



MSSAC Swims Great at Regional Championships!

February 5-8, 2009; Etobicoke Olympium

The Mississauga Aquatic Club got off to a great start to the championship season with success at the Central Region Championships. The team performed very well and we are excited about the coming month said Head Coach Mike Rutledge.

Day one started on Thursday evening with the 800 freestyle events. Julia Boron and Michael Decsey would lead the team each with a gold medal. Julia won the senior girls and Michael won the boys 15 year old. Congratulations to both Julia and Michael on becoming Central Region Champion. Jessie Hickey and Matthew Dmytrenko would reach the podium on this night each finishing with a bronze medal.

Day two was more success for the Mississauga Aquatic Club. The day's events would include the preliminaries for the older age group 200 IM, and 400 freestyle for all ages. The day would be highlighted by a bronze medal performance by Melanie McDonald in the 400 free. Many other swimmers would score points by achieving top 8 result including Angela Pan, Alyssa Bellio, Jessie Hickey, Rachel Hickey, Paolina Carnevale, Michael Decsey, and Matthew Dmytrenko.

Day three was the first full day of competition including a morning preliminary session for the older swimmers that included timed final events in the 4x50 free relay and the 400 IM, timed finals in the afternoon for the younger swimmers, and a finals session for the older swimmers. The morning timed finals events were great with the Girls 15 to 17 relays winning Gold and Bronze. The Central Region Champion Relay included Liana Bulte, Erica Dugas, Kim Fleming, and Janica Lee. The Bronze medal winning relay included Kim Nguyen, Kelly Welch, Taylor Anderson, and Lauren Mokry. The boy's senior relay would win silver and this team included Joaquin Rabsium, Carlos Salgado, Andrew Vo, and Darian Petrov. In addition to the relay results, the 400 IM results included a silver by Jessie Hickey, and two bronze by Michael Decsey and Paolina Carnevale. Following the morning performances the older swimmers came back with great success at night in the finals. The finals session was lead by Jackie Chan who won two gold medals in the 100 free and 200 breast. Julia Boron would capture her second Regional title of the meet winning the 100 free. Many other MSSAC swimmers would step up and perform well included Kim Fleming and Andrew Vo each winning two silver medals. Kim was second in the 200 IM and 200 fly, while Andrew was second in the 200 breast and 200 fly. Julia Boron added a silver medal in the 100 back to her growing collection. We had four more medals on the night. Liana Bulte, Taylor Anderson, Darian Petrov, and Joaquin Rabsium all won Bronze medals with great swims.

Stephanie McDonald would capture the only gold medal for the younger session with a great swim in the 100 fly. Congratulations Stephanie on becoming Regional Champion. The team

would continue its day of success with Alyssa Bellio, Lucia Namgoong winning silver medals, Alyssa in the 200 IM and Lucia in the 200 breast. The 10& under girls relay of Stephanie McDonald, Kate Trudeau, Jessica Stoyan, and Angela Pan would also win silver on this day. Bronze medal winners included Melanie McDonald in the 100 free and 200 fly, Megan Vuong in the 200 breast, Isaac Crowe in the 200 IM, JC Smith in the 100 back, Yasha Sinitski in the 200 fly, and the 11 & under boys relay of Victor Truong, Abdullah Ahmad, Rodrigo Villalobos, and JC Smith.

The total medal count with one day to go was: 7 Gold, 10 Silver, and 17 Bronze.

Day four and the final day of the meet would follow the same format as day three with the older swimmers having morning preliminaries and night finals, and the younger swimmers all timed finals in the afternoon. The morning session brought more relay success with MSSAC winning the senior girls 4x50 medley and placing second in the senior boys 4x50 medley. The girls relay included Julia Boron, Taylor Anderson, Lauren Mokry, and Liana Bulte, and the boys relay included Joaquin Rabsium, Darian Petrov, Andrew Vo, and Carlos Salgado. Great job! Matthew Dmytrenko would win the bronze in the senior boys 1500 free as well.

Stephanie McDonald and Lucia Namgoong lead the afternoon session each winning a gold medal, Stephanie in the 50 fly and Lucia in the 100 breast. The girls 10 & under relay of Paige Hillis, Angela Pan, Stephanie McDonald, and Laura Johnston would also win gold. The boy's relay team of JC Smith, Sasha Svitak, Rodrigo Villalobos, and Victor Truong won silver. Other silver medal winners included Julia Matuszczak in the 200free, Victoria Gardiner in both the 200 free and 200 back, and Alyssa Bellio in the 400IM. Victor Truong, Kassandra Espinola, Alyssa Bellio, and Melanie McDonald would add to the medal total each winning a bronze on this day.

The final session of the meet brought more medals with Julia Boron and Jessie Hickey each winning gold, Julia in the 200 free and Jessie in the 200 back. Taylor Anderson, Darian Petrov, Julia Boron, and Erica Dugas would add silver medals to the total and Jessie Hickey would win a bronze.

Congratulations to Julia Boron and Jackie Chan who each won the high point award for their respective age groups.

Congratulation to MSSAC on a fourth place overall finish in a very close meet. The top four teams were very close in point which made for an exciting meet.

Congratulations to all swimmers qualifying to go on to the Provincial Championship in three weeks.

MSSAC now has 44 swimmers eligible for the meet.

We are looking forward to continued success in the championship season!