



2014 National Team Selection

Congratulations to the Ontario Athletes who have been selected for the Pan Pacific Championships this summer: Brittany MacLean (ESWIM), Dominique Bouchard (OAK), Martha McCabe (TSC), Michelle Williams (NYAC), Erika Seltenreich-Hodgson (GO), Marni Oldershaw (OAK), Evan White (OAK), Gamal Assaad (OAK) and Mack Darragh (OAK). Congratulations also to those on the Commonwealth Games team: Brittany MacLean (ESWIM), Sinead Russell (NHAC), Martha McCabe (TSC), Michelle Williams (NYAC), Erika Seltenreich-Hodgson (GO), Marni Oldershaw (OAK), Evan White (OAK) and Gamal Assaad (OAK).

2014 National Jr. Team Selection

Congratulations to the Ontario swimmers who have been selected to the Junior Pan Pacific Championships team: Danielle Hanus (NEW), Meryn McCann (ESWIM), Danika Huizinga (AJAX), Genevieve Robertson (GMAC), Tristan Cote (ESWIM), Daniel Kuiack (BTSC), Cameron Kidd (WRMS), Osvald Nitski (HAC) and Mitchel Ferraro. Congratulations to the swimmer selected to the Youth Olympic Games: Danielle Hanus (NEW), Danika Huizinga (AJAX), Javier Acevedo (AJAX), and Matthew Mac (OAK)

2014 Para Pan Pac Games Team

Congratulations to the Ontario swimmers selected to the Para Pan Pacific Championships team: Camille Bérubé (GO), Alec Elliot (ROW), Nydia Langill (DUCKS), Gordie Michie (STJJ), Adam Purdy (LAC), Tess Routliffe (STARS), and Zach Zona (NHAC).

Open Water T-Shirt Contest

Get your creative juices flowing and submit an entry to the Swim Ontario Open Water Championships T-Shirt Design Contest! Submissions are due on May 15 - find all the details [HERE!](#)

Swim Ontario Conference Weekend

The Swim Ontario conference will be September 26-28 at the Toronto Airport Marriott. Board of Directors Nomination information can be found [HERE](#) and need to be received prior to August 1.

Permission to Travel

Permission to Travel forms must be submitted to Swim Ontario **14 days** prior to travel outside of Ontario. Please find the form [HERE](#). If your club is travelling outside of North America for competition, permission must be sought from Swimming Canada.

Off The Deck

Have you checked out our Off The Deck video series? Check out the latest video about nutrition and fueling swimmers [HERE](#)

Coach Compliance Cards

Reminder to clubs that as of May 1, coaches on the Second Year Compliance List need to have their photo ID compliance cards to be on deck at sanctioned competitions in Ontario. For more information, please contact [Lindsay](#).

Office Closure

The Swim Ontario office will be closed until April 22 at 9am. Any inquiries will be returned when the office is open.

Proudly Sponsored By



Record Breakers

Women - 11-12

Kayla Sanchez - AJAX
50 Free SC - 26.29

Kayla Sanchez - AJAX
100 Free SC - 57.26

Kayla Sanchez - AJAX
200 Free SC - 2:04.77

Kayla Sanchez - AJAX
100 Back SC - 1:02.85

Women - 13-14

Danika Huizinga - AJAX
100 Fly SC - 59.09
Also an OPEN record!

Danika Huizinga - AJAX
200 Fly SC - 2:13.31

Ajax Swimming - Danika Huizinga, Emily Vandenberg, Aryanna Fernandes, Kayla Sanchez
400 Medley Relay SC - 4:16.27

Men Para

Zach Zona - NHAC
1500 Free LC - S8 - 20:55.41

Kick Challenge

So Ontario, you think you can kick?

Try the Swim Ontario Kick Challenge for a 25m underwater kick from a dive and if you go under 12.5 (male) or 13.5 (female) you'll earn a gold cap. What's the catch? Dean has to witness the feat. Check out all the information [HERE](#)

