swim season. The INTRO juniors (8-and-under) and INTRO seniors (9+ years of age) made great strides in a variety of areas such as: stroke technique, fitness, dives, turns, kick and body position, sculling and sportsmanship. They mastered keeping their goggles on after a dive entry and their fitness and endurance improved on deck and in the pool.

Swimmers who participated in the swim-a-thon demonstrated great confidence and resilience in completing the 1-hour endurance swim. Both groups made massive strides in a variety of areas such as: reading and understanding the pace-clock, kick stamina, and goal setting at swim meets. Swimmers showed great improvement in their racing ability in the **Tri-Star Series** meets, in the 10-and-under **Guelph** meet and at the **Mayor's Cup** meet that took place in June.

I have been very impressed overall by the INTRO juniors and seniors commitment to sportsmanship



and willingness to learn. This is due in large part to the assistant coaches who did a great job mentoring and coaching the development group. **A big thank you goes out to the TSC INTRO coaches: Troy, Paige, Alex, and Julia.**

The objectives of the INTRO program are:

- 100 percent attendance; bring all necessary swim equipment to practice and meets
- Self-discipline in training and stroke technique development
- Willingness to take risks in test sets and races
- Development of leadership skills
- Development of short term goals in swimming
- Sportsmanship, team spirit, have fun and make new friends at TSC

At the moment we have some INTRO TSC swimmers who have been training outdoors on their stroke technique and fitness at Summerville pool. It has been a chilly summer, yet despite the weather our TSC campers are a resilient bunch who are sun tanning, enjoying the land sports and having fun at the Toronto Summer Swim Camp.

Looking forward to a great 2014-2015-swim season.

Finally, I would like to share with the TSC community that Kristina and I are expecting our first child in January. We are looking forward to a new chapter in our lives.

Victor Delac
Head Development Coach



WE HOPE YOU ENJOYED THIS EDITION OF KEEP SWIMMING! AS YOU CAN SEE, WE'RE VERY PROUD OF OUR SWIMMERS AND THE ENTIRE TSC TEAM. WE HOPE YOU ARE TOO!

IF YOU HAVE QUESTIONS, COMMENTS OR FEEDBACK, WE'RE HAPPY TO HEAR FROM YOU AT TORONTOSWIMCLUBINFO@GMAIL.COM.

UNTIL OUR NEXT NEWSLETTER, KEEP SWIMMING!

TSC! TSC! TSC!

Rhonda Cohen
Board Member, Communications