

GOULBOURN SEA HAWKS

Four off to provincials

SPECIAL TO THE NEWS

Jayden Cole and Nicholas Barry are the latest Goulbourn Sea Hawks swimmers to qualify for berths in the provincial championships in Etobicoke later this month.

They will compete in the championships along with the Sea Hawks' 12 year old girls Abby Gartland and Aleasha Knight who had qualified earlier for the provincial meet. Ten year old Jayden Cole, who claimed six gold medals at the Regional Short Course meet at the Nepean Sportsplex last weekend, qualified for the provincials in the 100 backstroke, 200 backstroke and 400 freestyle. He won the high points award in the meet for age ten and under boys. He was also only 0.03 seconds from qualifying for the 100 freestyle in the boys' age 11 and under category. "The most valuable swimmer of the meet for the silver group ... well, everyone did an amazing job ... but it has to be Jayden," said Sea Hawks coach Kelly Goddard. "He did amazing in all of his swims."

Eleven year old Nicholas Barry earned his way to the provincial championships thanks to his performance in the 100 breakstroke at the Regional Short Course meet last weekend. He won individual silver and bronze medals in the meet and also shared a bronze medal in the boys' age 11 and 12 free relay with Jayden Cole, Anthony Ha and Harrison Lyster.

Anthony Ha captured two individual gold medals and a bronze medal at the Regional Short Course meet.

Schae Dunlop earned a silver medal, Sarah Gilboe won a bronze medal, Abby Gartland brought home gold and bronze medals and Aleasha Knight won a silver medal.

"Aleasha swam an amazing silver medal swim in the 200 breast," said coach Kelly Goddard. "She only has 0.17 seconds left to take off and she is headed to junior nationals in Winnipeg at the end of July."

Coach Goddard pointed to the amazing

efforts of Sea Hawks' swimmers Nicholas Barry and Schae Dunlop in the weekend meet. She praised Nicholas for showing a positive attitude while coming back to qualify for the provincials. She also praised Schae Dunlop for taking on the challenge of the 200 fly event and afterwards wanting to try it again in the future.

Sea Hawks' senior swimmers Mathew Hayward and Val Beaulieu both won silver medals at the Regional Short Course meet last weekend while Kailan Clark earned a bronze medal.

The Goulbourn Sea Hawks train at the Goulbourn Recreation Complex pool in Stittsville. Sea Hawks' swimmers come from both Stittsville and Kanata.



PHOTO COURTESY OF GOULBOURN SEA HAWKS

Members of the Goulbourn Sea Hawks' Silver 2 group in the age 12 and under group at the Regional Short Course swim meet at the Nepean Sportsplex last weekend are, front row, left to right, Anthony Ha, Jayden Cole, Nick Barry, Harry Lyster and coach Kelly Goddard; and, back row, left to right, Schae Dunlop, Abigail Gartland, Aleasha Knight and Kaitlyn Hemstreet.