

## **Mississauga Aquatic Club has great showing at Youth Cup!**

Vanessa Treasure leads MSSAC to strong start on day 1. Vanessa broke two MSSAC club record on Thursday night one in the 200 IM and the other in the 200 fly, as well as a bronze medal in the 800 free. Alexandra Jozwiak usually reserved to the sprint distances powered her way to victory in the 800 free. Additional medal winners in the distance swims included Austin Rockett (bronze), and Rachel Sehn (silver). The MSSAC 12&under girls relay of Alexandra Jozwiak, Megan Vuong, Jessie Hickey, and Melanie McDonald won gold with a dominant victory in the 4x50 free relay. In addition to these results we also had numerous swimmers advance to the finals for Friday and Saturday night.

Friday morning was another great session. Nicolette Goncalves broke her own club record in the 100 fly set the previous weekend dropping her time by another half second. Nicolette is currently ranked number one in Canada in that event. The 12 & under trio of Alexandra Jozwiak, Jessie Hickey, and Megan Vuong came first, second, and third in the 200 free with Victoria Gardiner also in the top 8. Not many clubs will do that! Alexandra, Jessie, and Megan would then team up with Kassandra Espinola to win the 4x100 free relay for 12&under girls. Great Job!

Friday finals were highlighted by Nicolette Goncalves breaking her own club record set in the morning in the 100 fly and finishing in second place, Isabella Olivares placing third in both the 200 free and 200 back, and Austin Rockett finishing in third winning the bronze in the 200 back. Two club relay records were broken, the first was the 13&14 girls 4x100 free relay of Olivia Bellio, Alexandra Jozwiak, Isabella Olivares, and Nicolette Goncalves, and the second was the 15-17 4x100 free relay of Liana Bulte, Julia Boron, Janica Lee, and Vanessa Treasure.

Saturday morning would pick up right where we left off. Alexandra "Ola" Jozwiak would continue her winning ways and add gold in the 400 free and 100 free. Ola would add herself to the growing list of girls that swim faster than one minute in the 100 free breaking the club record previously held by Jackie Chan by .01 of a second. The 4x50 medley relay of Jessie Hickey, Gillian Wu, Megan Vuong, and Ola won gold again. Jessie Hickey won the bronze in the 400 free as well. Stephanie Ly qualified for the Provincial championships and Vanessa Treasure added herself to the under one minute club for 100 free.

Saturday finals were very exciting with plenty of great results. Austin Rockett won the bronze in the 400 free in a time of 3:58.96. Isabella became the current leader in the 100 free club rankings posting an outstanding time of 58.76, and Olivia Bellio would also add herself to the under one minute 100 free club. Paolina Carnevale battled in a great 200 fly to take the bronze medal in a time of 2:23.81 and qualifying for the Western Canadian Championships. Martin Matuszczak also competed very well in the breaststroke events qualifying for the Western Canadian Championships in both the 100 and 200 breast.

Sunday finished well with gold medals from Alexandra Jozwiak (50 free), Nicolette Goncalves (50 fly), and the 12 & under girls 4x100 medley relay of Jessie Hickey, Gillian Wu, Megan Vuong, and Alexandra Jozwiak. The girls relay also broke the club record. Well done! Silver Medal winners on Sunday were Vanessa Treasure in the 400 IM with a new club record and a time of 4:51.30 and Austin Rockett 400 IM. Bronze medal winners were Isabella Olivares (400 IM and 50 free) and two relays, the first was the 13 & 14 girls 4x100 medley of Isabella Olivares, Rachel Sehn, Nicolette Goncalves, and Olivia Bellio, and the second was the 15-17 girls 4x100 medley of Kim Fleming, Janica Lee, Vanessa Treasure, and Julia Boron.

We had many great swims at Youth Cup and many swimmers performing well but not quite reaching the top three. Taylor Anderson continue with her great form from two weeks earlier with strong performances in the 100 and 200 breaststroke, Michael Decsey improved his 50 and 200 back starting to become very competitive making finals in all three backstrokes, Kim Nguyen was swimming best times throughout the meet narrowly missing the final a couple of times, Andrew Vo had strong performances in the fly events with all best times, Darian Petrov was best times in the breaststroke events, Matthew Dmytrenko was best time in all his events including the 1500 and 400 free. Isaac Crowe, Chinmay Patil, Victor Truong, and Yasha Sinitski are all up and coming boys in Mississauga and we look to them to chase the older swimmer and become the future leaders.

Great swimming at the fall meets and we look forward to the championship season!