



Victoria Amateur Swim Club

1990/1991

The Victoria Amateur Swim club held its annual Awards night for the 1989 / 1990 season on September 30th 1990.



Vic-O's and Cohoes are the only two clubs left from a group of island swimming clubs, formed in 1988, still competing as Island Swimming.

At the Fall Nationals in Montreal November (World Trials) 11th – 17th 1990 Jon Kelly 1st – 200 Fly, Brett Regan 3rd – 400 Free, Stephan Shumka 3rd 100 Breaststroke, Nikki Dryden 1st – 100 back, 3rd – 200 back, 3rd – 400 free, Lisa Woods 3rd 200IM, medaled and represented the club

The 1991 World Aquatic Championships were held in Perth Australia January 3rd to 13th, four Island Swimmers Nikki Dryden (6th – 4 X 100 Med relay), Corinne Leidtke, Jon Kelly, Greg Steppel (long distance) and a distance coach, Ron Jacks, made the team.

At the 1991 Winter National in Calgary February 20th to 23rd Nikki Dryden set a new Commonwealth and Canadian record in the 200 backstroke (2:12.18), won the 100 back, and finished third in the 100 backstroke and the 400 Free. Also Jon Kelly 1st -200 Fly, Stephan Shumka 3rd – 50 Breaststroke medaled and represented the club.

The 1991 Short Course TAG Club Ranking put Island Swimming 4th overall in the country. (coaches are listed as Ron Jacks et al)

The 1991 Long Course TAG Club Ranking put Island Swimming 4th overall in the country. (the coach is listed as Ron Jacks)

SWIMMING

B.C. CHAMPIONSHIPS
Island Swim Club Results
(At Crystal Pool)
Women
 1,500 Freestyle Senior: 1. Shannon Brown, 18:23.72; 2. Senta Kaiser, 18:50.07; 4. Samantha McKay, 19:45.59.
 800 Free Senior: 2. Shannon Brown, 9:22.61; 5. Senta Kaiser, 9:45.55; 6. Carla Morris, 9:56.44.
 400 Individual Medley: 2. Carla Morris, 5:30.12; 5. Samantha McKay, 5:43.74; 8. Megan Gilmour, 6:02.93.
 400 Free Senior: 1. Tanya Tighe, 4:28.52; 3. S. Brown, 4:35.48.
 400 Free: 2. Senta Kaiser, 4:46.46.
 400 IM Senior: 1. Anna Leong, 5:13.18; 7. A. Downing, 5:33.01.
 200 Butterfly Senior: 1. Tanya Tighe, 2:25.58; 4. A. Downing, 2:33.71.
 200 Fly: 2. Carla Morris, 2:33.32; 7. Megan Gilmour, 2:54.90.
 200 Free Senior: 1. Tanya Tighe, 2:28.86; 2. Allison Barriscade, 2:28.86; Marlene Prill, 2:38.48.
 200 Back: 6. Senta Kaiser, 2:40.00.
 200 Breaststroke: 6. Samantha McKay, 3:01.73.
 200 IM: 4. Carla Morris, 2:36.69.
 200 Relay-Medley Senior: 1. Suzanne Weckend, Allison Barriscade, Christine Petelski and Sara Gjosund, 2:10.85; 3. Marlene Prill, Anna Leong, Tanya Tighe and Kate Brambley, 2:16.84.
 200 R-Free Senior: First, 1:57.21 and third 1:59.73 place.
 100 Fly Senior: 1. Allison Barriscade, 1:06.94; 2. Tanya Tighe, 1:07.19.
 100 Fly: 3. Carla Morris, 1:11.38.
 100 Back Senior: 1. Suzanne Weckend, 1:06.10; 3. Allison Barriscade, 1:09.27.
 100 Back: 7. Senta Kaiser, 1:16.88.

100 Breast Senior: 3. Anna Leong, 1:21.77; 4. Christine Petelski, 1:21.85.
 100 Free Senior: 2. Kate Brambley, 1:02.14; 5. Sara Gjosund, 1:03.55.
 50 Free Senior: 1. Sara Gjosund, 28.85; 2. Kate Brambley, 28.87.
 2:07.35; 6. Shannon Brown, 2:15.84; 8. Kate Brambley, 2:17.12.
 50 Breast Senior: 2. Christine Petelski, 38.52.
 50 Back Senior: 5. Marlene Prill, 35.02.
 50 Fly: 3. Carla Morris, 32.21.
Men
 400 IM Senior: 1. Brett Regan, 4:46.33; 5. Greg Downing, 5:16.20.
 400 Free Senior: 1. Brett Regan, 4:12.09; 6. Michael Calkins, 4:44.86.
 400 Free: 6. Graeme Last, 4:35.24.
 200 IM Senior: 5. Jason Abel, 2:24.29.
 200 R-Medley Senior: 1. Greg Downing, Ian White, Mike Calkins and Brett Regan, 1:58.44.
 200 R-Free Senior: Third, 1:46.34.
 200 Back Senior: 4. Mike Edgson, 2:23.25.
 200 Back: 7. Matthew Lawrie, 2:41.05.
 200 Fly Senior: 3. Brett Regan, 2:16.09; 4. Mike Edgson, 2:19.52.
 200 Breast Senior: 2. Jason Abel, 2:32.27; 3. Ian White, 2:35.82.
 200 Free Senior: 1. Brett Regan, 1:58.08.
 100 Breast Senior: 3. Ian White, 1:12.25; 4. Jason Abel, 1:13.68.
 100 Free Senior: 7. Michael Calkins, 59.46.
 100 Free: 2. Graeme Last, 56.94.
 100 Fly Senior: 2. Brett Regan, 1:00.69; 6. Mike Edgson, 1:02.95.
 100 Back Senior: 2. Brett Regan, 1:03.35; 6. Mike Edgson, 1:08.33.
 50 Breast Senior: 4. Ian White, 32.90; 5. Jason Abel, 33.48.
 50 Back Senior: 5. Matthew Lawrie, 34.38.
 50 Free: 4. Graeme Last, 26.14.
 50 Fly: 4. Mike Edgson, 28.17.

On the weekend of July 19-21 1991, two members of Island Swimming, Michael Calkins (11-12) and Suzanne Weckend (13-14), each set three individual BC Age Group Long Course records. Michael set records in the 50 Freestyle, 100 Freestyle and the 200 Freestyle while Suzanne set records in the 100 Backstroke, 200 Backstroke and the 200 IM. All these records still stand.

At the Summer Nationals (Pan Pacific trials) in Vancouver July 31st to August 3rd Nikki Dryden was a women's triple winner as she won the 100 and 200 backstroke plus the 800 freestyle. As a result of this meet Nikki Dryden was named to the Pan Am team (2nd in the 100 and 200 back, 2nd - 4 X 200 free relay) and was named to the Pan Pacific Team. Also Suzanne Weckend finished second in the 100 Back and the women's Freestyle relay team finished 3rd overall.

Aug 3 1991

Nikki Dryden earned a trip to Edmonton on Friday but the Victoria swimmer wasn't too upset about not being able to make it. Instead, she leaves tonight for Havana, Cuba, as a member of Canada's Pan-American Games swimming team. "I decided after the winter nationals I wanted to go to Pan-Ams because I wanted to have a bit of a summer," said Dryden, who

qualified Friday for the Aug. 22 Pan Pacific championships in Edmonton by winning the 100-metre backstroke at the Canadian summer national championships at Vancouver Aquatic Centre. Suzanne Weckend, 14, of Victoria's Island Swimming finished second to teammate Nikki Dryden Friday in the 100-back. Weckend qualified for the Pan-Pacific team. Dryden was named earlier to the Pan-American Games team, meaning the Pan Pacific spots go to her 14-year-old Island Swimming teammate Suzanne Weckend who finished second Friday. Dryden won the race in one minute, 04.70 seconds, followed by Weckend in 1:05.93. At the winter nationals in Calgary earlier this year she won gold in the 100 and 200-metre backstrokes in the short-course, 25-metre pool.

1991/1992

At the Canadian Winter Nationals at Winnipeg, Feb 20-24 1992, Nikki Dryden 16, of Victoria, did the best job of mining for individual gold, taking four first-place finishes – 1st in 200 Backstroke, 1st in 400 Freestyle, 1st in 800 Freestyle including a Canadian record time of 1:01.65 in the 100-metre backstroke breaking the record of 1:01.92 which she had set in the morning heats. The old record set by Anne-Maire Anderson of Toronto was 1:02.03. Other members of Island Swimming were Suzanne Weckend (3rd in the 50 Back, 3rd in 100 Backstroke), Allison Barriscale, Tanya Tighe, Cathrine McQueen, Sarah Gjosund, Shannon Brown, Paula Schulman, Corrine Liedkte, Brett Regan 3rd – 400 Free, Ian White and Jon Kelly. The women's 4 X 200 freestyle Relay team finished 1st. Island Swimming Club finished 4th overall and won the top women's team award banner with 355.5 points. Nikki Dryden was named top Canadian Female Swimmer of the meet and was also awarded the BC Swimmer of the meet.

At the Olympic Trials in Montreal in May 14-17 1992 Nikki Dryden 17 qualified for the Olympic Games in Barcelona July 25th – August 6th in the 100 Free (3rd), the 100 (2nd) and 200 Backstroke (1st) and the 400 Freestyle (1st). Other Island Swimmers competing there were Greg Streppal (5th in 1500 Freestyle) and Suzanne Weckend (6th in 200 Backstroke).

A total of 201 swimmers representing 24 clubs swam in the BC Long Course Championship July 4/5 1992 at the Crystal Pool. Michael Calkins and Suzanne Weckend also set BC and Canadian Long Course records. Michael's Canadian and BC record was in the 100 Butterfly for 11-12 boys with a time of 1:03.26 and Suzanne's Canadian record was in the 100 Backstroke for 13-14 girls with a time of 1:02.21. Michael's BC record was in the 100 meter Freestyle for 11-12 boys with a time of 57.69 and Suzanne's BC record was in the 200 Backstroke for 13-14 girls with a time of 2:14.39. These records still stand today. Island Swimmers who finished in the top 8; Brett Regan, Graeme Last, Jason Abel, Greg Downing, Ian White, Michael Calkins, Mike Edgson, Mathew Lawrie, Tanya Tighe, Suzanne Weckend, Allison Barriscale, Shannon Brown, Senta Kaiser, Marlena Prill, Samantha McKay, Carla Morris, Megan Gilmour, Anna Leong, Christin Petelski, Sara Gjosund and Kate Bramley.

Summer Nationals were held in Brantford on July 16th to 19th 1992 with 539 swimmers competing (the Olympic team was not involved). Other Island Swimmers competing there were Brett Regan 2nd - 400 Free, Jon Kelly 3rd – 200 Fly, Suzanne Weckend 1st – 100 Back,

3rd – 200 Back and the women's 4 X50 Freestyle relay team finished 3rd overall. Island Swimming finished 9th overall.

The 1992 Long Course TAG Club Ranking put Island Swimming 2nd overall in the country. (coaches are listed as Ron Jacks et al)



The Olympic Games were in Barcelona Spain in August of 1992 and Nicki Dryden represented the club and was scheduled to compete in the 100- and 200-metre backstrokes, the 200M freestyle and 4x100M freestyle relay. At the Olympics Nikki best finish was in the women's 4 X100 Medley Relay team finishing 6th (setting a new Canadian record) and in the 4 X 100 Freestyle Relay finishing 8th.



Nicki Dryden

1992/1993

In 1992-1993 Dorothy Liedtke was the President of the VASC. In 1992/1993 Island swimming is made up by VASC / Victoria Olympians, Juan de Fuca Cohoes and Nanaimo Riptides.

At the Winter Nationals in Saint John NB, Feb 24th to 25th 1993 Nikki Dryden and Allison Barriscale set BC Age Group records. Nikki set age group records in the 15-17 and senior age group in the 400 Freestyle (1st) and the 800 (1st) Freestyle and winning the 200 back, and 2nd in the 200 Fly while Allison set a 15-17 age group record in the 400 IM finishing 3rd. The women's 4 X 200 Freestyle relay team finished 2nd overall. Nikki's records stood for ten years until this year (2003) when Brittney Reimer broke them.

The 1993 Short Course TAG Club Ranking put Island Swimming 7th overall in the country. (coaches are listed as Ron Jacks, Buntain and Lancaster)

At the Corel Summer Nationals (Pan Pacific trials) in Edmonton July 28th to 31st 572 swimmers competed. Island Swimmers selected for the Pan Pacific team were Nikki Dryden 2nd – 800 Free, 3rd – 200 Back, Suzanne Weekend 1st – 100 Back and Greg Steppel 3rd – 400 Free, 1st – 800 free, with Ron Jacks chosen to be Head Coach.

Aug 5 1993

Island Swimming's Greg Streppel won the men's 800-metre freestyle while teammate Suzanne Weekend took gold in the women's 100-metre backstroke to earn trips to Kobe, Japan, Aug. 12-15. Teammate Nikki Dryden also will be heading to Japan after earning a silver (800 free)

and bronze (200 backstroke). Meantime, another 24 swimmers were chosen to be part of Team B.C. at the Canada Summer Games Aug., 8-21 in Kamloops.

The 1993 Long Course TAG Club Ranking put Island Swimming 8th overall in the country. (coaches are listed as Ron Jacks, Buntain and Lancaster)

1993/1994

In 1993-1994 Dorothy Liedtke was the President of the VASC.

Island Swimming club awards for the 1992 / 1993 season; Greg Streppel was named the club's senior male swimmer of the year during its awards ceremony. Suzanne Weckend, 16, who made the Commonwealth Games and world championship teams, was named the Island Club's senior female swimmer of the year and also top 15-17 girl. Another rising Island Club star Kate Brambley shared top 13-14 girl with Jenny Foreman for her dominance at the world level this season. Other Island Club award winners Tuesday were: Michael Calkins, top 15-17 male; Jenny Foreman (shared with Brambley), top 13-14 female; Ricardo Lacelle, top 11-12 male; Kellie Rolston, top 11-12 female; Andrew Callow, top 10-and-under male; and Danielle Bell, best 10-and-under female.



Saanich Commonwealth Place

Nov 14 1993

by Darron Kloster - Times-Colonist staff - Debra Brash photos (also on A9) It is an awesome place.

From the massive 50-metre twin pools and ivory-white diving towers right down to the Indian artwork, the fountains and blue water guns, Saanich Commonwealth Place is a piece of aquatic heaven on earth. There is obvious beauty to this cavernous complex with its bright, blue-tiled pool bottoms, ample natural light and walls that flow with Roy Vickers' multi-colored murals. But the prime perk of the pool is in its versatility. "It caters to two sets of needs," says Island Swimming coach Ron Jacks, whose Victoria club who will be one of the pool's regular users. "You can have competitive swimmers training over here and the recreational side over there." No conflicts. Everyone's separated. Everyone's happy. That's the beauty, he says. In a nutshell, that is the beauty of Saanich Commonwealth Place, which is

scheduled to officially open Nov. 25. But there's much more. When the Commonwealth Games are over, the athletes go home and the August hype fades into history, residents here have the legacy of a lifetime. The water is only a part of this place, which was built for \$22.5 million. Inside its 11,200 square-metre layout is a library, a full- sized gymnasium, meeting rooms, space for offices, aerobics and weights and a cafe. That's not to mention space for potential private businesses; space made available when the seating is reduced from 2,700 to 800 after the Games. From a competitive standpoint, the pool is of world-class calibre and, in many ways, a front-runner in design and technology. What gives it immediate international esteem is its dual tanks. The main 50-metre pool will be used for racing during the Commonwealth Games while the adjacent tank doubles as an eight-lane (6x50m and 2x25m) warmup area as well as main diving tank and synchro pool. The size of the warmup area alone gives the Saanich pool a place among the world's best

Nov 14 1993

by Darron Kloster - Times-Colonist staff Dorothy Liedtke stands in the middle of Commonwealth Place Pool smiling like the kid who just got everything she ever wanted for Christmas. The president of Victoria's largest competitive swim club has every reason in the world to smile. Christmas has come early for the Victoria Olympians. About 50 of the club's 86 members will be moving into the new Commonwealth Place Pool by Dec. 1, essentially pulling the plug on their long and sometimes frustrating association with Victoria's Crystal Pool. While the new Saanich pool teems with new swim club life, Crystal's inner-city facility won't exactly be idle. Although Liedtke says Vic-O's pullout will cut the training time there by more than half, the club's remaining 26 junior swimmers will continue to train at Crystal.

The smaller Coho Club, which caters to a membership of 65, will also use the new pool, but keep the bulk of their team at Crystal and their 25-metre home pool at Juan de Fuca. Island Swimming, which includes provincial- and national-ranked athletes from both clubs as well as the program at UVic, will be the main tenants at Commonwealth Place. The club also features the Olympic Way program, which is an introduction to competitive swimming for ages six to 10, as well as development levels, sprint and water polo groups and masters swimming programs.

"There's no comparison. The best thing is [Commonwealth Place] can serve both recreational and competitive. We can co-exist. Before, that was very difficult." The new pool also raises the profile of swimming in Victoria, and has already paid off with some impressive dates that won't only help swimmers but local officials and volunteers improve their skills. B.C. Age Group Championships are slated for Jan. 15-16, featuring AAA-timed athletes. The Canadian Interuniversity Athletic Union championships are scheduled March 11-19. The Canadian winter nationals, serving this year as a team selection for the Commonwealth Games, go March 5-9. More than 500 athletes, as well as Scotland's national team, are taking part. Pre-Games meets for diving (April 28-May 1) and synchronized swimming (April 6-10) are also planned. The Saanich Aquatics Invitational, combining the three sports, will precede the Games July 2-4.

Jan 13 1994, Olympic Way gets newcomers into competition. Quick, now, who holds the bragging rights as the first swimmers to take part in a competitive meet in the new Saanich Commonwealth Place pool? Give up? It's a gang of Olympic Way youngsters ranging in age

from six to 10. They raced each other in the first of a series of monthly meets at Commonwealth Place in December. OK, so there weren't any big-name athletes churning up the water in Victoria's showpiece venue for next August's Commonwealth Games. But what better way to competitively baptize a facility that probably will get more community use than any other Games site? And anyway, these youngsters are no slowpokes. The Olympic Way program, started a decade ago, is designed to point them toward competitive swimming by teaching them basic racing techniques in the four strokes - back, breast, freestyle and butterfly - as well as starts and turns. To get into the program, youngsters must complete all levels of Red Cross swimming. After that, they work their way up through four levels of Olympic Way - green, bronze, silver and gold - at which point they're ready to compete under the Island Swimming banner. Island Swimming is an umbrella organization embracing such clubs as the Juan de Fuca Cohos, the Victoria Olympians, the Victoria Amateur Swim Club and the Vikes Swim Club at UVic. Island Swimming also sponsors Olympic Way at five Greater Victoria pools - Commonwealth Place, Crystal, Oak Bay, Juan de Fuca and Gordon Head.



In 1994 the Commonwealth Games trials were held on March 6th – 10th in Victoria and at a brand new pool, Saanich Commonwealth Pool, which was built to host the aquatic events for the Commonwealth Games held later on in the year, August 18th – 28th 1994. Island Swimmers who competed in the meet were Suzanne Weckend, Nikki Dryden, Christen Petelski, Regan Petelski, Jenny Foreman and ?

Island Swimming finished 9th overall with 253 points and 3rd in the women's team standing. 662 swimmers competed representing over 100 clubs. Nikki Dryden 18 1st - 800 Freestyle, 3rd – 3rd 400 Free, Dino Verbrugge 19 and Suzanne Weckend 16 2nd – 200 Back and were chosen to represent Canada at the Commonwealth Games in Victoria. Katie Bramley was chosen to the Eight-Nations team, for developing youth swimmers, to represent Canada in Cadiz, Spain April 2nd – 3rd 1994.

Mar 11 1994 - VICTORIA -- B.C. swimmers filled eight spots on the 39-member Commonwealth Games team when the complete squad was officially announced Thursday. After five days of trials at the new Saanich Commonwealth Place Pool, 28 swimmers had qualified automatically on the basis of winning individual events or placing in the top four of the 100 or 200 freestyle races. That left Swim Canada to fill out the roster with the best silver and bronze medal finishers. And Suzanne Weckend of the Island Swim Club of Victoria, Stephen Baird of the Pacific Dolphins of Vancouver and Dino Verbrugge of the Hyack Swim Club of New Westminster were able to grab three of those additional berths. Swimmers from B.C. clubs who qualified earlier were Nikki Dryden of the Island Club and Glencora Maughan, Donna Wu, Brett Creed and Kevin Draxinger of the Dolphins. Also on the team are Turlough O'Hare of Richmond and Steve VanderMeulen of Vernon, who currently are training with clubs outside the province. O'Hare, the Canadian record holder in the men's 200-metre freestyle, is a student at the University of Toronto and represents the North York Aquatic Club. VanderMeulen competes for the University of Calgary Swim Club.

At the Commonwealth Games in Victoria, Nikki Dryden 4th – 400 Free, 3rd – 800 Free, 7th 200 Back and Suzanne Weckend 5th – 200 back competed for the club.

May 26-29 1994 Winnipeg - Victoria swimmer Kate Brambley picked up four awards Sunday at the Canadian Youth Championships, including for overall high achiever in women's events. Brambley, who won the 100-metre freestyle on Saturday and swept both 200 and 800 freestyle events Sunday, also won awards for best distance, mid and sprint freestyle swimmer. Island Swimming results:: 100-breaststroke: Jenny Foreman, 4th, 1:15.27 200-free: Kate Brambley, 1st in 2:08.53. 800-free: Kate Brambley, 1st in 9:03.66. 4x100 medley: Isl. Swimming, 3rd, 4:37.21 Saturday Results 100- freestyle: Kate Brambley, 1st in 59.11. 400-IM: Jenny Foreman, 1st in 5:06.69. 200-butterfly: Kate Brambley, 5th in 2:26.99; Amanda Downing, 6th in 2:27.24; Kellie Rolston, 7th in 2:27.36.

Island Swimming finished second in the team standings at the B.C. Age-Group Long Course Championships held last weekend Jul 8-10 1994 at the Vancouver Aquatic Centre. The Pacific Dolphins, comprised of Vancouver club swimmers, won the meet while the University of Calgary placed third. Some of Island Swimming's best results included: 14-year-old, Amanda Downing, who won medals in eight of her nine swims, including a gold; 12-year-old Jesse Jacks, who achieved personal-best times in all of his swims and earned four medals, including one gold; 12- year-old Ricardo Lacelle, who captured two golds and two bronze; 13- year-old Kellie Rolston, who won four medals and swam six personal bests; and 12-year-old Courtney Webster, who swam to a gold on Saturday after fracturing an ankle Thursday. Island top-three results: Amanda Downing, 13-14 - first in 400 IM, 5:11.82; second in 200 breast, 2:54.76; second in 200 IM, 2:31.28; second in 400 Free 4:44.41; second in 100 fly, 1:09.33; second in 200 free, 2:15.48; second in 200 fly, 2:27.45; third in 800 free, 9:44.12. Meredith Handysides, 13-14 - third in 50 free, 29.38. Katie Hopkins, 10-and-under - third in 100 fly, 1:28.23; third in 50 free, 33.64. Jesse Jacks, 11-12 - first in 400 free, 4:46.79; third in 200 free, 2:18.43; second in 200 fly, 2:33.33; third in 1,500 free, 19:25.46; second in 100 fly, 1:09.98. Ricardo Lacelle, 11-12 - third in 200 breast, 2:54.43; first in 200 IM, 2:33.14; third in 100 breast, 1:20.44; first in 400 IM, 5:22.71. Terence Nathan, 11-12 - Second in 1,500 free, 19:07.21. Kellie Rolston, 13-14 - third in 400 IM, 5:24.30; third in 200 free, 2:17.35; third in 200 fly, 2:28.31; second in 800 free, 9:43.70. Erich Schmitt, 10-and-under - third in 100 back, 1:27.70. Erin Stewart, 11-12 - first in 100 back, 1:16.30; second in 200 back, 2:44.62. Courtney Webster, 11-12 - first in 100 breast, 1:22.77.

At the 1994 World Aquatic Championships in Rome Nikki Dryden 5th – 4 X 200 Free Relay, Suzanne Weckend, Kim Dyke and Greg Streppel along with Open Water Coach Ron Jacks represented the club. Greg Streppel was the gold medalist in the World Championship 25kilometer race in Rome Italy in 1994 with a time of 5 hours, 35minutes, 26 seconds. Greg Streppel has the medal of a lifetime. Now he has lifetime membership in his club. Streppel, whose championship in the men's marathon represented Canada's lone gold medal this summer at the world aquatic championships in Rome, was made a special honorary life member of the Island Swim Club on Tuesday. Streppel was also named the club's senior male



swimmer of the year during its awards ceremony. But Rome is what Streppel will be remembered for. Last week, he was named top male athlete of the year by the Aquatics Federation of Canada.

Jun 9 1994 - Pointe Claire captured the women's team title at the recent Canadian Youth Swimming Championships in Winnipeg, compiling 371 points to finish ahead of Island Swimming from Victoria, B.C. (353), and Markham Aquatic Club from Ontario (222).

Jul 15 1994

Times-Colonist news services Vancouver - Island Swimming finished second in the team standings at the B.C. Age-Group Long Course Championships held last weekend at the Vancouver Aquatic Centre. The Pacific Dolphins, comprised of Vancouver club swimmers, won the meet while the University of Calgary placed third. Some of Island Swimming's best results included: 14-year-old, Amanda Downing, who won medals in eight of her nine swims, including a gold; 12-year-old Jesse Jacks, who achieved personal-best times in all of his swims and earned four medals, including one gold; 12-year-old Ricardo Lacelle, who captured two golds and two bronze; 13-year-old Kellie Rolston, who won four medals and swam six personal bests; and 12-year-old Courtney Webster, who swam to a gold on Saturday after fracturing an ankle Thursday. Island top-three results: Amanda Downing, 13-14 - first in 400 IM, 5:11.82; second in 200 breast, 2:54.76; second in 200 IM, 2:31.28; second in 400 Free 4:44.41; second in 100 fly, 1:09.33; second in 200 free, 2:15.48; second in 200 fly, 2:27.45; third in 800 free, 9:44.12. Meredith Handysides, 13-14 - third in 50 free, 29.38. Katie Hopkins, 10-and-under - third in 100 fly, 1:28.23; third in 50 free, 33.64. Jesse Jacks, 11-12 - first in 400 free, 4:46.79; third in 200 free, 2:18.43; second in 200 fly, 2:33.33; third in 1,500 free, 19:25.46; second in 100 fly, 1:09.98. Ricardo Lacelle, 11-12 - third in 200 breast, 2:54.43; first in 200 IM, 2:33.14; third in 100 breast, 1:20.44; first in 400 IM, 5:22.71. Terence Nathan, 11-12 - Second in 1,500 free, 19:07.21. Kellie Rolston, 13-14 - third in 400 IM, 5:24.30; third in 200 free, 2:17.35; third in 200 fly, 2:28.31; second in 800 free, 9:43.70. Erich Schmitt, 10-and-under - third in 100 back, 1:27.70. Erin Stewart, 11-12 - first in 100 back, 1:16.30; second in 200 back, 2:44.62. Courtney Webster, 11-12 - first in 100 breast, 1:22.77.

At the Summer Nationals in Etobicoke July 28th to 31st these Island swimmers medaled: Greg Streppel 3rd – 1500 Free, Nikki Dryden 3rd – 1500 Free, 1st – 200 Back.

1994/1995

In 1994-1995 Russ Rolston was the President of the VASC and Ann Meyers was Secretary.

At the Corel Winter Nationals in Montreal February 25th – 28th 1995 season, nine women and three men qualified, Katie Brambley, Suzanne Weckend, Allison Barriscale, Kellie Rolston, Christin Petelski, Marlena Prill, Jenny Foreman, Andrea Wright and Michael Calkins were

part of that team. The first day Kate Brambley won the 400 Free in 4:10.77 while Suzanne Weckend got the bronze in the 100 Back in 1:02.67. Allison Barriscale showed that she is on the come back with two final swims and two personal best times in the 100 Back (1 :02.88) and the 200 Fly (2: 17.19). Kellie Rolston finished the night swims with a fifth place in the 200 Fly consolations finals. The women's freestyle relay team finished 2nd overall.

Christin Petelski managed to take two seconds off her best time and qualify for the consolation finals. At night she won the "B" finals in a new club record of 1: 11.34. Allison was a finalist in the 400 I.M., while Kate and Marlena Prill made consolations in the 100 Free (57.15) and 400 I.M. (4:56.37). The relay that night was the 4X200 Free, and like all our relays in the meet, we swam excellent! Kate lead off in a new club record for the 200 Free (1 :59.74) and after Marlena and Suzanne swam, Allison finished the race with the silver medal and another club record (8: 14.78). The third day Mike Calkins lead the morning off with a 1: 51. 78 finalist swim. At night Kate picked up a second in the 200 Free (2:00.85) and Suzanne picked up a third place in the 200 Back (2: 11.83). Allison was fifth in the 200 Back (2: 14.14) and Mike was 8th in the 200 Free. Our 4 X 100 Free relay with Kate, Suzanne, Allison and finishing with Jenny Foreman was another successful 5th. The last day of the meet brought two more medals for Island Swimming. Christin got a bronze in the 200 Breast (2:29.84) and the medley relay made up of Suzanne, Christin, Allison and Kate won the silver (4: 14.22). Both of these swims were new club records. In other swims, Kate placed fourth in the 800 Free and Jenny was 5th in the consolation finals of the 200 Breast. Overall the women's team was 2nd and the club was 3rd in the combined placings.

At this meet Katie Brambley set a BC Age Group record for 15-17 year olds in the 200 Freestyle with a time of 1:59.74 and later on that year Katie was off to Argentina to represent Canada at the Pan Am Games at Mar Del Plata where she finished 3rd in the 400 free and 4th in the 800 free as well as 2nd place in the 4 X 100 free relay and 4 X 200 free relay. Christin and Suzanne both attended U.S. Nationals in Minneapolis.

The Junior Nationals were hosted Feb 8th – 12th 1995 by Island Swimming. Bridget Patt of Victoria reacts after a fine finish in the heats at the Western Canadian junior national swim meet at Saanich Commonwealth Place pool on Friday morning. Patt is one of 26 athletes from Island Swimming competing in the meet, which has attracted over 600 athletes from 50 clubs. The Western Juniors continue today and Sunday with heats at 9 a.m. and finals at 6 p.m. each day. It is the largest meet ever held at the Saanich pool, with double the number of swimmers who competed at the Commonwealth Games last August. Island Swimming had some excellent results. The best performance of the meet came from Amanda Downing with a silver medal in the 200 fly in personal best of 2.24.5. This followed a silver medal performance the previous night in the 4x200 relay. The other members of that team were Nikky Pannekoek, Vanessa Murty and Tegan Kallos. Congratulations girls on a great performance! Matt Gibson made some great improvements at the meet to final in the 200 breaststroke with a time of 2.29.3.

We've just returned from the 1995 BC AAA Short Course Championships where we had many great performances! That's the good news. As a team we finished second to the Pacific Dolphins again. That's the not so good news. Let's focus on the good news and leave the other stuff to the summer AAA's. I have selected Josh Kube as the swimmer of the meet for the B

group. Josh swam a best time in every swim and he moved up into the medals for the first time in the boys 13 & 14 category (200 Fly, 400 1M). Josh also qualified for selection to the Youth Champs in May. Well done Josh! The runner-up for this award goes to Jesse Jacks who was awarded High Performance swim of the meet for his 1500 freestyle. Congratulations Jesse! Two other awards go to the swimmers who had the largest percentage improvement on anyone event based on previous best time. Ken Hamilton improved 5.6% in his 100 fly to finish ahead of his brother Dave who improved 5.3% in his 200 Fly. Both Hamiltons had excellent meets. Ken finished 1st in both 100 and 200 breaststroke events, while Dave scored in both the 1500 free and the 200 fly.

Other notable performances from the B group include: Kristian Eligh who narrowly missed the Youth time (he'll be back!) in the 200 Breaststroke to finish 2nd for his first provincial medal; Terry Nathan swam to a silver in 400 1M and bronze in the 200 free, 1500 free and 400 free; and Vanessa Murty with a bronze in the 800 free. There were many excellent performances by the rest of the group also. The following swimmers made the finals at the meet: Daniel Weckend, Petrea Tiefenbach, Courtney Webster, Lee Patterson, Daniel Bell, Amy Spink.

The A group attended the meet in force and they provided us with a great example to follow. Mike Caulkins returned from success at the National Championships (8th 200 free) to win the 200 free, silver the 100 free and bronze the 50 free and 100 fly. Good swimming Mike! Kelly Rolston raced very well in every swim to provide us with a great example of toughness and racing ability. She placed 1st in 400 free and 200IM, second in 800 free, 200 fly, 100 fly, 400 1M, and third in 200 1M; Regan Petelski showed excellent form in 100 breast and 200 Breast 2nd, 400 1M and 200 1M 3rd; Marlena Prill who returned from a consolation swim at the Nationals (400IM) to perform well here in the 800 free 1st, 200 and 400 1M 2nd, and 400 free 3rd; Andrea Wright also returning from her first Nationals swam to a 2nd place in the 100 fly with a great effort! Other swimmers who made the finals at the meet were Meredith Handysides, Amanda Downing and Nicole Pannekoek.

Congratulations to Greg & Kim who finished 1st and 2nd at the Canadian 25 km Championships at Olympic Basin, Montreal on June 25 1995.

The B.C. AAA Long Course Championships begins Friday at Commonwealth Place pool in Saanich. The event, continuing today and Sunday and featuring more than 400 swimmers, is a warmup for the top-level competitors heading to nationals later this month in Winnipeg. Preliminaries today are set for 9 a.m. The finals go at 6 p.m. Sunday's action is an hour earlier. Island Swimming hosted the Championships at the Saanich Commonwealth Pool July 14/15 1995, there were 58 swimmers (which is over 50% of our membership at the AAA level) representing the club which finished second overall (1st in womens, 2nd in mens).

Thirty-two swimmers or relays finished in the top eight.

Island Results;

12 & under girls:

Danielle Bell 2nd 400 Free, 3rd 200 Free, 3rd 800 Free, 7th 200 IM

Petrea Tiefenbach 2nd 800 free, 3rd 400 free, 3rd 200 fly, 4th 200 IM, 4th 400 IM, 6th 200 Free

Amy Suess 7th 200 Back

Stephanie Koczka 7th 400 Free

Kristen Nelson 5th 200 Breastroke

12 & Under boys:

Ken Hamilton 1st 100 Breast, 1st 200 Breast, 1st 200 fly, 1st 400 IM, 2nd 400 Free, 2nd 1500 Free, 2nd 200 IM

13 & 14 Girls

Vanessa Murty 6th 50 Free, 6th 100 Free, 7th 200 Free

Kelly Rolston 1st 800 Free, 1st 100 Fly

Bridget Fatt 7th 100 Back

Erin Stewart 8th 200 Back

Andy McIntosh 8th 200 Free

Josh Kube 1st 100 Fly, 1st 200 fly, 2nd 200 IM, 2nd 400 IM, 4th 100 Back, 7th 400 Free

Dave Hamilton 3rd 200 Fly, 4th 1500 Free, 4th 400 IM

Ricardo Lacelle 5th 100 Breast, 5th 200 Breast

15 & over Girls

Kate Brambly 3rd 50 Free

Jen DeWolf 6th 50 Free

Nicole Pannekoek 4th 200 Free, 5th 100 Back, 6th 800 Free, 7th 200 Back

Regan Petelski 3rd 400 Free, 3rd 200 IM

Marlena Prill 1 st 800 Free, 1st 200 Fly

Andrea Wright 4th 100 Back, 5th 100 Fly, 8th 200 Back

Amanda Downing 3rd 400 IM, 3rd 200 Fly, 4th 100 Breast, 5th 200 IM,

Amy Spink 4th 100 Fly

Jenny Foreman 1st 200 IM

Cristen Petelski 4th 200 IM

Lorelei Wey 8th 400 IM

Relays

12 & under Girls 200MR 3rd, Amy, Kristen, Petrea, Danielle

13 & 14 Girls 200 FR 2nd Bridget, Kellie, Jenny, Vanessa

200 MR 2nd Bridget, Courtney, Kellie, Vanessa

15 & Over Girls 200 FR 1st Kate, Suzanne, Alison, Jenny

3rd Jen , Marlena, Andrea, Regan

200 MR 1 st Suzanne, Cristen, Alison, Kate

3rd Andrea, Jenny, Amy, Marlena

13 & 14 Boys	200 FR 2nd Josh, Lee, Jesse, Rajan
	200 MR 2nd Lee, Ricardo, Josh, Rajan
15 & Over Boys	200 FR 3rd Mike, Dino, Jon, Chris

The swimmers of the meet for the B group were Josh Kube and Dave Hamilton.

Canadian Nationals, Winnipeg Manitoba. July 27 -30 1995 (Selection meet for the Pan Pacs)
Swimmers attending; Kelly, Marlena, Jenny, Suzanne, Allison, Dino 3rd – 400 IM, Mike, Andrea, Regan, Christin 3rd – 100 Breast, and Kate

There were 11 Island Swim Club competitors at this weekend's national championships in Winnipeg, with four having realistic shots at two world-class events in Atlanta next month and next year. Katie Brambley, a 1995 Pan-Am Games triple medallist who is going into Grade 11 at Mount Douglas High School, has already made it for next month. Her performance in the women's 200-metre freestyle was good enough to land a berth on the national team to the Pan-Pacific meet August 9-13. The 50 top swimmers out of 443 at the Canadian championships qualify for the Pan-Pacific meet, this year's biggest event. A few may pre-qualify for 1996 Atlanta Olympics, which is the ultimate goal. Island Swim Club coach Ron Jacks also expects Christin Petelski to rise to the occasion this weekend. Victoria Commonwealth Games veteran Suzanne Weckend won't be going for the Pan-Pac team and is looking at ending her season after the nationals to re-assess what she wants to do in the Olympic year. Another Commonwealth Games veteran, Dino Verbrugge of Island Swimming, was fifth in the men's 200-metre butterfly Thursday and is a darkhorse to make the Pan-Pac team in the 400 fly. The other Island Swim Club swimmers competing at the national championships are Andrea Wright, Jenny Foreman, Alison Barriscale, Kelly Rolston, Regan Petelski, Marlena Prill and Mike Calkins. "If you start doubting yourself, you're going to die," said the 19- year- old from Hamilton. Commonwealth Games medallist and Victoria-native Nikki Dryden of the University of Florida Gators is also competing. Island Swimming is expected to easily place in the top-10 in the team standings.

National Youth Championships were held in Lethbridge 1995 where 8 swimmers took part with excellent results. Results of Youth Championships in Lethbridge;
Kellie Rolston 5th 800 Free, 5th 100 Fly, 2nd 200 Fly, 8th 400 Free, 9th 200 Free
Courtney Webster 16th 100 Breast, 5th 200 Breast
Mike Calkins 1st 100 Free, 1st 200 Free, 9th 100 Fly
Other swimmers attending the meet: Bridget Fatt, Vanessa Murty, Chris Bigelow-Nutall, Josh Kube, Daniel Weckend.

Kim Dyke and Greg Streppel attended the Pan Pacific Championships, Atlanta, Georgia, 25km Aug 9-13 1995.

Kate Bramley made the 1995 Pan Pacific Team representing Island Swimming with a 3rd place finish in the 4 X 200 Free Relay.

Spring TAG Rankings for 1995 show Island Swimming in 9th place with coaches Jacks, Harvey and Lancaster.

Distance Swimming – Greg Streppel and Kim Dyke, 1992-1994

Greg Streppel, who was a former distance freestyler at the University of Victoria, began to swim in the marathon-type open water races in the early 1990s, and he was soon to become the best in the world at marathon swimming. He was coached by Ron Jacks of Island Swimming, and his early successes provided him with an opportunity to place in the top five finishers at the 25 kilometer swim at the 1991 World Aquatics Championships. By 1993 he was beginning to make inroads through the newly created FINA World Series Marathon swims. The first world rankings for this type of racing was in 1992-93, when Greg was ranked second in the world for his efforts. He had won the prestigious Rivera Marathon in June 1992, and he was preparing for many marathon swims around the world in 1993. His first race was the Rio Corunda Marathon in Argentina in February, 1993, and he was only one minute and ten seconds out of a win in the eight hour race.

Greg Streppel won the Pre-World Invitational 25 K race in Italy on September 11, 1993 establishing him as the one to beat the following year. The FINA World Rankings for 1993-94 placed Streppel third in the world. He was successful in his quest to become the best marathoner in the world, as he won the coveted gold medal in the 25 K Distance Swim at the 1994 World Aquatic Championships. He continued to race in these very challenging distance open-water events while a student in Pharmacy at the University of British Columbia, where he trained with the UBC swim team during the academic year. Greg Streppel was the only Canadian swimmer at the 1994 World Swimming Championships to win a gold medal, or any medal at all.

The top women's marathon swimmer in Canada at this time was Kim Dyke, who also swam for Ron Jacks in Victoria. Kim was among the best women marathoners in the world. She placed second in the Pre-World Invitational in Italy on September 11, 1993, and she was second again in another FINA Challenge Marathon, the Alassio-Rivera Swim, on June 18, 1994. She was ranked fourth in the world by FINA in the Marathon Rankings for 1993-94. She would go on to place 14th at the world championships in Italy in 1994.

1995/1996

Island Swimming awards for 1995/96; 10 and under Girls Lindsay Rolston, Boys Doug McQueen, 11/12 Girls Petrea Tiefenbach, Boys Jesse Jacks, 13/14 Girls Kelly Rolston, Boys Josh Kube, 15/17 Girls Kate Bramley and Suzanne Weckend, Boys Mike Calkins, Senior Girls Kate Bramley, Boys Dino Verbrugge.



TAG Long Course Rankings has Island swimming in 6th place with Jacks, Harvey and Lancaster as coaches.

Ron Jacks was chosen Coach of the Year in Long Distance Swimming for his work with Greg Streppal male swimmer of the year and Kim Dyke.

Island Swimming News

Island Swimming 1995 Awards

(10 & Unders based on TOP Plus rankings, 17 & unders based on TAG rankings, Ngiri Trophy based on World rankings)

10 & Under Girls	Lindsay Rolston	10th 200 IM
10 & Under Boys	Doug McQueen	6th 100 Bk
11 & 12 Girls	Petrea Tiefenbach	11th 800 Fr LC
11 & 12 Boys	Jesse Jacks:	1st: 1500 Free, 100 Fly SC, 2nd 200 Fly LC & SC
13 & 14 Girls	Kelly Rolston:	2nd 200 Fly SC 3rd 200 Fly LC
13 & 14 Boys	Josh Kube:	9th 100 Fly LC,
15 & 17 Girls	Kate Brambley:	1st: 200 Free, 400 Free SC, 1st: 200 Free, 400 Free, 800 Free LC
	Suzanne Weckend:	1st: 100 Back, 200 Back SC, 1st: 200 Back LC
15 & 17 Boys	Mike Calkins :	3rd 100 free LC

1995 NGIRI TROPHY (Senior Award)

Kate Brambley 15th 200 Freestyle

Dino Verbrugge 31st 400 IM

NGIRI MARATHON AWARD

Greg Streppel For the 4th consecutive year Greg was #1 ranked World Marathon swimmer

Kim Dyke Special award for winning the 1995 Women's World Series Marathon

Title.

Canadian Olympic Association Whittnaur Coach of the Year.

Ron Jacks

Congratulations to all award winners!!

On January 13-15 1996, Island Swimming took 63 swimmers to Comox on a bus for the Vancouver Island Championships. The highlight of the meet was Ken Hamilton breaking Tony Roberts 1985 BC 11-12 age group record in the boys 200 Breaststroke.

Jun 21 1996, SWIMMING To see future swimming stars of B.C., the place to be this weekend is the Saanich Commonwealth Pool. Swimmers as young as 10-years-old will be taking part in the BC AA Trials for the BC AAA provincials. There are 20 swimmers entered from Island Swimming and 180 overall. The heats are 9 a.m. Friday and Saturday and 8 a.m. Sunday. The finals are set for 6 p.m. Friday, 5 p.m. Saturday and 4 p.m. Sunday.

Island Swimming finished third overall at the BC AAA Long Course Championships in Vancouver. Island Swimming sent 46 swimmers to the meet.

Christin Petelski



The main aim of Victoria's contingent at the current Canadian Olympic swimming trials at Olympic Pool in Montreal is to land Katie Brambley 1st – 400 Free, 3rd – 800 Free, and possibly Christin Petelski 2nd 100 Breast, 1st 200 - Breast, Suzanne Weckend and Dino Verbrugge 3rd – 400 IM, on the team to the 1996 Atlanta Summer Olympic Games. Another Victoria prospect is Christin Petelski. She swam a



personal best 1:10.93 to finish second in the women's 100- metre breaststroke final Saturday but just missed an Atlanta berth. Lisa Flood of Pickering, Ont., got her ticket stamped for the Olympics by winning in 1:09.98. The second Canadian spot is reserved for the injured Guylaine Cloutier. Petelski gets another chance in the 200 breaststroke, in which she is ranked No. 4 in Canada. Christin Petelski of Victoria raises her arm in triumph after qualifying for the 1996 Atlanta Summer Olympics by winning the women's 200-metre breaststroke in 2:29.51 Monday at the Canadian Olympic swimming trials taking place at Olympic Pool in Montreal. The women's 4 X 200 Freestyle Relay team finished 2nd overall.

Island Swimming was represented by Christin Petelski at the 1996 Olympics in Atlanta where she finished 8th overall in a time of 2:31.45. World 10th-ranked Christin Petelski of Victoria begins her work Tuesday in the women's 200-metre breaststroke. Petelski gave her sister Regan and their Island Club teammates, who had gathered at the Petelski house in Victoria to watch the opening ceremony Friday, a thrill by phoning them on a cell phone from the infield of the Olympic Stadium while the ceremony was in progress.



1996

Summer Championships

When the steam finally cleared at this year's AA Championships, it was evident that the Island swimmers had come with some clear and decisive goals. Even with the new ruling by Swim B.C. not allowing swimmers to enter the meet if they have obtained a AAA time, the swimming and racing were exceptional. The meet was set up as heats and finals, fastest 8 earning a lane in the finals. Here is a list of Island swimmers finishing in finals.

Lincoln Cosins-50Fr-8/100Fr-4/200Fr-5/400Fr-4/100Ba-1/200Ba-1/200IM-2/400IM-2

"Linc", also earned a few AAA times.

Casey Ralph-50Fr-6/100Fr-3/200Fr-8/200IM-6. Casey, is a D-group swimmer. Well done

Jonah Gray- 200Br-5/200IM- /100Fr-5/200Ba-4

Ryan Flagg-100Fr-2/200Fly-2

Gary McLennan-400Fr-7/100Fr-5

Stephanie Longtin-100Br-4/200Br-3

Elenis Senyk-100Br-8/200Br-5/400IM-4

Tanya Nelson-200Im-2/400Im-1/200Ba-2

Kate McNamara- 200 Fr 5th, 800 Fr 3rd, 200 IM 1st

Katie Humphries-400Fr- 4th, 800 Fr 2nd

Meaghan Mathias- 100Ba-6/200Ba 5th

Caroline Longtin-100Fr-2/400Fr-6/100Br-1/200Br-1/ 200IM-6/400IM-3

and we had two more D group swimmers who were just 10 years old swimming in the 11&12 age group. **Callum Morrison**. Now, Cal did not advance to any finals but he did learn many things.

Justin Pommerville, 100Ba-4/400Fr-4 Well done boys!!

Those swimmers who learned the real value of good practice habits, had some real success, those who are still learning will have to wait until next year for the results. Those looking for their first AAA time and those striving to achieve their AA time standards. The whole season is set up for you to be successful, the swimmers above are a testament to a full season of effort and smart training. Well done to everyone and here's to your success next season what ever that may be.

Serge

AAA's

Island swimming placed 3rd at the AAA's in Vancouver with our 46 swimmers. Just behind University of Calgary (78 swimmers), and quite a few points from the first place Pacific Dolphins Swim Assc'n. We were number one in B.C. a few seasons ago I guess we need to pull up our socks next season if we are to challenge for the number one spot again. Most of the A- group came to the meet and swam.

National Group:

The swimmers in this group had two goals: The first goal was set by the group of swimmers still looking for their first Junior National qualifying time. Dan Weckend, and Tegan Kallos made the times earlier in the season. Coming close despite winning her specialties, 100 & 50 Free, Tiffany Jones, showed remarkable poise for her first year on the Island swim team.

What could have been and should have been was, alas, not to be. Josh Kube, came oh-so-close in the heats and was just not able to capitalize on it in the finals. But regardless, Josh, pulled off a very good race and a best time.



Then there is, Lee Patterson. In his training since moving up to the National group has shown remarkable courage and performance despite the fact he has a thousand-and-one thoughts going through his head at any one time. In the future, Lee, will have to learn to set more evolved goals and stay focused on them. If, Lee, is able to do this, see a bright and successful season next year.

Vanessa Murty, who I still remember as a little age-grouper always crying about having to do this event or that one. Well look at you now, pushing hard to make the qualifying times for Junior Nationals...in the 200fly and 800free. You also came very close but just missed, next year for sure.

The second group was the National qualifiers themselves. The objective was to train right through the meet but to come down in the intensity about three work-outs out from the meet. But only slightly.

Kate Brambley, Kellie Rolston, Regan Petelski, came away with impressive wins and some very exciting races. Marlena Prill, who is off to the University of Victoria next season had a wonderful meet as did Jenny Foreman, who seemed to shine in some secondary events. Jeremy Juad, like Mr. Patterson, also has a thousand-and-one thoughts in his head, and all make perfect sense but only to Jeremy, himself. He may not be as fun to coach as Marlena, and may not be always come to the pool with a smile on his face like Kellie, he isn't as confrontational as Tegan, but when you see that twinkle in his eye you know your in for something different if not annoying. As for the meet, I've seen Jeremy swim better and I've seen him swim far worse. So one might say that Jeremy, swam okay.

I must say that for the last two years of working with the National swimmers, I have been extremely impressed by their positive attitude towards each other, themselves, and the sport itself. Their professionalism and maturity is inspirational to myself and hopefully to the entire membership of this club, both athlete and parent alike.

This group, the National group along with Tegan, have one more meet to compete at this year, the Canadian National Championships, in August. Training is going well and the preparation for each swimmer is right on track. They will be joined by our returning Olympian, Christin Petelski, and we will be looking forward to seeing some great results.

The top eight finishes from the B & C groups are listed below; Congratulations to those who rose up to the challenge of swimming best times at the AAA's.

Lindsay Rolston 800 F/S 7th 10:33.84	Courtney Webster 100 Br 4th 1:19.59
Courtney Webster 200 Br 2nd 2:49.86	Kristen Nelson 100 Br 5th 1:21.35
Kristen Nelson 200 Br 3rd 2:51.48	Lindsay Rolston 100 Fly 5th 1:15.62
Ken Hamilton 200 Br 3rd 2:51.48	Jesse Jacks 100 Fly 2nd 1:01.89
Sara Hutchison 50 F/S 7th 30.59	Terry Nathan 100 Fly 8th 1:09.15
Tiffany Jones 50 F/S 6th 29.52	Karley Stutzel 100 Bk 6th 1:12.33
Tiffany Jones 400 F/S 3rd 4:43.97	Amy Suess 200 Bk 2nd 2:42.83 DQ
Danielle Bell 400 F/S 5th 4:48.96	Doug McQueen 200 Bk 2:43.49
Terry Nathan 400 F/S 6th 4:34.14	Lindsay Rolston 400 I.M. 6th 5:51.59
Danielle Bell 800 F/S 7th 9:52.78	Doug McQueen 400 F/S 5:08.01
Terry Nathan 1500 F/S 5th 17:50.81	Ken Hamilton 400 I.M. 4th 5:05.38
Doug McQueen 200 F/S 8th 2:22.57	Terry Nathan 400 I.M. 6th 5:15.39
Lindsay Rolston 200 Fly 7th 2:53.17	Terry Nathan 200 Fly 7th 2:34.62
Kristen Nelson 200 Fly 6th 2:43.76	Amy Spink 100 Fly 7th 1:09.13
Deanna Shew 200 Fly 4th 2:39.60	Amy Suess 100 Bk 4th 1:17.30
Courtney Webster 200 Fly 7th 2:45.87	Doug McQueen 100 Bk 4th 1:15.89
Jesse Jacks 200 Fly 3rd 2:22.25	

Congratulations Finalists Have A Great Summer!

Aug 10 1996, GOLD FOR BRAMBLEY Victoria's Katie Brambley captured the gold medal in the women's 400 freestyle Friday at the Maritime Life Nationals in Etobicoke, Ont. Brambley, representing Island Swimming, finished in four minutes, 18.79 seconds. "It's an awesome feeling to win," Brambley said. "I've been struggling all year, so I'm proud of myself that I could come back, re-focus and swim fast. It's been a long year full of ups and downs and my team has played a big part in helping me get through it." Island Swimming finished 4th overall at the Summer Nationals in Etobicoke.

At the Summer Nationals in Etobicoke August 8th to 11th 1996 Jeremy Jaud 2nd – 200 IM, Christen Petelski 1st – 200 Breast medaled for Islands Swimming

1996/1997

In 1996-1997 Russ Rolston was the President of the VASC and Ann Meyers was Secretary. Registration for the 96/97 season took place September 14 1996 from 10-12 at Saanich Commonwealth Place.

The Awards night for the 1995/1996 season took place at Lady of Fatima Church November 12 1996 at 6:00 pm.

Island Swimming ranked 5th in Winter SC TAG Rankings, with Ron Jacks listed as coach.

Feb 4 1997, KIDS DIVE RIGHT IN

Kids - 370 of them - plus parents, teachers and volunteers crammed Saanich Commonwealth Place Monday night for the opening round of the 70th annual Elementary School Swim Meet, sponsored by Thrifty Foods and Island Swimming. Fifteen schools from Sidney to Sooke have approximately 800 kids entered in the meet, which is geared mainly toward novice level swimmers rather than elite competitors.

Competition continues with preliminary events tonight, from 5 to 8:30 p.m., and concludes with a championship flight on Sunday, Feb. 16, 8 a.m.-noon.

Twenty Island Swimming represented the club at the Canadian Junior National West Swimming Championships at Saskatoon on February 6-9 1997. Over 380 swimmer swam at the meet representing 50 clubs and Island Swimming finished 5th overall.

Island swimmers move up in standings

The local Island Swimming club moved up in the ranks at the Junior National West swim competition in Saskatoon recently as members of the team worked hard to advance to the senior national level.

As of the Feb. 9 finals, Island Swimming was sitting in fifth place after a weekend's worth of swimming competition that saw two of its members, Danielle Bell, 13, and Tiffany Jones, 15, qualify first and second in the 800-metre freestyle swim competition. The local pair only managed to clinch the fourth and fifth place spots in the 400-metre freestyle but, according to coach Ron Jacks, their times were personal bests and enough to keep

them advancing quickly this year toward the senior national level.

"We are swimming very close to 100 per cent personal bests and we have to be happy with that right now," Jacks says. "Of the 50 teams here we are sitting in fifth spot, only behind the University of Calgary, Regina Optimists and Winnipeg Manta Club at the Vernon Kokanees. These three teams all have their senior national competitors swimming. We are the top team without senior national swimmers."

Other Island Swimming members who were making their mark on the competition finals, held Feb. 7 to 9, include 14-year-old Jesse Jacks whose 400-metre freestyle and 200-

metre butterfly swimming times have placed him at No. 1 in the country for 13 and 14-year-old boys. At the Junior Nationals Jacks swam to the team's only medal finish, picking up a bronze for his efforts.

Deaf Island Swimming member Jamie Weckend, 18, swam his personal best during the competition in the 200-metre backstroke bringing him even closer to the senior national level and a spot on the Canadian swimming team at this summer's Deaf World Games.

Twenty young people represented Island Swimming during the three-day event which included some 380 of Western Canada's best swimmers.

SummerTAG Ranking for 1996 have Island Swimming in 5th place with Ron Jacks listed as coach.

The BC AAA Short Course Swimming Championships were held at Saanich Commonwealth Place February 28th 1997. Over 400 swimmers from 40 teams were entered and Island Swimming had 54 swimmers qualify,

B.C. Swimming Championships are at The Place this weekend

By Tracy Smythe
The Saanich News

A mini-Olympics is taking place at the Saanich Commonwealth Pool this weekend as Island Swimming plays host to the B.C. Provincial Swimming Championship.

The swim meet boasts 405 competitors, ages 17-years-old and younger from 40 teams throughout the province, with 54 participants from the local Island Swimming.

Coach Mark Lancaster says the squad is prepared to once again take up the Island challenge posed by Nanaimo. Last year saw Nanaimo take second place while Island Swimming had to settle for third.

The toughest competition for the Island clubs comes from Vancouver's

Pacific Dolphins, an association with 600 swimmers from which to draw.

Amid top notch competition, 14-year-old Jesse Jacks is expected to do well in the 400-, 200- and 100-metre freestyle.

Island swimmer Ken Hamilton, 14, will compete for a medal in the 100- and 200-metre breast stroke and freestyle competitor Sarah Hutchison, 12, will take on the 50-metre to freestyle events.

The favorite Island breast stroke swimmer is 17-year-old Josee Dubois.

"She should be in for the win in the breast stroke," Lancaster says.

The public is invited to come out to see Dubois challenge the top spot along with some of the best young swimmers in B.C. vying for their personal bests.

Mar 10 1997

Six records fell last week at the B.C. age group swimming championships. Island Swim Club's Danielle Bell was Speedo Swimmer of The Meet for her performance in the 13-14 girls 400 freestyle that ranks her first in Canada and qualified her for the senior nationals this summer. She will be heard from. Jenny Foreman of the Island Club struck gold four times and Ken Hamilton once while Island teammates Kellie Rolston had two gold's, a silver and bronze and Jesse Jacks three silvers.

August 12th to 15th 1977 Brandon Manitoba, Canada Games, results SwimNews Mag #232
Sept 97 Pages 32-35

1997/1998

The Awards night for the 1996/1997 season took place at Lady of Fatima Church October 30 1997 at 6:00 pm. Island Swimming awards for 1996/97; 10 and under Girls Shannon McQueen, Boys Greer Jacks, 11/12 Girls Lindsay Rolston, Boys Robert Nathan and Doug McQueen, 13/14 Girls Danielle Bell, Boys Jesse Jacks and Ken Hamilton, 15/17 Girls Kellie Rolston, Boys Jesse Jacks, Senior Girls Jose Dubois, Boys John Stamhuis.

At the Winter Nationals in Halifax February 20th to 23rd these Island Swimmers medaled; Jeremy Jaud 3rd 400 IM, Kate Brambley 3rd – 800 Free, Jose Dubois 3rd – 200 Breaststroke and the women's 4 X 200 Freestyle Relay.

Registration for the 97/98 season took place September 12 1997 at Saanich Commonwealth Place. The first day of swimming was September 14.

In April of 1998 the Juan de Fuca swim club, a member of Island Swimming, purchased with its legacy fund, a 15 seater passenger van for \$41,500.00.

At the Winter Nationals in Winnipeg March 4th to 7th 1998 Rick Say 3rd – 200 Free, Philip Weiss 1st – 200 Fly, 2nd – 200 IM, 2nd – 400 IM, Kate Brambley 1st – 800 Free, Christin Petelski 2nd – 200 Breastsroke, 2nd - women's 4 X 200 Free Relay medaled and represented the club

At the Summer Nationals in Etobicoke August 5th to 8th 1998 Rick Say 3rd – 200 Free, Philip Weiss 2nd – 200 Fly, 3rd – 200IM, 3rd 400IM, Christin Petelski 2nd – 200 Breastsroke, 2nd - women's 4 X 200 Free Relay medaled and represented the club

Qualifiers for 1997/1998 meets;

Island Swimming National Qualifiers:

Rick Say selected to 1998 Commonwealth Games Team 5th – 200 Breaststroke, Danielle Bell, Karley Stutzel, Josh Kube, Terry Nathan, Kerry Wright, Philip Weiss selected to 1998 Commonwealth Games Team, Christin Petelski selected to 1998 Commonwealth Games Team, Sophie Emond, Josee Dubois, Jon Stamhuis, Justin Hardiman, Garth Coford, Kelli Rolston, Tiffany Jones, Jesse Jacks, Ken Hamilton.

Island Swimming AAA Qualifiers (will join with most of the National swimmers for AAA's):

Sasha Gottfried, Callum Morrison, Bronwyn Farr, Shannon McQueen, Sara Cantin, Robin Baird, Melanie Nelson, Luke Hoffman, Brianne Cloak, Ryan Flagg, Chantal Huard, Katie Humphries, Greer Jacks, Devlin McDermitt, Erin McNamara, Kate McNamara, Doug McQueen, Carly & Kim Myers Devin Miller, Robert Nathan, Kristen Nelson, Justin Pommerville, Casey Ralph, Lindsay Rolston, Erich Schmitt, Jenni Scott, Kirk Stringer, Amy Suess, Austin Tokarek, Stephanie Koczka, Dave Hamilton, Chris Kerman, Dorian Scroggs, Lee Paterson, Tai Van Petten.

Island Swimming AA Qualifiers:

Zoe McNeil, Meghan Mathias, Annmarie Schmitt, Chelsea Ramshaw, Ricahrd Alexander, Trevor Bell, Alicia Gagne, Kate Grant, Ian Jones, Carlin Lindsay, Andrew McCartney, Stephanie McColl, Jeffrey Morris, Tanya Nelson, Josh Relf, Bryan Schmitt-Twamley, Allison Spiro, Ben Syme, Julia Vosburgh, Chris Wick, Erin Brownlow, Jennifer Colins, James Grossmith, Amanda Lamoureux, Lu Yi Lay, Kelli Meredith, Hollis Roth.

1998 Short and Long Course TAG Rankings

SC and LC Island Swimming 3rd coach Ron Jacks

1998/1999

The Awards night for the 1997/1998 season took place at Lady of Fatima Church November 3rd 1998 at 5:30 pm. Award winner were: 10 and under Shannon McQueen and Lu Yi Lay, 11 and 12 Chantal Huard and Doug McQueen/Casey Ralph, 13 and 14 Danielle Bell and Ken Hamilton, 15to 17 Danielle Bell and Josh Kube, Senior Christin Petelski and Phillip Wiess

Nov 30 1998, Island Pacific Cup

ISLAND SWIMMING CLUB RESULTS

Men 12 & Under 200 Free: 2. J Pommerville 2:12.73; 3. L Hoffman 2:20.35; 100 Breast: 3. L Hoffman 1:27.71; 200 Fly: 2. G Jacks 2:48.36; 50 Free: 2. J Pommerville 28.96; 1500 Free: 2. J Pommerville 19:22.51; 400 Free: 1. J Pommerville 4:46.64; 3. G Jacks 4:51.39; 100 Back: 2. J Pommerville 1:11.11; 400 IM: 1. J Pommerville 5:25.64; 100 Free: 2. J Pommerville 1:01.90; 200 Back: 1. J Pommerville 2:29.05

Women 12 & Under 100 Breast: 3. S Gottfried 1:26.93; 200 Fly: 1. C Huard 2:49.81; 100 Back: 3. (tie) C Myers & S Cantin 1:15.31; 100 Free: 3. C Myers 1:06.49; 100 Fly: 2. C Myers 1:15.49

Women 15 & Over 200 Free: 2. TJones 2:05.70; 800 Free: 2. D Bell 8:53.68; 3. K Stutzel 9:05.77; 400 Free: 2. D Bell 4:20.68; 3. T Jones 4:26.64; 400 IM: 3. K Stutzel 5:08.54; 100 Free: 2. T Jones 58.88; 3. K Stutzel 59.14;

Men 14 & Under 200 Back: 3. R Nathan

Men 15 & Over 200 Fly: 3. L Patterson 2:09.98; 1500 Free: 2. J Jacks 15:59.50; 400 Free: 2. T Nathan 4:06.43; 3. G Coxford 4:10.48; 200 Breast: 2. K. Hamilton 2:30.12; 100 Free: 3. R Say 52.19; 200 Back: 2. P Weiss 2:05.68; 100 Fly: 1. P Weiss 55.58;

Feb 18 1999

And who knows, you might see some future Olympians when the Greater Victoria elementary schools swim meet concludes with the finals Sunday from 7:30 a.m. to 1 p.m. at Commonwealth Pool.



T.K. DEMMINGS/GOLDSTREAM NEWS GAZETTE
Danielle Bell



Island Swim Speed League Team 1999 Champions in Victoria on February 20th 1999

Girls

Hollis Roth
 Stephanie Pollard
 Stephanie Wilkinson
 Michelle Grossmith
 Kathryn Sutton
 Shawnay Townsend
 Kristi Meredith
 Lisa Hughes
 Marija Kopac
 Kathleen Noble

Boys

Ryan Buna
 Ryan Cochrane
 Stefan Urban
 Scott Dagnall
 David Nykamp
 Dexter Bligh
 Aaron Horsfield
 Craig Dagnall
 Zach Relf
 David Vizolyi

At the TAS BC Age Group Short Course Championships in 1999 Justin Pommerville set three BC Age Group records for 11-12 year olds. He set records in the 100 Backstroke, 200 Freestyle with a time of 2:05.64 and in the 200 Backstroke with a time of 2:18.21. The 200 Freestyle and 200 Backstroke records still stand today.



Island Swimming hosted the 1999 Maritime Life Spring National Championships at the Commonwealth Pool in Saanich. The last time Island Swimming hosted this event was in 1994 when the national meet was also the trials for the Commonwealth games that were held later that year in Victoria. This year the selections will be made for the Canadian teams for the Canadian Pan American Games, the short course World Championships in Hong Kong,

the World University Games in Spain and the Pan Pacific Swimming Championships in Australia. Island Swimming hosts the Canadian National Swimming Championships March 17-20 1999 at the Saanich Commonwealth Pool. Curtis Myden, Marianne Limpert and Joanne Malar are just three of the many top Canadian swimmers who competed in Victoria. Christin Petelski, Philip Weiss and Rick Say, all members of the 1998 Canadian Commonwealth Games in Kuala Lumpur, took one more step closer to securing their positions on the Canadian Olympic Team in 2000. Over 375 swimmers from 87 clubs took part with Island Swimming placing 5th overall, Rick Say 3rd – 200 Free, 2nd – 400 Free, John Stamhuis 2nd – 200 Breaststroke Phillip Wiess 1st - 200 Fly, Trevour Brekkle 2nd – 50 Breaststroke and Danielle Bell 3rd – 400 Free, 2nd – 800 Free, 2nd - men's 4 X200 free relay medaled for the club. As a result of the Maritime Life Spring National Championships three Island Swimmers Rick Say, Phillip Wiess and Danielle Bell made the Pan Am team and also competed at the Pan Pacific championships at the end of August 1999 in Sydney, Australia.

AA Provincial Trials June 18-20

Amanda Lamoureux, Ian Jones, Callum Morrison, Graeme Nathan, Annmarie Schmitt, Ryan Clouston, Samantha Jones, Jeff Morris, Bryan Shmitt-Twamley, Derek Schmitt-Twamley, Vanessa Service, Ryan Buna, Alexandra Elcock, Chris Geminiano, Marija Kopac, Shannon Lucy, Kelli Meredith, Stephanie Polllard, Viki Ploch, Katelyn Mollberg

AAA Provincial Championships July 9-11

Katie Humphries, Stephanie Koczka, Katie Humphries, Stephanie Koczka, Kristen Nelson, Tai Van Petten, Richard Alexander, Richard Bailey, Lars Baakstad, Trevor Bell, Brianne Cloak, Bronwyn Farr, Sasha Gottfried, Luke Hoffman, Chantal Huard, Greer Jacks, Stephanie McColl, Meaghan McColl, Kate McNamara, Carly Myers, Robert Nathan, Melanie Nelson, Justin Pommerville, Casey Ralph, Chelsea Ramshaw, Josh Relf, Lindsay Rolston, Erich Schmitt, Kirk Stringer, Amy Suess, Austin Tokarek, Sara Cantin, Thomas Goodman, Freya Heath, LuYi Lay, Sarah Mayzes, Andrew McCartney, Derek Westra-Luney, Hollis Roth, Caitlin Schwarz

Junior Nationals Nepean Ont., July 23-25

Katie Humphries, Stephanie Koczka, Tai VanPetten, Kristen Nelson

Nationals Montreal Aug 11-14

Christin Petelki, Rick Say, Danielle Bell. Karley Stutzel, Terry Nathan, Ken Hamilton, Philip Weiss, Jon Stamhuis, Justin Hardiman, Kellie Rolston, Tiffany Jones, Jesse Jacks. Ryan Keeseey, Ryan Lauren, Trevor Brekky, Mike Wyllie, Graham Duthie

Pan Am Games Winnipeg Aug 2-7

Rick Say, Philip Weiss, Danielle Bell

The Pan Am team will also compete at the world short course swimming championships April 1-4 in Hong Kong and the Pan Pacific championships at the end of August in Sydney, Australia.



The Island Swimming athletes on the Canadian team for the world short course championships April 1-4 in Hong Kong and the Pan American Games, July 24-August 8 in Winnipeg:

Men:

Rick Say, Victoria W&Pan Am
Philip Weiss, Victoria Pan Am

Women:

Danielle Bell, Victoria W&Pan Am

World Results

Rick Say 5th – 4 X 100 Free Relay, 3rd – 4 X 200 Free Relay

Pan Am Results

Rick Say 3rd 400 – Free, 3rd – 4 X 200 Free Relay

Danielle Bell 5th – 800 Free

The Summer Nationals were held in Montreal August 11th to 14th 1999 and as a result of their performances Rick Say 6th – 200 Free, 6th – 400 Free, 3rd 4 X 200 Free relay, Philip Weiss and Danielle Bell 7th – 400 Free were chosen to the Pan Pacific team competing in Sydney Australia. Also Graham Duthie tie 2nd – 50 Free, 1st – 100 Free, Ryan Laurin tie 2nd – 50 Free

Tag Rankings 1999 Short Course 6th Island Swimming, Long Course 5th Island Swimming

Island Swimming Records

Short Course		Women Event	Long Course	
26.11 P.Rai	1986	50 Free	1985 P.Rai	26.74
56.57 P.Rai	1986	100 Free	1986 P.Rai	57.44
1:59.74 K.Brambley	1995	200 Free	1995 K.Brambley	2:01.46
4:07.79 N.Dryden	1993*	400 Free	1994 N.Dryden	4:13.72
8:31.65 N.Dryden	1993	800 Free	1994 N.Dryden	8:37.70
16:53.50 K.Brambley	1995	1500 Free	1994 N.Dryden	16:51.43
1:01.65 N.Dryden	1992	100 Back	1992 N.Dryden	1:03.36
2:10.15 N.Dryden	1993	200 Back	1992 N.Dryden	2:15.15
1:10.65 C.Petelski	1998	100 Breast	1996 C.Petelski	1:10.93
2:29.43 C.Petelski	1998	200 Breast	1996 C.Petelski	2:29.51
1:01.79 P.Rai	1986	100 Fly	1985 P.Rai	1:02.10
2:12.98 M.Moore	1987	200 Fly	1988 M.Moore	2:15.49
2:16.81 A.Barriscale	1993	200 I.M.	1993 A.Barriscale	2:21.07
4:48.70 A.Barriscale	1993	400 I.M.	1996 R.Petelski	4:58.52

Relays

S.Gjosund N.Dryden	1992	200 Free	1998 T.Jones K.Stutzel
C.McQueen T.Tighe	1:46.48		1:50.67 K.Brambley S.Emond
S.Weckend N.Dryden	1992	400 Free	1993 S.Weckend K.Brambley
C.McQueen T.Tighe	3:51.40		3:58.44 N.Dryden T.Tighe
K.Brambley M.Prill	1995	800 Free	1998 D.Bell K.Brambley
S.Weckend A.Barriscale	8:14.78		8:27.61 T.Jones S.Emond
M.Prill J.Dubois	1997	200 Med	1995 S.Weckend C.Petelski
K.Rolston K.Brambley	2:01.57		2:00.24 A.Barriscale K.Brambley
S.Weckend C.Petelski	1995	400 Med	1995 S.Weckend C.Petelski
A.Barriscale K.Brambley	4:14.22		4:20.30 A.Barriscale K.Brambley

* Canadian Record

Island Swimming Records

Men

Short Course

23.23 W.Kelly 1982
50.74 W.Kelly 1982
1:48.89 J.Kelly 1987
3:50.87 B.Regan 1994
8:06.57 B.Regan 1989
15:30.41 F.Donnelly 1988

57.90 B.Regan 1992
2:04.76 K.Wright 1998

1:03.09 J. Stamhuis 1997
2:14.49 P. Weiss 1998

55.09 W.Kelly 1984
1:56.95 J.Kelly 1990

2:00.58 J.Kelly 1987
4:15.59 J.Kelly 1989

Long Course

50 Free 1981 S.Davis 24.22
100 Free 1984 W.Kelly 52.82
200 Free 1989 J.Kelly 1: 51.95
400 Free 1989 B.Regan 3:58.36
800 Free 1993 G.Streppel 8:11.74
1500 Free 1992 G.Streppel 15:42.59

100 Back 1989 J.Oram 59.35
200 Back 1996 J.Jaud 2:10.06

100 Breast 1987 S.Score 1:05.35
200 Breast 1995 J.Jaud 2:20.69

100 Fly 84/90 W.Kelly/J.Kelly 56.13
200 Fly 1988 J.Kelly 1:59.40

200 I.M. 1995 D.Verbrugge 2:05.05
400 I.M. 1990 J.Kelly 4:23.96

Relays

W.Kelly J.Kelly 1985
M.Ball P.Skinder 1:36.07
W.Kelly J.Kelly 1983
H.Tucker B.Johnson 3:27.35
W.Kelly J.Kelly 1985
P.Skinder F.Donnelly 7:33.03
J. Jaud S.Score 1995
D.Verbrugge M.Calkins 1:51.40
J.Kelly S.Score 1985
W.Kelly M.Ball 3:53.08

200 Free 1989 J.Kelly J.Oram 1:39.64
400 Free 1990 J.Kelly G.Streppel 3:34.27
800 Free 1988 J.Kelly F.Donnelly 7:46.34
200 Med 1990 J.Oram S.Shumka 1:49.90
400 Med 1990 J.Oram S.Shumka 3:56.31
J.Kelly B.Regan

1999 - 2000

Island Swimming awards for the 1998/99 season were held on Tuesday November 2nd 1999 at Royal Oak Baptist Church at 5:30pm; 10 and under Girls Stephanie Pollard, Boys Ryan Buna, 11/12 Girls Carley Myers, Boys Justin Pommerville, 13/14 Girls Brianne Cloak, Boys Casey Ralph, 15/17 Girls Danielle Bell, Boys Jesse Jacks, Senior Girls Christen Petelski, Senior Boys Rick Say.

Nov 11 1999, IN THE SWIM: You can see several 2000 Sydney Summer Olympic hopefuls from Canada and the U.S. -- including Canadian internationals Christin Petelski, Phil Weiss, Rick Say, Katie Brambley, Lauren Van Oosten and Danielle Bell from the Island -- when more than 300 top swimmers splash away in the Pacific Cup from Friday to Sunday at Saanich Commonwealth Place. Look particularly for Say, a 1999 Pan-Am Games medallist currently ranked 18th in the world in the freestyle. "Rick is the fastest improving international swimmer in the world right now," says Ron Jacks, Island Swim Club head coach.

Feb 7 2000, SPLASH: Maybe they walk onto the pool deck imagining they're Joanne Malar or The Thorpedo, Ian Thorpe, doing the same at Sydney later this year. For hundreds of youngsters from nearly 50 schools, the 73rd Victoria Elementary Schools Swim Meet today through Wednesday is their Olympics. And the atmosphere at this thing is always loud and festive with the Saanich Commonwealth Place spectator area festooned with school banners and jammed with competitors cheering on their teammates. The preliminary rounds run 4 to 9 p.m. today, Tuesday and Wednesday with the finals on Feb. 20.

MORE SPLASH: Swimming Canada has sanctioned the Times Colonist Gorge International Swim Festival in August as the 10-K open water national championship event. The newly revived TC Gorge swim emulates the days when the Through Victoria Swim from the Inner Harbour to Gorge Park was an iconic annual event on the local sporting calendar of 1920s and 1930s.



Twenty-two Island Swimming athletes attended the Spring Nationals in Etobicoke Mar 8th to 11th 2000. Island Swim Club member Rick Say, with his Canadian record in the 200 Free with a time of 1:48.86, two gold medals and suddenly big Sydney Olympic dreams, has been the revelation of the Spring Nationals taking place in Etobicoke, Ont. There should be a healthy contingent of Islanders on the Canadian splash team to Sydney with Say's two gold's 200 Free, 400 Free, 1 bronze 100 Free, Victorian Danielle Bell 1st – 800 Free, 2nd – 1500 Free, Stamhuis 2nd – 100 Breaststroke, 1st – 200 Breaststroke and Christin Petelski 1st – 100 Breaststroke, 2nd – 200 Breaststroke of Victoria so far at the Spring Nationals, the last big meet before the Olympic trials in May at the Olympic Pool in Montreal. Belmont High Grade 11 student Bell, the 800-metre freestyle champion from Thursday, was third Canadian in the women's 400 free Friday, 3rd - 4 X 200 Men's Free relay.



The Olympic Trials to determine the Canadian Team were held May 28th - June 4th 2000 in Montreal. Rick Say 3rd – 100 Free, 1st 400 Free, 2nd – 1500 Free, John Stamhuis 2nd 200 Breaststroke and Christen Petelski 1st 200 Breaststroke, 2nd – 100 Breaststroke, medaled and represented the club. Two Island Swimmers qualified to represented Canada at the 2000 Olympic Games at Atlanta, Rick Say, who set a new Canadian Record in the 400 Free with a time of 3:49.99 and Christen Petelski in the Breaststroke along with coach Ron Jacks.

As a result of the Olympic Trials in Montreal two Island Swimmers represented Canada at the 2000 Olympic Games Rick Say and Christen Petelski in the Breaststroke along with coach Ron Jacks. At the 2000 Olympics in Sydney, Australia Rick Say finished 7th in the 200 Freestyle setting a new record in the semifinals with a time of 1:48.50 and also helped the Canadian 4 X 200 Freestyle Relay set a new Canadian record.

Island Swimming hosted the 2000 BC Open Age Group Long Course Championships July 20-23 at Saanich Commonwealth Pool in Victoria.

Saturday August 12, 2000 saw the 10K Gorge Swim starting at 3:30pm at Kinsmen Park and finishing in the Inner Harbour. Eighteen swimmers from across Canada will contest in this 10-kilometre event, which doubles as the World Championship Open Water Swimming Trials. The Gorge Swim Festival is sponsored by the Veins of Life Watershed Society, Pacific-Sport, and the Times Colonist. This year marks the first year since 1935 that an international swimming event has been held on the Gorge. The race, was watched by an estimated 10,000 spectators. Tim Cowan, 22, heaved himself out of the water after one hour, 51 minutes, 13 seconds. When the exuberant swimmer returns to his home team at the University of Calgary, he will have \$2,400 in prize money stashed in his bag. The women's champion was Danielle Bell of Island Swimming in Victoria.

TAG Summer Long Course Ranking Island Swimming - 6th

First year UVic swimmer, and Victoria native, Karley Stutzel was named as Swimming Natation Canada's Female Long Distance Swimmer of the Year for 2000.

At the Summer Nationals in Winnipeg August 3rd to 6th 2000 Ryan Lauren 3rd – 50 Free, Rick Say 3rd – 200 Free, 2nd – 400 Free, John Stamhuis 1st – 200 Breaststroke, Karley Stulzel 3rd - 200 Free, Danielle Bell 3rd – 400 Free, Christen Petelski 3rd – 200 Breaststroke medaled and represented the club.