

## Age Group Nationals, July 2008

### Rockett Sweeps Distance Events!

Jozwiak and Ramshaw win first ever titles, Treasure back on top.

**Calgary, Alberta.** Mississauga Aquatic Club's Austin Rockett won all three distance events over the course of the four day meet. The 1500, 400, and 800 freestyle events were owned by Rockett showing that he is one of the dominant distance swimmers in the county. Jeremy Bagshaw of Island Swimming and David Dimitrov of Calgary created a great race on the 2<sup>nd</sup> day in the 400 in what would be a last 50 battle to the finish.

Alexandra Jozwiak and Jeremy Ramshaw raced to their first ever National Champion Swims. Jozwiak who is in only her third year of swimming and was competing at the meet for the first time is showing that she is one of the up and coming stars in Mississauga. With pre race antics that resemble the late Victor Davis, Jozwiak shadow boxes and splashes like the best of them. Having fun and winning are both very high on her priority list. Ramshaw battled back from a broken hand and a sprained ankle shortly after the Olympic Trials in April. It was only about three weeks before the meet that we were confident that the recovery was complete. Jeremy raced a perfect race against a tough field of backstrokers. Vanessa Treasure won the national title in the 400 I.M. two years ago in Winnipeg. Vanessa who is known for year commitment and work ethic battled back to the top of the podium once again reclaiming her 400 I.M. Age Group National Champion title.

There were 20 swimmers competing and representing MSSAC at the Age Group National Championships, an increase of 5 swimmers from the 2006/07 season. These twenty swimmers would finish the meet in 11<sup>th</sup> place up 8 places from 19<sup>th</sup> the previous year. Four Mississauga swimmers would earn the title of National Champion. Alexandra Jozwiak (50 free), Austin Rockett (1500 free, 400 free, and 800 free), Jeremy Ramshaw (200 back), and Vanessa Treasure (400 IM). Congratulations 2007/08 National Champs! The 14&under girls medley relay of Isabella Olivares, Janica Lee, Nicolette Goncalves, and Olivia Bellio placed 2<sup>nd</sup> in an exciting battle on the third night. MSSAC also had three more swimmers reach the podium receiving bronze medals, congratulations to Isabella Olivares (100 back), Nicolette Goncalves (100 fly), and Alexandra Jozwiak (100 free). The medal total for the meet including relay and individual was 6 Gold, 1 Silver, and 3 Bronze. All swimmers finishing in the top 8 score points toward the team total and the Mississauga Aquatic Club had many swimmers contribute to this total. Olivia Bellio (100 free), Kim Fleming (50, 100, and 200 back), Martin Matuszczak (100 and 200 breast), Janica Lee (100 and 200 breast), Rachel Sehn (1500 free and 400 I.M.), Austin Rockett (200 free and 200 fly), Jeremy Ramshaw (50 and 100 back), Alexandra Jozwiak (200 free), Isabella Olivares (50 back), Paolina Carnevale (200 fly), Nicolette Goncalves (50 fly), and Vanessa Treasure (200 fly and 200 I.M.).

MSSAC Age Group National Athletes: Austin Rockett, Jeremy Ramshaw, Mark Greenwook, Vanessa Treasure, Kim Fleming, Kim Nguyen, Julia Boron, Alexandra Kalman, Michael Decsey, Martin Matuszczak, Andrew Illmann, Darian Petrov, Taylor Anderson, Janica Lee, Rachel Sehn, Nicolette Goncalves, Olivia Bellio, Isabella Olivares, Paolina Carnevale, Alexandra Jozwiak.

Congratulations!