



**ST. JOHN'S
2025
JEUX DU
CANADA
GAMES**

GOLDFINS AT THE GAMES

SHINING THE SPOTLIGHT ON GOLDFINS SWIMMERS
WHO WILL BE COMPETING AT THE
2025 JEUX DU CANADA GAMES
AUGUST 10 - 16, 2025

Foster Fournery

TRAINING GROUP: G3S

HIGH SCHOOL: ADEN BOWMAN
HIGH SCHOOL

AGE: 17

CANADA GAMES EVENTS:

50M FREESTYLE
50M BREASTSTROKE
100M FLY
50M FREESTYLE

2024 - 2025 Season Highlights

- 1st Place - 50M Freestyle - 24.53 - 48TH Goldfins Invitational - 11/01/2024
- GOLD Medals - 50M Freestyle (24.53) & 100M Freestyle (57.89) - Bridge City Spring Classic - 04/10/2025
- 48.0% Improvement - 800M Freestyle - 10:40.85 - 48TH Goldfins Invitational - 11/01/2024
- 8.6% Improvement - 200M Individual Medley - 2:42.77 - Saturday Night Showdown - 06/14/2025
- Grand Prix du Quebec Qualifying Time Standard - 50M Freestyle - Bridge City Spring Classic - 04/10/2025

TOP TIMES (SCM):

| Event | Time | Date |
|----------------|---------|---------------------|
| 50M Freestyle | 24.57 | JP Fiset - 12/12/24 |
| 50M Fly | 27.25 | JP Fiset - 12/12/24 |
| 200M Freestyle | 2:04.96 | PWI - 12/07/24 |

TOP TIMES (LCM):

| Event | Time | Date |
|----------------|---------|-----------------------------------------|
| 50M Freestyle | 24.53 | Bridge City Spring Classic - 04/10/25 |
| 100M Freestyle | 57.67 | 2025 Mel Zajac International - 05/16/25 |
| 200M Freestyle | 2:15.14 | CSI - 2024 Paris Roubaix - 05/31/24 |

PERSONAL



FULL NAME: Foster Founery

PARENTS: Chantelle & Daryl Fournery

GRADE: 12

SWIMMING EXPERIENCE: 7 Years

FAVORITE EVENTS: 50M Freestyle & 50M Fly

PRE-RACE MUSIC: Tame Impala

PLANS FOLLOWING GRADUATION: I want to try and keep swimming in University and go into biomed

FUTURE COMPETITION GOALS: I want to get my USPORTS QT in the 50M Freestyle

FAVORITE RECOVERY MEAL: Yogurt bowls

FIVE THINGS YOU WANT WITH YOU ON A DESERTED ISLAND: Ice cream, water, sunscreen, sunglasses, and a floaty

WHAT WILL YOU TAKE AWAY FROM YOUR CANADA GAMES EXPERIENCE?

I want to meet a lot more people and make more connections