Welcome! This is the first issue of a new information source for what is happening in CIS swimming. The very competitive world of Canadian university swimming will be updated by each team across the country throughout this season. Please take the time to read through our updates and keep informed about the successes of each team. The links with each school will direct you to their athletic pages and provide more details about schedules and rosters.

The season starts right away and will finish with CIS championships hosted by the University of Toronto February 18-20, 2010.

News from this week in CIS swimming:

Several coaching changes highlight the start to the new season.
Chad Webb and Richard Millns will take over at UBC. Nandi Kormendi has moved to the top spot at Wilfred Laurier University and will be assisted by Paul Meronen. Derrick Schoof is the new head coach at the University of Ottawa. Peter Carpenter is heading up McGill University aquatics now.

University of Toronto welcomes John Rogers as head coach at the high performance swim centre at U of T.
Swim Canada has partnered with the University of Toronto to establish a High Performance Swim Centre at the university. Under the guidance of Australian Olympic coach John Rodgers, the Centre will focus on international performances while still maintaining a strong link with the varsity program. Other partners to the centre, that will help provide valuable resources, will be the Ministry of Health Promotion and the Canadian Sports Centre-Ontario.

Wilfred Laurier Golden Hawks start the season under a new coach for the first time in more than twenty years.
The WLU Golden Hawks started the new season last week with a pre-season camp, and are looking to build off that event throughout the year. In addition to some talented rookies, the team also has a new coaching staff this year. Nandi Kormendi takes over this year as Head Coach in addition to his duties as Region of Waterloo Swim Club's new head coach. Coach Kormendi is joined by veteran coach Paul Meronen who will assist with the coaching duties. This year's Women's rookies include two accomplished club swimmers, Carly Martin (ROW) who is a Senior National butterflyer, and Renee Dijk (ATTAC), a strong backstroke addition. On the Men's side, newcomer Nemanja 'Nemo' Colic is a strong breaststroker from local Toronto club CHAMP.

Team captains are Whitney Rich, Brittany Shaw and Tom Rose. Shaw is a 3rd Year Biology and Chemistry. She is a sprint freestyler and has finalled at OUA's and medalled on relay at OUA's. Rich is a fourth year student, and last season she broke a thirteen year old record at OUA's in the 100 Breast. Whitney's highlights include being an eight-time Laurier athlete of the week, the Team's MVP for three years running and a two-time OUA 1st Team All-Star. Tom Rose is also a fourth year student, coming to WLU from the Soo Y Dolphins in Sault Ste Marie. Tom is a majoring in Economics and Political Science, and is a butterfly specialist.
"I'm proud to be part of the WLU Varsity program this year" says Coach Kormendi. "We are looking to build the team over the season and having Coach Paul there, along with the leadership shown by our captains and vets will make building the squad an exciting and fun journey".

The Hawks kick off their year at McMaster on October 3rd, and are looking forward to returning their home pool in November. The WLU pool has been closed since last June for extensive repairs and renovations. "When complete, it will be a state of the art pool, for all purposes brand new from top to bottom. The work that has gone into saving the pool by WLU and the students, as well as by ROW and the community has been outstanding" states Kormendi.

Laval makes some exciting additions just ahead of expanding their facility.

The Rouge et Or of Laval University is proud to announce the arrival of 9 swimmers for the upcoming season. Among those swimmers, 3 are arriving directly from Europe, 1 is coming back from the United States after one year with the NCAA and the 5 others are Canadian residents.

"It is very exciting to see so many top level athletes joining our team. Our league is among the best in the world and we intend to be one of the best at CIS. With the construction of a new 10 lanes 50 meters pool scheduled to start next April, this team will have all it needs to perform at the very best level!"

On the picture, Charlotte Dandurand (Qc) Karoline Bergene (Norway) Benjamin Le Maguet (Switzerland) Dominique Massie Martel (Qc) Léonie Pamerleu (Qc)

University of Toronto 2009-10 SEASON PREVIEW

The Varsity Blues men’s swimming team is highly favoured to win their seventh consecutive conference (OUA) title and finish top three again at the national (CIS) championships. The women’s Varsity squad will have a great battle for the 2009-10 conference title and will also look maintain their third-place team national ranking.

WOMEN’S TEAM: The Women Blues will look to reel in their 8th Conference title in the past ten years. One of the swimmers that will lead the way for the Blues will be Andrea Jurenovskis. The Blues rookie-of-the-year last season, Andrea was a two-time OUA champion and CIS bronze medalist in the 100m backstroke. Jurenovskis had huge improvements in her rookie year and has become one of the top swimmers in the CIS. Joining her on the national medal podium last season with an equally impressive break-out season was third-year swimmer Heather Maitland. Maitland scorched the OUA and wound up on the podium with a bronze medal at the CIS championships in the 800m freestyle. She also swam at the FISU games and won a bronze medal at the FINA World Cup 10km in what was a very busy summer. The Blues have landed one of the top swimmers in the country in rookie Zsofi Balazs. She is a member of Canada’s national team—having competed in Rome at the recent World Championships. While her favourite
event is the 10km open water distance, she will challenge for the top spot in several events: 400m and 800m freestyle, 200m butterfly and 200m backstroke. Third-year Pamela (Poppy) Ruksys has moved from her top IM swims (OUA double medallist) to be a threat in the distance freestyles. After scoring points at the Swim Canada nationals (SNC) in the 800m freestyle and nearly medalling at the CIS championships, Ruksys will be focusing more on freestyle this year. Fifth-year Sasha Theron will handle the sprint freestyle when she is not winning the butterfly races. The OUA champion in the 100m butterfly and double CIS medallist (bronze) in the 50m and 100m fly, Theron will look to cap a very successful career this season. Originally from South Africa, the graphic arts major has ten OUA individual medals (plus eight relay medals) to her credit already.

Several rookies will score impressively for the Blues. Coming from overseas will be Rebecca Sharpe from Bermuda. One of the top Caribbean swimmers—having recently returned from the Worlds—Sharpe will be a force in the backstroke for the Blues. Unheralded Julia Boron from Mississauga is starting to gain critical competition experience and will give the Blues strong depth in the freestyles. And from the prairies, Samantha Bancescu from Regina will vie for conference medals in the sprint backstroke and freestyles. After breaking her wrist prior to her rookie 2008-09 season, Kaleigh McKinnon, one of the top butterfliers in the province, is back at full strength and ready to tackle her first full season of serious competition. She will challenge for gold in the fly events and add depth to the 400IM and freestyles.

The Blues distance crew will lead that day. On top of Balazs and Ruksys, there are two more swimmers that could medal. Third year swimmer Melanie Davis was chosen the most improved swimmer on the team for her huge drops in time last season, and was named to her first tour team—going to the Charlotte Grand Prix with Swim Ontario. Fourth year co-captain, commerce major Stephanie Hassell was the OUA conference champion in the 800 freestyle in 2008 and just missed a medal at the FINA World Cup 10km this summer.

MEN’S TEAM: The men have four men who won national title in their events!! Three of those are in their fifth year and will certainly be aiming to bow out with a bang. Olympian Colin Russell won three national titles last year on his way to being named the CIS male swimmer of the year (and eventually U of T Athlete of the year as well). Two of those titles - the 100m and 200m freestyle events - were won in both CIS and Canadian record times. Fifth-year Oakville, Ont. native Marco Monaco, a national champion in 2008, will anchor the breaststrokes. Coming off knee surgery, Monaco has responded brilliantly and swam for Canada at the FISU Games this summer. The 50m freestyle national champion in 2008, Martyn Forde returns for his fifth year of competition while attending graduate school. Forde sat out last year while he trained and competed for Barbados at the Olympics and the Worlds. The fourth national champion was just a rookie last year when he won the 200 butterfly. Chetrat swam an inspired race, dropping his best times by seven seconds and capturing the gold medal—and a berth to the FISU Games. Chetrat hails from Oakville, Ontario and forms part of the “Oakville fearsome foursome” on the Blues. Along with Chetrat and Monaco, fourth year co-captain Cam Cummings and 2nd year Curtis Samuel are also from the same home club. Cummings has been an individual gold medallist in each of his three Conference championship meets and also won a bronze medal at this year’s CIS nationals. He can medal in both backstroke and IM. Samuel, the OUA swimmer of the year in his rookie campaign last year, is tough to beat in butterfly, IM, and distance freestyle. The son of two Blues alumni (Criag Samuel, 8T2, and Linda Brafield 8T3), his genes are true blue.

The rookies to this year’s edition of the Blues are also impressive. Nick Karpov—the top backstroke recruit in the country—won the bronze in the 100m backstroke at the Swim Canada nationals. Zach Summerhayes (from Waterloo) is one of Ontario’s top swimmers in the IM and has swum for Ontario on several tour teams—most recently at the Canada Games. Joining those rookies will be Andy Townsend, a top freestyle and butterfly swimmer from the North York area. Along with Montreal, Que. native Taylor Bond and past OUA champion Oleg Chernukhin, a graduate school transfer, the Blues have some impressive new faces to bolster the group of veterans.
If that wasn’t enough depth, the Blues will also have several swimmers that will score valuable points. Mike Smerek, who has only been swimming for three years, swam at the Canada Summer Games after his top butterfly swims this past winter. Sergui Bagrianski, also a relative newcomer to the sport of swimming, won the 50m butterfly at last year’s OUA championships and adds more depth to an incredibly strong butterfly crew at U of T that also features Troy MacDonald in his second year. Third-year B.C. native Andrew Kennedy had some big drops last year to score at the SNC nationals and will do well for the Blues in the backstroke events again this year. Stefan Kalaba had a much improved second year and will be force in the OUA in the breaststroke events. Lastly, international swimmers Luke Hall (Swaziland) and Joel Rombough (Cayman Islands) scored well in the sprints and the distance respectively, while rookies David Dorian in the distance/fly and Steven Hibberd in the sprint will be in the mix.

There is plenty of excitement in the air as the 2009 2010 varsity swim season commences in Voyageur country.
With some coaching changes at the club level and some new and improved dry land programs, Coach Parker is wasting no time in putting all this to work. “We have always had a strong relationship with the club team here at Laurentian, and that relationship just took an even bigger step in the right direction with the hiring of Coach Dean Henze from Barrie. Dean has produced some very strong athletes in the past and is looking forward to building on that here at Laurentian. Voyageur swimming is happy to have Dean’s knowledge and experience on deck day in and day out for a long time to come.”

Callum McGibbon and Alain Delorme have added some beef to the Voyageur swim program by working one on one with some of our top athletes preparing them physically for what lies ahead in the water. “We have noticed a big difference in overall strength and durability of the swimmers after spending a year with Callum and Alain off deck. I can’t say enough about it. It can get trying at times as a coach when the athletes just are not physically strong enough to do some of the tough work needed to jump to that next training level. Callum and Alain have made that transition a lot easier to attain with these athletes.”

Continuing from previous years, the Voyageurs will also tap into the School of Human Kinetics here at Laurentian University where there are 3 specific academic areas that also add depth to the swim programs. Laurentian University’s nationally recognized Sports Psychology, Kinesiology and Health Promotions programs. Each of these three programs adds assistance to coaches and swimmers in their related field. “Each year we have faculty and students work with the swimmers to help them with issues including sport psychology, nutrition and biomechanical expertise. We have some very generous faculty, lab technicians and students within the School of Human Kinetics and we would be crazy not to take advantage of these great services here at the university. We can give the athletes everything from goal setting strategies to lactate testing right here at the aquatic facility.”

The varsity swim teams will once again have a small but mighty theme to them heading into the 2009 2010 season. The Voyageurs look to kick off training camp with 13 women and 8 men. Top female recruits Emily Jones (Orangeville) and Jessica Pothier (Orillia) are looking to jump right in and help push the Lady Vees up in the OUA standings. James Clock (Meaford), Justin Danecke (Kitchener) and Michael Allain (Port Elgin) will be looking to do the same as their female counterparts for the small but mighty AquaVees.

The Voyageur swim teams kick off their OUA season with a home meet end of October at the Jeno Tihanyi Olympic Gold Pool welcoming the Waterloo, Laurier and York for 2 days of tough racing. Divisional Championship for the Voyageurs this year takes place in Guelph at the University of Guelph AquaDome mid November. After the winter training camp in December, the Voyageurs continue on the road with a meet in London at the end of January against Western, Waterloo and Brock before heading into the Conference Championships in St. Catherenes at Brock University the first weekend in February. Qualifiers then move forward to take on all of Canada at the CIS National Swimming Championships at the University of Toronto in mid February.
Waterloo Warriors season preview
Coach Jeff Slater welcomes top incoming recruits Bronwyn Kemp (Waterloo), Stephanie Braxmeier (Ajax) and Evan Dzik (Winnipeg) will join the Warriors. The women’s team looks to be much improved with potentially 11 new women on the OUA roster. Meet highlights include dual meet with Niagara University and a visit to the Eastern Michigan Invitational. The season starts by hosting Guelph and Toronto October 4. The Warriors will be lead this season by returning CIS swimmers Wesley Greig, Greg Gambino and Yonathan Prajogo. The women will have Angela McIsaac on campus for the full year as she completes her engineering degree and this will lend invaluable leadership to go with her excellent performances.

Conference News
http://www.acadiau.ca/sports/homepage.htm
http://www.goseahawks.ca/index.php
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Conference News

University of Alberta
http://www.bears.ualberta.ca/Swimming/

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University of Lethbridge
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University of Manitoba


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http://www.gobadgers.ca/sports/swim/index

Carleton University
http://www2.carleton.ca/goravens/teams/swimming/

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http://www.trentvarsity.ca/team.php?team=Swimming

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University of Western Ontario


York University
http://www.sport.yorku.ca/interuniversity_sport/teams/swimming/index.asp
Conference News


http://www.sports.uqam.ca/citadins/

http://www.mcgill.ca/athletics/varsitysports/teams/home/swimming_w/

https://oraprdnt.uqtr.uquebec.ca/pls/public/gasw005.afficher_equipe_web?owa_cd_sport=N


http://www.usherbrooke.ca/natation/

Feedback may be directed to Jeff Slater (jaslater@uwaterloo.ca)