

# COMMONWEALTH GAMES CANADA

## MEDIA GUIDE

GOLD COAST, AUSTRALIA

APRIL 4 - 15, 2018





The Government wants to highlight the important role that sport plays in our country. The Commonwealth Games help strengthen our reputation as a leading sport nation. They also allow us to join together and cheer on our athletes as they compete against the world's best.

Our government is proud to support the Commonwealth Games Association of Canada and the athletes who make up Team Canada. Our athletes truly embody the Commonwealth Games' values of humanity, equality and destiny. Along with Canadians from coast to coast to coast, we congratulate them on their remarkable achievements and celebrate their contributions to the world of sport. We stand behind our athletes every step of the way because they are a great source of inspiration for us all.

As Minister of Science and Minister of Sport and Persons with Disabilities, I would like to thank the organizers and volunteers, as well as the people of Gold Coast, Queensland and Australia, for hosting these Games and welcoming the members of the Commonwealth family. Best wishes to everyone taking part!

A handwritten signature in blue ink, reading 'K Duncan'. The signature is fluid and cursive, with the first name 'K' being particularly stylized.

The Honourable Kirsty Duncan



Welcome to Gold Coast, Australia!

It's an honour and privilege to serve as Canada's Chef de Mission here in beautiful Gold Coast. I have been a fan of the Commonwealth Games since I was a child growing up in Montreal, watching the Games and cheering on the athletes with my family. I delayed my own retirement from sport in order to compete at the 2002 Commonwealth Games in Manchester, and it was well worth the wait – a memorable experience that solidified my appreciation for this unique sport movement.

The Commonwealth Games unite us all in our mutual passion for all the good things sport gives us – from the joy of fandom to the pride of athletic achievement. They also hold a special place in our hearts as Canadians, as Canada is their birthplace; we hosted the first ever Games in 1930 in Hamilton. These Games are a world-class sport competition that play an important role in the Canadian sport development pathway and the international sport calendar.

As you put your physical and mental strength to the test here in Gold Coast, know that Canadians are behind you, celebrating your performances. Assistant Chef de Mission, Benoit Huot, the dedicated members of our Mission team and I will do everything in our power to pragmatically and enthusiastically support you along the way.

Thank you to the Gold Coast Organizing Committee and to Australia for their warm welcome, and I wish them a great Games.

And of course, I congratulate every member of our 2018 Canadian Team for their selection to Team Canada, and wish all of you an excellent sporting and cultural experience here in Gold Coast.

Finally, may this be a highlight of your sport career. May you take the time to truly live the moment.

Best,  
Claire Carver-Dias  
Chef de Mission Team Canada  
Gold Coast 2018





Welcome to Gold Coast, Australia!

I'm so excited to be in Gold Coast at my 4th Commonwealth Games and am honoured to have been chosen as Team Canada's Flag-Bearer. I cannot wait to walk alongside Canada's best summer athletes during the opening ceremonies.

I'd like to welcome back those of you who have already competed at the Commonwealth Games and congratulate the newcomers – you are in for an experience you won't soon forget! The competition level is exceptional at the Games and you will build lasting friendships.

I wish you, my fellow amazing Canadian teammates, the best of success during your events over the next two weeks and I look forward to meeting many of you in Gold Coast!

I love the Commonwealth Games experience and I'm sure you will too. I will do my best to represent our country and – more importantly – you, this exceptional group of athletes that is Team Canada at Gold Coast 2018.

Best,

Meaghan Benfeito



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# ATHLETICS



## Team Canada in Gold Coast

The team, comprised of 20 women and 26 men, will be focused on contributing to the overall Canadian medal count and bettering its total of 17 podium finishes (five gold, two silver and 10 bronze) from the 2014 Commonwealth Games. The Canadian contingent heading to Gold Coast features 15 veteran track and field athletes and 31 first-time Commonwealth Games participants.

The Commonwealth Games serve as a vital component of an athlete's development. Eight athletes, in addition to the men's 4 x 100-metre relay team, placed in the Top 8 at the 2017 IAAF World Championships, therefore, Canadians and track and field fans around the world can expect to see a number of breakout performances in Gold Coast that will lead to positive results in Tokyo at the Olympic/Paralympic Games in 2020.

Head Coach Glenroy Gilbert on the squad: "Athletics Canada has put together a strong and talented team that features a number of Commonwealth Games veterans and athletes who have taken great strides in our NextGen Program. We are going to the Gold Coast to compete and to compete well."

The team includes 10 medallists from past Commonwealth Games.

## **Dates:**

April 8-15, 2018

## **Venue(s):**

Track and Field: Carrara Stadium

Race Walks: Currumbin Beachfront

Marathon: Southport Broadwater Parklands

## **Number of events:**

29 for men, 29 for women

## **History**

Athletics is sport stripped to its barest essentials: to run, walk, jump and throw are the basics of human activity. As such, most athletics events date back to prehistory. The discus throw and various running events, for example, were part of the ancient Olympic Games, while the marathon was introduced at the first modern Olympic Games in 1896 to honour the ancient Greek soldier Pheidippides. According to legend, Pheidippides ran 26 miles from Marathon to Athens with news of a Greek victory over the Persians, and then later died from exhaustion. Events such as the pole vault may have originated with European farmers who used long poles to help them vault over ditches, and naval gunners hefting cannon balls in battle may have been the originators of the shot put.

Over the past decade, Athletics Canada has welcomed under its umbrella high-performance athletes from four disability groups: wheelchair athletes joined the association in 1997, followed by athletes with cerebral palsy, visually impaired athletes and amputee athletes in 2002. Inclusion of these disability groups was a natural step given that the focus of the association has broadened to include the delivery of similar services to all track and field high-performance athletes.

## **Overview**

### **Track and road running events**

Running events are divided into sprints (100m, 200m and 400m), middle distances (800m and 1,500m), long distances (5,000m and 10,000m), road running (marathon and 20 km race walk),



hurdles (110m-men, 100m-women, 400m and the 3,000m) and relay races (4 x 100m and 4 x 400m).

All races, except the marathon and race walking events, take place on a 400-metre track. The object of each race is to reach the finish line first (judged from the torso). In races of less than 800m, runners must stay in their assigned lanes for the whole race. However, in the 800m, runners can leave their lanes after the first turn of the track. In relay events, a baton is passed from the lead runner to each successive runner. Hurdle events and the steeplechase combine running and jumping (the steeplechase contains water jumps as well as hurdles); hurdle heights vary according to the events (men's 110m hurdles stand 1.067 metres, women's 100m hurdles stand 0.840 metres, men's 400m hurdles stand 0.914 metres and women's 400m hurdles stand at 0.762 metres) and there is no penalty for knocking them down. Race walkers must maintain contact with the ground with at least one foot and straighten the leg completely on each stride.

### **Jumping events – high jump, long jump, pole vault, triple jump**

Competitors in the four jumping events use a running start to build momentum. Depending on the event, the object is to jump the highest or the furthest. In the horizontal jumps (long and triple) competitors are allowed three attempts in the preliminary round, while the top eight can secure three more attempts in the final round. In the vertical jumps (high and pole vault), competitors get three attempts to clear a given height. Competitors may choose to proceed to the next round without having cleared the height or having used all three attempts. Three consecutive misses eliminate the competitor. The crossbar is raised with each round until only one competitor is left.

### **Throwing events – shot put, discus, javelin, hammer**

Competitors put a shot or throw the discus, hammer or javelin a maximum distance from within a fixed throwing area. The implement must land completely within a wedge-shaped section of the field that begins at the throwing area and fans outward. Competitors are allowed three throws in the preliminary round; the top eight throwers are allowed three more attempts. The shot put is held in one hand beside the neck and then it is released while driving it upwards and outwards. The javelin must land point-first for the throw to count.

### **Throwing event equipment**

Shot put: the men's shot weighs 7.26 kg and the women's weighs 4 kg.

Discus: The men's discus weighs 2 kg and the women's weighs 1 kg.

Javelin: The men's javelin weighs 800 g and the women's weighs 600 g.

Hammer: the men's hammer weighs 7.26 kg and the women's weighs 4 kg.

### **Combined Events – decathlon (men), heptathlon (women)**

The decathlon for men and the heptathlon for women combine 10 and seven running, jumping and throwing events, respectively. Scores are awarded based on tables that set performance standards for each section. Some rules for the individual sections vary from rules for single events, for example in the long jump, each combined-events competitor is allowed only three attempts whereas in regular

competition the Top 8 receive an additional three attempts. Events are held over two days with a minimum 30-minute break between sections and a minimum 10-hour break between the first and second days.

### **Elite athletes with a disability (EAD)**

There will be six EAD events for both men and women in Gold Coast: 100m (women's T35 and T38, men's T12, T38 and T47), 1500m (women's and men's T54), Marathon (women's and men's T54), javelin throw (women's F46), long jump (women's T38) and shot put (men's F38). All competitors must have an internationally authorized classification at the time of entry.

Athletics Canada has representation from three athletes in the T54 wheelchair racing categories. These are athletes that compete while sitting that do not have increased tone or uncontrollable movements - Spinal cord injury involving lower extremities; good sitting balance with abdominal muscle activity.

### **For more information:**

#### **Athletics Canada**

2141 Thurston Drive, Suite 105

Ottawa, ON K1G 6C9

Tel: (613) 260-5580

Website: [www.athletics.ca](http://www.athletics.ca)

Twitter: @AthleticsCanada

**International Association of Athletics Federations (IAAF):** [www.iaaf.org](http://www.iaaf.org)

**Media attaché in Gold Coast:** Amanda Nigh ([amanda.nigh@athletics.ca](mailto:amanda.nigh@athletics.ca); +61 0478 732 154)



**Athlete Name:** Mohammed Ahmed

**Sport / Event:** Athletics / 5,000m

**DOB:** January 5, 1991

**Hometown:** St. Catharines, ON.

**Club / Coach:** Niagara Olympic Club / Jerry Schumacher

**Twitter:** @Moh\_Speed

**Instagram:** @Moh\_Speed23

### **Career Highlights:**

Canadian record in 5,000m of 13:01.74 (2016) – Canadian record of in 10,000m of 27:02.35 (2017) – Olympian (2012, 2016)

### **Major Competitions:**

- 2017 IAAF World Championships (5,000m) – 6th – 13:35.43
- 2017 IAAF World Championships (10,000m) – 8th – 27:02.35 (Canadian record)
- 2016 Olympic Games (5,000m) – 4th – 13:05.94
- 2016 Olympic Games (10,000m) – 32nd – 29:32.84
- 2013 IAAF World Championships (10,000m) – 9th – 27:35.76
- 2012 Olympic Games (10,000m) – 18th – 28:13.91
- 2010 IAAF World Junior Championships (10,000m) – 4th – 29:11.75
- 2009 Pan American Junior Championships (5,000m) – Gold – 14:12.11 (meet record)
- 2008 IAAF World Junior Championships (10,000m) – 9th – 30:03.53

Complete profile here: <http://athletics.ca/national-team/our-team/420912>





**Athlete Name:** Shawnacy Barber

**Sport / Event:** Athletics / Pole Vault

**DOB:** May 27, 1994

**Hometown:** Toronto, ON.

**Club / Coach:** Project Athletics / Jeff Hartwig

**Twitter:** @Vaultbarber

**Instagram:** @vaultbarber

**Career Highlights:**

Canadian record in pole vault of 5.93m (2016) – IAAF World Championships Gold (2015) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 8th – 5.65m
- 2016 Olympic Games – 10th – 5.50m
- 2015 IAAF World Championships – Gold – 5.90m
- 2015 Pan American Games – Gold – 5.80m
- 2014 Commonwealth Games – Bronze – 5.45m

Complete profile here: <http://athletics.ca/national-team/our-team/459003>



**Athlete Name:** Aaron Brown

**Sport / Event:** Athletics / 200m

**DOB:** June 20, 1992

**Hometown:** Toronto, ON.

**Club / Coach:** Phoenix Athletics / Dennis Mitchell

**Twitter:** @KingsleySC

**Instagram:** @kingsleysc

### **Career Highlights:**

Personal best of 9.96 in the 100m (2016) – Olympic Bronze medallist in 4x100m relay (2016) -

Personal best of 20.00 in the 200m (2016) – Olympian (2012, 2016)

### **Major Competitions:**

- 2017 IAAF World Championships (4x100m) – 6th
- 2016 Olympic Games (4x100m) – Bronze – (Canadian record – 37.64)
- 2015 IAAF World Championships (4x100m) – Bronze
- 2013 IAAF World Championships (4x100m) – Bronze
- 2011 Pan American Junior Championships (4x100m) – Silver
- 2011 Pan American Junior Championships (100m) – Bronze – 10.25
- 2010 IAAF World Junior Championships (200m) – Bronze – 21.00
- 2010 IAAF World Junior Championships (100m) – 5th – 10.48

Complete profile here: <http://athletics.ca/national-team/our-team/434151>



**Athlete Name:** Rachel Cliff

**Sport / Event:** Athletics / 10,000m

**DOB:** April 1, 1998

**Hometown:** Vancouver, B.C.

**Club / Coach:** Unattached/ Richard Lee

**Twitter:** @Dangerous\_Cliff

**Instagram:** @raecliff

**Career Highlights:**

Personal best of 32:00.03 (2017)

**Major Competitions:**

- 2017 IAAF World Championships – 20th – 32:00.03

Complete profile here: <http://athletics.ca/national-team/our-team/401333>





**Athlete Name:** Brittany Crew

**Sport / Event:** Athletics / Shot Put

**DOB:** March 6, 1994

**Hometown:** Toronto, ON

**Club / Coach:** SISU Throws Club/ Richard Parkinson

**Twitter:** @BrittCrew

**Instagram:** @brittcrew

**Career Highlights:**

Canadian record of 18.58m (2017) – Olympian (2016)

**Major Competitions:**

- 2017 FISU Summer Universiade – Gold – 18.34m
- 2017 IAAF World Championships – 6th – 18.21m
- 2017 Canadian Championships – Gold – 18.32m (meet record)
- 2016 Olympic Games – 18th – 16.74m
- 2016 Canadian Championships – Gold – 18.06m
- 2015 FISU Summer Universiade – Bronze – 17.27m
- 2014 NACAC U-23 Championships – Bronze – 16.59m

Complete profile here: <http://athletics.ca/national-team/our-team/444320>



**Athlete Name:** Evan Dunfee

**Sport / Event:** Athletics / 20km Race Walk

**DOB:** September 28, 1990

**Hometown:** Richmond, B.C.

**Club / Coach:** Racewalk West / Gerald Dragomir

**Twitter:** @EvanDunfee

**Instagram:** @evandunfee

### **Career Highlights:**

Canadian record in 50km race walk of 3:41:38 (2016) – Personal best in 20km race walk of 1:20:13 (2014) – Olympian (2016)

### **Major Competitions:**

- 2017 IAAF World Championships (50km) – 15th – 3:47:36
- 2017 Pan American Race Walking Cup (20km) – 8th – 1:23:35
- 2016 Olympic Games (20km) – 10th – 1:20:49
- 2016 Olympic Games (50km) – 4th – 3:41:38 (Canadian record)
- 2016 IAAF World Race Walking Team Championships (20 km) – Silver
- 2015 IAAF World Championship (20km) – 12th – 1:21:48
- 2015 IAAF World Championship (50km) – 12th – 3:49:56
- 2013 Francophone Games (20km) – Silver – 1:25:30
- 2012 NACAC U23 Championships (20km) – Gold – 1:26:15.32

Complete profile here: <http://athletics.ca/national-team/our-team/399338>



**Athlete Name:** Sam Effah

**Sport / Event:** Athletics / 4 x 100m

**DOB:** December 29, 1988

**Hometown:** Calgary, AB

**Club / Coach:** University of Calgary Athletics Club / Desai Williams

**Twitter:** @Sam\_Effah

**Instagram:** @sam\_effah

**Career Highlights:**

Canada Games Gold medallist (2009) – Personal best in 100m of 10.06 (2010)

**Major Competitions:**

- 2013 IAAF World Championships (100m) – 22nd – 10.21
- 2013 FISU Summer Universiade (100m) – 6th – 10.29
- 2010 Commonwealth Games (100m) – 7th – 10.37
- 2010 NACAC U23 Championships (100m) – Gold – 10.06
- 2009 IAAF World Championships (200m) – 25th – 20.97

Complete profile here: <https://www.iaaf.org/athletes/canada/sam-effah-239041>





**Athlete Name:** Crystal Emmanuel

**Sport / Event:** Athletics / 200m

**DOB:** November 27, 1991

**Hometown:** Toronto, ON

**Club / Coach:** Flying Angels Track and Field Academy / Charles Allen

**Twitter:** @CrystalEmm91

**Instagram:** @cryszyboo

**Career Highlights:**

Canadian record in 200m of 22.50 (2017) – Pan American Bronze in 4x100m relay (2015) – Olympian (2012, 2016)

**Major Competitions:**

- 2017 IAAF World Championships (200m) – 7th – 22.60
- 2017 IAAF World Championships (100m) – 11th – 11.14
- 2016 Olympic Games (200m) – 23rd – 23.05
- 2015 IAAF World Championships (4x100m) – 6th
- 2015 Pan American Games (4x100m) – Bronze
- 2014 IAAF World Relays (4x100m) – 1st, Final B
- 2014 Commonwealth Games (100m) – 9th 11.43
- 2014 Commonwealth Games (200m) – 11th – 23.46
- 2014 Commonwealth Games (4x100m) – 4th
- 2013 Francophone Games (200m) – Gold – 23.63
- 2013 IAAF World Championships (4x100m) – 6th
- 2012 Olympic Games (200m) – 21st – 23.28
- 2012 NACAC U-23 Championship (100m) – Bronze – 11.43

Complete profile here: <http://athletics.ca/national-team/our-team/439491>



**Athlete Name:** Sultana Frizell

**Sport / Event:** Athletics / Hammer Throw

**DOB:** October 24, 1984

**Hometown:** Perth, ON

**Club / Coach:** Ottawa Lions T.F.C. / Sheldan Gmitroski

**Twitter:** @Sultythrows

**Instagram:** @sultanafriz

### **Career Highlights:**

Canadian record in hammer throw of 75.73m (2014) – Two-time Commonwealth Games Gold medallist – Olympian (2008, 2012)

### **Major Competitions:**

- 2015 IAAF World Championships – 13th – 69.66m
- 2015 Pan American Games – Bronze – 69.51m
- 2014 Commonwealth Games – Gold – 68.57m
- 2013 Francophone Games – 4th – 67.85m
- 2012 Olympic Games – 26th – 67.45m
- 2011 Pan American Games – Silver – 70.11m
- 2010 Commonwealth Games – Gold – 68.57m
- 2009 IAAF World Championships – 10th – 70.88m
- 2008 Olympic Games – 33rd – 65.44m
- 2007 Pan American Games – 7th – 63.25m

Complete profile here: [www.iaaf.org/athletes/canada/sultana-frizell-197761](http://www.iaaf.org/athletes/canada/sultana-frizell-197761)



**Athlete Name:** Elizabeth Gleadle

**Sport / Event:** Athletics / Javelin

**DOB:** December 5, 1988

**Hometown:** Vancouver, B.C.

**Club / Coach:** Vancouver Thunderbirds/ Laurier Primeau

**Twitter:** @Javelizz

**Instagram:** @javelizz

### **Career Highlights:**

Canadian record in javelin of 64.83m (2015) – Olympian (2012, 2016)

### **Major Competitions:**

- 2017 IAAF World Championships – 12th – 60.12m
- 2016 Olympic Games – 16th – 60.28m
- 2015 Pan American Games – Gold – 62.83m
- 2015 IAAF World Championships – 11th – 59.82m
- 2014 Commonwealth Games – 5th – 60.69m
- 2012 Olympic Games – 12th – 58.78m
- 2011 FISU Summer Universiade – 8th – 52.07m
- 2010 NACAC U23 Championships – Gold – 53.72m
- 2009 FISU Summer Universiade – 6th – 58.21m
- 2008 NACAC U23 Championships – Gold – 51.76m

Complete profile here: <http://athletics.ca/national-team/our-team/401346>





**Athlete Name:** Matt Hughes

**Sport / Event:** Athletics / 3,000m Steeplechase

**DOB:** August 3, 1989

**Hometown:** Oshawa, ON.

**Club / Coach:** Unattached / Jerry Schumacher

**Twitter:** @HugheSteeple

**Instagram:** @hughesteeple

**Career Highlights:**

Canadian record in 3000m steeplechase of 8:11.64 (2013) – Pan American Gold medallist (2015) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 6th – 8:21.84
- 2016 Olympic Games – 10th – 8:36:83
- 2015 Pan American Games – Gold – 8:32:18
- 2015 IAAF World Championships – 8th – 8:18.63
- 2014 Commonwealth Games – 4th – 8:21.88
- 2013 IAAF World Championships – 6th – 8:11.64
- 2011 NCAA D Championships – Gold – 8:24.87
- 2010 NCAA D1 Championships – Gold – 8:34.18

Complete profile here: <http://athletics.ca/national-team/our-team/408543>



**Athlete Name:** Adam Keenan

**Sport / Event:** Athletics / Hammer Throw

**DOB:** September 26, 1993

**Hometown:** Victoria, B.C.

**Club / Coach:** Kamloops Track & Field Club / Anatoliy Bondarchuk

**Career Highlights:**

Personal best in hammer throw of 72.57m (2017) – Canadian U20 record in hammer throw of 74.11m (2012)

**Major Competitions:**

- 2017 NCAA Track & Field Championship – 7th – 68.98m
- 2016 NCAA Track & Field Championship – 7th – 69.45m
- 2014 NACAC U23 Championship – Bronze – 68.35m
- 2012 IAAF World Junior Championships – 15th (Group B) – 66.56m

Complete profile here: <https://www.iaaf.org/athletes/canada/adam-keen-an-258180>



**Athlete Name:** Geneviève Lalonde

**Sport / Event:** Athletics / 3,000m Steeplechase

**DOB:** September 5, 1991

**Hometown:** Moncton, N.B.

**Club / Coach:** Speed River Track and Field Club / Dave Scott-Thomas

**Twitter:** @lalongen

**Instagram:** @lalongen7

### **Career Highlights:**

Canadian record in 3000m steeplechase of 9:29.99 (2017) – Pan American Bronze medallist – Olympian (2016)

### **Major Competitions:**

- 2017 IAAF World Championships – 13th – 9:29.99
- 2016 Olympic Games – 16th – 9:41.88
- 2015 Pan American Games – Bronze – 9:53:03
- 2015 IAAF World Championships – 6th (Heat 1) – 9:36.83
- 2013 Francophone Games – Bronze – 9:53.35
- 2012 NACAC U23 Championships – 4th – 10:56.38
- 2011 FISU Summer Universiade – 11th – 10:09.43
- 2010 IAAF World Junior Championships – 6th – 9:57.74

Complete profile here: <http://athletics.ca/national-team/our-team/406156>





**Athlete Name:** Pierce LePage

**Sport / Event:** Athletics / Decathlon

**DOB:** January 22, 1996

**Hometown:** Whitby, ON.

**Club / Coach:** Unattached Ontario / Gregory Portnoy

**Instagram:** @pierce\_lepage

**Career Highlights:**

Personal best of 8,027 points (2016)

**Major Competitions:**

- 2017 IAAF World Combined Events Challenge (Hypo-Meeting Gotzis) – 17th – 7,894 points
- 2016 IAAF World Combined Events Challenge (Decastar) – 3rd – 8,027 points

Complete profile here: <https://www.iaaf.org/athletes/canada/pierce-lepage-305840>



**Athlete Name:** Django Lovett

**Sport / Event:** Athletics / High Jump

**DOB:** July 6, 1992

**Hometown:** Surrey, B.C.

**Club / Coach:** Valley Royals Track & Field Club/ Zbigniew Szelagowicz

**Twitter:** @D\_Lovett

**Instagram:** @djangolovett

**Career Highlights:**

Personal best of 2.27m (2017) – Canadian U18 record in high jump of 2.17m (2009)

**Major Competitions:**

- 2013 FISU Summer Universiade – 15th – 2.15m
- 2013 NCAA Division I Championships – 21st – 2.05m
- 2012 NCAA Division I Championships – 19th – 2.15m
- 2012 NACAC U23 Championships – 5th – 2.10m

Complete profile here: <https://www.iaaf.org/athletes/canada/django-lovett-249142>



**Athlete Name:** Oluwasegun Makinde

**Sport / Event:** Athletics / 4x100m Relay

**DOB:** July 6, 1991

**Hometown:** Ottawa, ON.

**Club / Coach:** Unattached / Denis Shaver

**Twitter:** @SegunMakinde

**Instagram:** @segunmakinde

**Career Highlights:**

Personal best in 100m of 10.24 (2016) – Personal best in 200m of 20.51 (2014) – Francophone Games Gold medallist (2013) – Olympian (2012, 2016)

**Major Competitions:**

- 2017 FISU Summer Universiade (100m) – 25th – 10.58
- 2015 NACAC Senior Championships – 12th – 20.81
- 2013 Francophone Games (200m) – Gold – 20.80
- 2013 Francophone Games (4x100m) – Gold
- 2013 FISU Summer Universiade (200m) – 4th – 20.25
- 2011 FISU Summer Universiade (200m) – 5th – 20.72
- 2010 IAAF World Junior Championships (200m) – 12th – 21.13

Complete profile here: <https://olympic.ca/team-canada/segun-makinde/>





**Athlete Name:** Michael Mason

**Sport / Event:** Athletics / High Jump

**DOB:** September 30, 1986

**Hometown:** NanOOSE Bay, B.C.

**Club / Coach:** Nanaimo Track & Field Club/ Jeff Huntoon

**Career Highlights:**

National Track League Champion (2013) – Personal best in high jump of 2.33m (2015) – Olympian (2008, 2012, 2016)

**Major Competitions:**

- 2017 IAAF World Championships – 18th – 2.26m
- 2016 Olympic Games – 18th – 2.26m
- 2015 Pan American Games – Silver – 2.31m
- 2015 IAAF World Championships – 18th – 2.26m
- 2014 Commonwealth Games – Bronze – 2.25m
- 2013 IAAF World Championships – 25th – 2.17m
- 2012 Olympic Games – 8th – 2.26m
- 2010 Commonwealth Games – 7th – 2.16m
- 2009 FISU Summer Universiade – Silver – 2.23m
- 2008 Olympic Games – 19th – 2.25m
- 2004 IAAF World Junior Championship – Gold – 2.21m

Complete profile here: <http://athletics.ca/national-team/our-team/401847>



**Athlete Name:** Tim Nedow

**Sport / Event:** Athletics / Shot Put

**DOB:** October 16, 1990

**Hometown:** Brockville, ON.

**Club / Coach:** Ottawa Lions Track & Field Club / Richard Parkinson

**Twitter:** @timmaythrows

**Instagram:** @timmaythrows

**Career Highlights:**

Personal best of 21.33m (2016) – Pan American Silver medalist (2016) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 16th – 20.03m
- 2016 Olympic Games – 16th – 20.00m
- 2016 World Indoor Championships – 7th – 20.23m
- 2015 IAAF World Championships – 20th – 19.63m
- 2015 Pan American Games – Silver – 20.53m

Complete profile here: <http://athletics.ca/national-team/our-team/484634>



**Athlete Name:** Christabel Nettey

**Sport / Event:** Athletics / Long Jump

**DOB:** June 2, 1991

**Hometown:** Surrey, B.C.

**Club / Coach:** Unattached / Stuart McMillan

**Twitter:** @queenchristabel

**Instagram:** @queenchristabel

**Career Highlights:**

Canadian record in long jump of 6.99m (2015) – Pan American Gold (2015) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 19th – 6.36m
- 2016 Olympic Games – 20th – 6.37m
- 2015 Pan American Games – Gold – 6.90m
- 2015 IAAF World Championships – 4th – 6.95m
- 2014 Commonwealth Games – Bronze – 6.49m
- 2013 Francophone Games – Bronze – 6.63m
- 2013 IAAF World Championships – 19th – 6.47m

Complete profile here: <http://athletics.ca/national-team/our-team/400986>





**Athlete Name:** Anicka Newell

**Sport / Event:** Athletics / Pole Vault

**DOB:** August 5, 1993

**Hometown:** Saskatoon, SK.

**Club / Coach:** Project Athletics / Cameron Meyer

**Twitter:** @anickabn

**Instagram:** @flygirl93

**Career Highlights:**

Personal best in high jump of 4.65m (2017) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 12th – 4.45m
- 2016 Olympic Games – 29th – 4.15m

Complete profile here: <http://athletics.ca/national-team/our-team/497693>



**Athlete Name:** Alysha Newman

**Sport / Event:** Athletics / Pole Vault

**DOB:** June 29, 1994

**Hometown:** London, Ont.

**Club / Coach:** Bolton Pole Vault / Doug Wood

**Twitter:** @alysha\_newman94

**Instagram:** @alyshanewman

**Career Highlights:**

Canadian record in pole vault of 4.75m (2017) – Canadian U20 record in pole vault of 4.40m (2013) – Canadian U18 record in pole vault of 3.91m (2010) –Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 7th – 4.65m
- 2016 NCAA Division I Championships – Silver – 4.30m
- 2016 Olympic Games – 17th – 4.45m
- 2015 NCAA Division I Championships – 9th – 4.20m
- 2014 Commonwealth Games – Bronze – 3.80m
- 2013 Pan American Junior Championships – Gold – 4.40m (Canadian U20 record)
- 2013 Francophone Games – 5th – 4.10m

Complete profile here: <http://athletics.ca/national-team/our-team/434930>



**Athlete Name:** Nicole (Niki) Oudenaarden

**Sport / Event:** Athletics / Heptathlon

**DOB:** January 14, 1994

**Hometown:** St. Albert, AB.

**Club / Coach:** University of Calgary Athletics Club / Les Gramantik

**Twitter:** @N4oudenaarden

**Instagram:** @nikioudenaarden

**Career Highlights:**

Personal best in heptathlon of 6,000pts (2017)

**Major Competitions:**

- 2017 IAAF Combined Events Challenge (Pan American) – Gold – 6,000 points
- 2017 FISU Summer Universiade – 11th – 4,727 points
- 2015 FISU Summer Universiade – 7th – 5,596 points
- 2014 NACAC U23 Championships – Gold – 5,692 points
- 2014 IAAF Combined Events Challenge (Pan American) – 8th – 5,531 points

Complete profile here: <https://www.iaaf.org/athletes/canada/niki-oudenaarden-258954>



**Athlete Name:** Brendon Rodney

**Sport / Event:** Athletics / 4x100m Relay

**DOB:** April 9, 1992

**Hometown:** Brampton, ON.

**Club / Coach:** HEAT Athletics / Simon Hodnett

**Twitter:** @RodneyGetEm

**Instagram:** @buckkyjr

**Career Highlights:**

Personal best in 100m of 10.18 (2017) – Personal best in 200m of 19.96 (2016) – Olympic Bronze medallist in 4x100m relay (2016) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships (4x100m) – 6th – 38.59
- 2017 IAAF World Relays (4x100m) – Gold – 1:19.42
- 2016 Olympic Games (4x100m) – Bronze – 37.64 (Canadian record)
- 2015 IAAF World Championships (4x100m) – Bronze – 38.13
- 2013 FISU Summer Universiade (200m) – 5th – 20.72

Complete profile here: <http://athletics.ca/national-team/our-team/434698>





**Athlete Name:** Nina Schultz

**Sport / Event:** Athletics / Heptathlon

**DOB:** November 12, 1998

**Hometown:** New Westminster, B.C.

**Club / Coach:** New West Spartans Track & Field Club / Cliff Rovelto

**Twitter:** @ninaschultz\_

**Instagram:** @ninaschultz\_

**Career Highlights:**

Canadian U20 record in heptathlon of 6,021pts (2017) – Canadian U20 record in pentathlon of 4,340 points (2017)

**Major Competitions:**

- 2017 NCAA Division I Championships – Silver – 5,959 points
- 2017 NCAA Division I Indoor Championships – Bronze – 4,340 points
- 2016 IAAF World U20 Championships – 6th – 5,639pts
- 2015 IAAF World U18 Championships – 11th – 5,406 points

Complete profile here: <https://www.iaaf.org/athletes/canada/nina-schultz-292955>



**Athlete Name:** Gavin Smellie

**Sport / Event:** Athletics / 4x100m Relay

**DOB:** June 26, 1986

**Hometown:** Brampton, ON.

**Club / Coach:** Flying Angels / Desai Williams

**Twitter:** @GavinSmellie

**Instagram:** @gavinsmellie

**Career Highlights:**

World Championships Bronze medallist in 4x100m relay (2013) – Personal best in 100m of 10.09 (2015) – Personal best in 200m of 20.38 (2017) – Olympian (2012)

**Major Competitions:**

- 2017 IAAF World Championships (4x100m) – 6th – 38.59
- 2017 IAAF World Relays (4x200m) – Gold – 1:19.42
- 2014 Commonwealth Games (200m) – 8th – 20.55
- 2013 IAAF World Championships (4x100m) – Bronze

Complete profile here: <http://athletics.ca/national-team/our-team/407404>



**Athlete Name:** Gabriela Stafford

**Sport / Event:** Athletics / 1500m

**DOB:** September 13, 1995

**Hometown:** Toronto, ON.

**Club / Coach:** University of Toronto Track & Field Club / Terry Radchenko

**Twitter:** @gstafford13

**Instagram:** @gabrielastafford

**Career Highlights:**

Personal best in 1500m of 4:03.55 – Summer Universade Silver medallist (2015) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 21st – 4:04.55
- 2016 Olympic Games – 25th – 4:09.45
- 2015 FISU Summer Universiade – Silver – 4:19.27
- 2014 IAAF World Junior Championships (3000m) – 9th – 9:14.97

Complete profile here: <http://athletics.ca/national-team/our-team/448291>



**Athlete Name:** Taylor Stewart

**Sport / Event:** Athletics / Decathlon

**DOB:** April 11, 1991

**Hometown:** London, ON.

**Club / Coach:** London Western Track and Field Club / Vickie Croley

**Twitter:** @Taylor\_Stewa

**Instagram:** @taylor\_stewart10

**Career Highlights:**

Personal best in decathlon of 7,882 points (2017) – Francophone Games Gold (2017)

**Major Competitions:**

- 2017 Francophone Games – Gold – 7,852 points
- 2017 IAAF Combined Events Challenge (Pan American) – Silver – 7,882 points
- 2016 IAAF Combined Events Challenge (Pan American) – 6th – 7,219 points

Complete profile here: <https://www.iaaf.org/athletes/canada/taylor-stewart-256896>





**Athlete Name:** Taryn Suttie

**Sport / Event:** Athletics / Shot Put

**DOB:** December 7, 1990

**Hometown:** Hanley, SK.

**Club / Coach:** Unattached / Justin Rodhe

**Twitter:** @T\_Suttie

**Instagram:** @t\_suttie

**Career Highlights:**

Personal best in shot put of 17.88m (2016) – Olympian (2016)

**Major Competitions:**

- 2016 Olympic Games – 28th – 16.74m
- 2015 Pan American Games – 10th – 16.80m
- 2012 NACAC U23 Championships – Bronze – 16.88m

Complete profile here: <http://athletics.ca/national-team/our-team/404395/>



**Athlete Name:** Deryk Theodore

**Sport / Event:** Athletics / Pole Vault

**DOB:** August 18, 1989

**Hometown:** Edmonton, AB.

**Club / Coach:** Edmonton International Track Club / Mark Cocks

**Instagram:** @tsuyoshi.pv

**Career Highlights:**

Personal best in pole vault of 5.41m (2017)

**Major Competitions:**

- 2017 Francophone Games – Bronze – 5.30m
- 2017 FISU Summer Universiade – 10th – 5.10m
- 2010 NACAC U23 Championships – Silver – 5.10m





**Athlete Name:** Benjamin Thorne

**Sport / Event:** Athletics / 20km Race Walk

**DOB:** March 19, 1993

**Hometown:** Kitimat, B.C.

**Club / Coach:** Racewalk West / Gerald Dragomir

**Twitter:** @BGthorne

**Instagram:** @benjamin.thorne

### **Career Highlights:**

Personal best in 20km race walk of 1:19:55.00 (2016) – Canada U20 record in 20km of 1:21:55 – Olympian (2016)

### **Major Competitions:**

- 2017 IAAF World Championships – 51st – 1:26:56
- 2017 Pan American Race Walk Cup – Silver – 1:21:16
- 2016 Olympic Games – 27th – 1:22:28
- 2016 IAAF World Race Walking Team Championships – 5th – 1:19:55
- 2016 IAAF World Race Walking Team Championships – Silver (team)
- 2015 IAAF World Championships – Bronze – 1:19:57
- 2015 FISU Summer Universiade – Silver – 1:21:33
- 2015 Pan America Race Walk Cup – 10th – 1:24:36
- 2014 NACAC U23 Championships (20,000m race walk) – Gold – 1:29:08.64
- 2014 IAAF World Race Walking Cup – 13th – 1:20:19
- 2013 IAAF World Championships – 20th – 1:24:26
- 2013 FISU Summer Universiade – 16th – 1:26:59
- 2013 Francophone Games – 4th – 1:30:50
- 2012 IAAF World Race Walk Cup – 81st – 1:31:26

Complete profile here: <http://athletics.ca/national-team/our-team/434294>



**Athlete Name:** Alyxandria Treasure

**Sport / Event:** Athletics / High Jump

**DOB:** May 15, 1992

**Hometown:** Prince George, B.C.

**Club / Coach:** Prince George Track and Field Club / Cliff Rovelto

**Twitter:** @alyxtreasure

**Instagram:** @alyxtreasure

**Career Highlights:**

Personal best in high jump of 1.94m (2016) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 21st – 1.85m
- 2016 Olympic Games – 17th – 1.88m
- 2015 Pan American Games – 7th – 1.85m
- 2015 NCAA Division I Championships – 12th – 1.77m
- 2014 NCAA Division I Championships – Silver – 1.86m
- 2014 NACAC U23 Championships – Gold – 1.85m
- 2011 Pan American Junior Championships – Silver – 1.80m

Complete profile here: <http://athletics.ca/national-team/our-team/400620>



**Athlete Name:** Damian Warner

**Sport / Event:** Athletics / Decathlon

**DOB:** November 4, 1989

**Hometown:** Calgary, AB.

**Club / Coach:** London Western Track and Field Club / Les Gramantic

**Instagram:** @damian.warner

**Twitter:** @DamianWarner

**Career Highlights:**

Canadian record in decathlon of 8,695 points (2015) – Olympic Bronze medallist (2016) – World Silver medallist (2015) – Olympian (2012, 2016)

**Major Competitions:**

- 2017 IAAF World Championships – 5th – 8,309 points
- 2017 IAAF World Combined Events Challenge (Gotzis, Hypo-Meeting) – Gold – 8,591 points
- 2016 Olympic Games – Bronze – 8,666 points
- 2016 IAAF World Combined Events Challenge (Gotzis, Hypo-Meeting) – Gold – 8,523 points
- 2015 IAAF World Championships – Silver – 8,695 points
- 2015 Pan American Games – Gold – 8,659 points
- 2014 Commonwealth Games – Gold – 8,282 points
- 2013 IAAF World Championships – Bronze – 8,512 points
- 2013 IAAF World Combined Events Challenge (Gotzis, Hypo-Meeting) – Gold – 8,307 points

Complete profile here: <http://athletics.ca/national-team/our-team/428419>



**Athlete Name:** Sage Watson

**Sport / Event:** Athletics / 400m hurdles

**DOB:** June 20, 1994

**Hometown:** Medicine Hat, AB.

**Club / Coach:** Unattached / Fred Harvey

**Twitter:** @SageWats

**Instagram:** @sagewatson

**Career Highlights:**

Personal best in 400-metre hurdles of 54.52 (2017) – Canadian U18 record in 4x400m relay of 1:46.07 (2011) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships (400mH) – 6th – 54.92
- 2017 NCAA Division I Championships (400mH) – Gold – 54.52
- 2016 Olympic Games (400mH) – 11th – 55:44
- 2016 Olympic Games (4x400m) – 4th – 3:26.43
- 2016 NCAA Division I Championships (400mH) – Bronze – 54.85
- 2015 Pan American Games (400mH) – 10th – 1:49.65 – 58:36
- 2015 Pan American Games (4x400m) – Bronze
- 2015 IAAF World Championships (400mH) – 19th – 56.38
- 2015 NCAA Division I Championships (400mH) – 4th – 55.97
- 2013 Pan American Junior Championships (4x400m) – Silver
- 2013 Pan American Junior Championships (400m) – Bronze – 52.68
- 2013 Pan American Junior Championships (400mH) – Gold – 56.81

Complete profile here: <http://athletics.ca/national-team/our-team/420809>





**Athlete Name:** Jillian Weir

**Sport / Event:** Athletics / Hammer Throw

**DOB:** February 9, 1993

**Hometown:** Kingston, Ont.

**Club / Coach:** Unattached / Zeb Sion

**Twitter:** @JillianWeir

**Instagram:** @jillianweir

**Career Highlights:**

Personal best in hammer throw of 72.50m (2017)

**Major Competitions:**

- 2015 NCAA Division I Championships – 4th – 66.74m
- 2014 NCAA Division I Championships – 6th – 63.88m
- 2014 NACAC U23 Championships – Silver – 63.85m

Complete profile here: <http://athletics.ca/national-team/our-team/460901>



**Athlete Name:** Angela Whyte

**Sport / Event:** Athletics / Heptathlon

**DOB:** May 22, 1980

**Hometown:** Edmonton, AB.

**Club / Coach:** APEX Athletics Club / Jeff Huntoon

**Twitter:** @AngelaWhyteCan

**Instagram:** @angelawhyte\_can

### **Career Highlights:**

Personal best in heptathlon of 6,080 points (2007) – Personal best in 100-metre hurdles of 12.63 (2007) – Three-time Commonwealth Games medallist (2006, 2010, 2014) – Two-time Pan American Games medallist (2007, 2011) – Olympian (2004, 2008, 2016)

### **Major Competitions:**

- 2017 IAAF World Championships (100mH) – 30th – 13.23
- 2016 Olympic Games (100mH) – 30th – 13.09
- 2014 Commonwealth Games (100mH) – Bronze – 13.02
- 2013 IAAF World Championships (100mH) – 6th – 12.78
- 2011 Pan American Games (4x100m) – 5th
- 2011 Pan American Games (100mH) – Silver – 13.08
- 2010 Commonwealth Games (100mH) – Silver – 12.98
- 2009 IAAF World Championships (100mH) – 26th – 13.27
- 2008 Olympic Games (100mH) – 23rd – 13.11
- 2007 IAAF World Championships (100mH) – 8th – 12.66
- 2007 Pan American Games (100mH) – Bronze – 12.72
- 2006 Commonwealth Games (100mH) – Silver – 12.94
- 2005 IAAF World Championships (100mH) – 22nd – 12.88
- 2004 Olympic Games (100mH) – 6th – 12.81
- 2003 IAAF World Championships (100mH) – 11th – 12.89
- 2003 Pan American Games (100mH) – 5th – 12.94
- 2002 Commonwealth Games (100mH) – 5th – 13.17

Complete profile here: <http://athletics.ca/national-team/our-team/403034>



**Athlete Name:** Natasha Wodak

**Sport / Event:** Athletics / 10,000m

**DOB:** December 17, 1981

**Hometown:** North Vancouver, B.C.

**Club / Coach:** Prairie Inn Harriers Racing Team / Lynn Kanuka

**Twitter:** @tasha\_wodak

**Instagram:** @tasha\_wodak

**Career Highlights:**

Canadian record in 10,000m of 31:41.59 (2015) – Olympian (2016)

**Major Competitions:**

- 2017 IAAF World Championships – 16th – 31:55.47
- 2016 Olympic Games – 22nd – 31:53.14
- 2015 IAAF World Championships – 23rd – 32:59.20
- 2015 Pan American Games – 7th – 33:20.14
- 2013 Francophone Games – 4th – 33:31.02

Complete profile here: <http://athletics.ca/national-team/our-team/418178>



**Athlete Name:** David Bambrick

**Sport / Event:** Athletics / Shot Put F37

**DOB:** April 14, 1984

**Hometown:** Wolfville, N.S.

**Club / Coach:** Launchers Athletics / Steve Wohlmuth

**Twitter:** @therealbambi4

**Career Highlights:**

Personal best in shot put of 11.91m (2014) – Canada Summer Games Bronze medallist (2013)

**Major Competitions:**

- 2013 Canada Summer Games (shot put) – Bronze – 11.29m
- 2013 Canada Summer Games (discus) – Bronze – 31.25m

Complete profile here: <http://athletics.ca/national-team/our-team/445894>





**Athlete Name:** Alexandre Dupont

**Sport / Event:** Athletics / 1,500m T54 & Marathon T54

**DOB:** September 3, 1985

**Hometown:** Clarenceville, QC.

**Club / Coach:** Club d'Athlétisme Saint-Laurent Sélect / Rick Reelie

**Career Highlights:**

Personal best in 1,500m of 2:57.82 (2017) – Personal best in the marathon of 1:31:27 (2017) – Three-time Gold medallist at Parapan American Games (2015) – Paralympian (2012, 2016)

**Major Competitions:**

- 2017 World Para Athletics Championships (1500m) – 17th – 3:15.30
- 2016 Rio Paralympic Games (4x400m) – Bronze
- 2016 Rio Paralympic Games (400m) – 16th – 49.28
- 2016 Rio Paralympic Games (800m) – 21st – 1:40.37
- 2016 Rio Paralympic Games (1500m) – 22nd – 3:10.28
- 2015 Parapan American Games (400m) – Gold – 49.77
- 2015 Parapan American Games (800m) – Gold – 1:40.67
- 2015 Parapan American Games (1500m) – Gold – 3:07.61
- 2014 Commonwealth Games (1500m) – Bronze – 3:20.14
- 2013 IPC World Championships (4x400m) – Gold
- 2012 Paralympic Games (4x400m) – 5th
- 2012 Paralympic Games (400m) – 12th – 51.17
- 2012 Paralympic Games (800m) – 14th – 1:39.73
- 2012 Paralympic Games (5000m) – 16th – 11:42.97
- 2011 IPC World Championships (4x400m) – Bronze

Complete profile here: <http://paralympic.ca/alexandre-dupont>



**Athlete Name:** Jessica Frotten

**Sport / Event:** Athletics / 1,500m T54

**DOB:** April 23, 1988

**Hometown:** Whitehorse, YT.

**Club / Coach:** Cyclones Road & Track Club / Rick Reelie

**Twitter:** @jessica\_frotten

**Career Highlights:**

Personal best in 1500m of 3:49.09 (2017) – Two-time Parapan American Games Bronze medallist (2015)

**Major Competitions:**

- 2017 World Para Athletics World Championships (800m) – 7th – 1:58.55
- 2015 Parapan American Games (100m) – Bronze – 19.25
- 2015 Parapan American Games (400m) – Bronze – 1:01.13
- 2015 Parapan American Games (800m) – 4th – 2:09.59
- 2013 Canada Summer Games (200m) – Bronze – 39.71
- 2013 Canada Summer Games (400m) – Bronze – 1:16.78
- 2013 Canada Summer Games (1500m) – Bronze – 5:06.99
- 

Complete profile here: <http://paralympic.ca/jessica-frotten>



**Athlete Name:** George Quarcoo

**Sport / Event:** Athletics / 100m T12

**DOB:** December 3, 1994

**Hometown:** Scarborough, ON.

**Club / Coach:** Be Fast Track Club / Craig Blackman

**Career Highlights:**

Canadian record in T12 100m of 11.41 (2017) – Canadian record in T12 200m of 23.19 (2017)

**Major Competitions:**

- 2017 World Para Athletics World Championships (100m) – 11th – 11.41
- 2017 World Para Athletics World Championships (200m) – 13th – 23.19
- 2015 Parapan American Games (100m) – 7th – 11.56
- 2015 Parapan American Games (200m) – 5th – 23.83

Complete profile here: <http://paralympic.ca/george-quarcoo>

**Athlete Name:** Adam Johnson

**Sport / Event:** Athletics / Guide to George Quarcoo (100m T12)

**DOB:** December 21, 1988

**Hometown:** Toronto, ON.

**Club / Coach:** Be Fast Track Club / Craig Blackman

**Complete profile here:** <http://paralympic.ca/adam-johnson>



**Athlete Name:** Diane Roy

**Sport / Event:** Athletics / 1,500m T54 and Marathon T54

**DOB:** January 9, 1971

**Hometown:** Sherbrook, Que.

**Club / Coach:** Club Athlétisme de Sherbrooke / Jean Laroche

**Career Highlights:**

Canadian record in T54 1500m of 3:19.22 (2017) – Canadian record in T54 500m of 11:30.14 (2010)  
– Canadian record in T54 marathon of 1:40:10 (2007) –Parapan American Games Gold medallist (2015) – Six-time Paralympian (1996, 2000, 2004, 2008, 2012, 2016)

**Major Competitions:**

- 2016 Paralympic Games (1500m) – 6th –3:24.57
- 2015 Parapan American Games (800m) – Gold – 2:01.24
- 2015 Parapan American Games (400m) – Bronze – 1:02.00
- 2011 IPC World Championships (400m) – Silver – 56.90
- 2011 IPC World Championships (1500m) – Silver – 3:36.32
- 2008 Paralympic Games (5000m) – Silver – 12:29.08
- 2008 Paralympic Games (400m) – Bronze – 54.72
- 2008 Paralympic Games (800m) – Bronze – 1:48.07
- 2006 Commonwealth Games (800m) – Bronze – 1:53.76
- 2006 IPC World Championships (marathon) – Gold – 1:44.22
- 2006 IPC World Championships (1500m) – Silver – 3:42.37
- 2006 IPC World Championships (5000m) – Bronze – 13:41.55
- 2004 Paralympic Games (400m) – Bronze – 54.80
- 2004 Paralympic Games (1500m) – Bronze – 3:28.62

Complete profile here: <http://paralympic.ca/diane-roy>





**Athlete Name:** Tristan Smyth

**Sport / Event:** Athletics / 1,500m T54

**DOB:** May 31, 1986

**Hometown:** Maple Ridge, B.C.

**Club / Coach:** BC Wheelchair Sports / Jenn Schultz

**Twitter:** @tristan\_smyth

**Instagram:** @tristansmyth86

**Career Highlights:**

Personal best in T54 1500m of 3:03.71 (2017) – Paralympic Games Bronze medallist in 4x400m relay (2016) – Paralympian (2016)

**Major Competitions:**

- 2016 Paralympics (4x400m) - Bronze
- 2015 Toronto Parapan American Games (1500m) – 9th -3:17.20

Complete profile here: <http://paralympic.ca/tristan-smyth>



**Athlete Name:** Kevin Strybosch

**Sport / Event:** Athletics / Shot Put F37

**DOB:** September 23, 1992

**Hometown:** London, ON.

**Club / Coach:** London Western Track and Field Club / John Allan

**Career Highlights:**

Canadian record in F37 shot put of 11.94m (2011) – Canadian record in F37 discus of 49.46m (2015)  
– Parapan American Games Gold medallist (2015) – Paralympian (2016)

**Major Competitions:**

- 2016 Paralympic Games (discus) – 9th – 41.81m
- 2015 Parapan American Games (discus) – Gold – 44.66m
- 2015 Parapan American Games (shot put) – 4th – 10.75m
- 2011 Parapan American Games (discus) – Silver – 39.40m

Complete profile here: <http://paralympic.ca/kevin-strybosch>



**Athlete Name:** Kyle Whitehouse

**Sport / Event:** Athletics / 100m T38

**DOB:** May 25, 1990

**Hometown:** St. Catharines, ON.

**Club / Coach:** Niagara Regional Athletics / Sue Bartol

**Career Highlights:**

Canadian record in T38 100m of 11.59 (2016) – Canadian record in T38 200m of 23.46 – Two-time Parapan American Games medallist (2015)

**Major Competitions:**

- 2017 World Para Athletics World Championships (100m) – 8th – 11.84
- 2017 World Para Athletics World Championships (200m) – 6th – 23.82
- 2015 IPC World Championships (100m) – 6th – 11.98
- 2015 IPC World Championships (200m) – 7th – 24.39
- 2015 Parapan American Games (200m) – Gold – 23.95
- 2015 Parapan American Games (100m) – Silver – 11.41
- 2013 IPC World Championships (100m) – 7th – 11.82
- 2013 IPC World Championships (200m) – 6th – 23.55
- 2011 IPC World Championships (100m) – 5th – 12.36
- 2011 Parapan American Games (100m) – Silver – 12.11
- 2011 Parapan American Games (200m) – Silver – 24.37

Complete profile here: <http://paralympic.ca/kyle-whitehouse>

**Name:** Glenroy Gilbert

**Role:** Head coach

**Hometown:** Ottawa, ON.

**Name:** Charles Allen

**Role:** Team coach (sprints/hurdles)

**Hometown:** Toronto, ON.

**Name:** Dave Scott-Thomas

**Role:** Team coach (endurance)

**Hometown:** Guelph, ON.

**Name:** Doug Wood

**Role:** Team coach (pole vault)

**Hometown:** London, ON.

**Name:** Jeff Huntoon

**Role:** Team manager (jumps)

**Hometown:** Toronto, ON.

**Name:** Richard Parkinson

**Role:** Team coach (shot put)

**Hometown:** Stouffville, ON.



**Name:** Larry Steinke

**Role:** Team coach (long throws)

**Hometown:** Lethbridge, AB.

**Name:** Les Gramantik

**Role:** Team coach (combined events)

**Hometown:** Calgary, AB.

**Name:** Rick Reelie

**Role:** Team coach (wheelchair athletics)

**Hometown:** Saskatoon, SK.

# BADMINTON



## Team Canada in Gold Coast

The passionate team of Canadian Badminton athletes will be led by 2012 and 2016 Olympian Michelle Li, who will attend the Commonwealth Games for the second time after winning Gold at Glasgow in 2014. The selected badminton athletes continuously contest themselves against world-class contenders throughout the year, and Badminton Canada is confident that this team will have many opportunities to contribute to Canada's medal count.

"It is an honor to represent Canada again at the Commonwealth Games; winning gold in Glasgow was one of the most memorable experiences of my athletic career" said Michelle Li, "I am really looking forward to competing in Australia and bringing home another medal for Canada!"

Historically, Badminton Canada faces fierce competition at the Commonwealth Games, competing against strong badminton countries such as India, England, and Malaysia. Badminton Canada remains hopeful that the recent success at the 2014 Commonwealth Games in Glasgow, is the start of a strong future for badminton in Canada.

“Having competed in the 1990 Commonwealth Games, I know our athletes and coaches are in for a fantastic experience that will last a lifetime” said Anil Kaul, President of Badminton Canada. “This will be an excellent experience and preparation towards competing at the 2020 Olympic Games! I want to wish our team the best as they represent our badminton community, our organization, and our nation at the 2018 Commonwealth Games!

## **Dates**

April 5-15, 2018

## **Venue(s):**

Carrara Sports and Leisure Centre

## **Number of Events:**

Six events — single and doubles matches for men and women, mixed doubles and team mixed.

## **History**

Variations of racket sports have been played for centuries throughout the world. In India in the mid-19th century, English army officers played a local racket game called “poona” which caught on quickly when they brought it back to England. In 1873, as the story is told, a group of poona players at the Duke of Beaufort’s estate in Badminton, England, were forced inside by rain and decided to adapt poona rules to indoor play. The first rules were drafted, laying the foundation for the sport of badminton, as we know it today.

Badminton was introduced to Canada by British troops in the late 19th century. First played in an organized manner in Ottawa, the sport quickly grew in popularity. In 1907, the Montreal Tennis and Badminton Club was formed. By 1914, the first club championships were held and, in 1921, the Canadian Badminton Association was formed. In 1934, Canada was a founding member of the International Badminton Federation (IBF) along with Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland and Wales. The IBF is now known as the Badminton World Federation. Currently, according to Statistics Canada, over two million people play a form of recreational badminton annually.

Badminton is a core sport at the Commonwealth Games for men and women, which made its debut in Kingston in 1966. The 2018 Commonwealth Games feature some of the world’s top badminton nations, including Malaysia, England, Singapore and India.

## **Overview**

Badminton is the world’s fastest racket sport. The flight of the shuttlecock, a simple missile of cork and goose feather, has been recorded at speeds of 260 kilometres an hour. Players also need great stamina, as they have been known to cover more than six kilometres in a single match.



Badminton is played between two or four athletes. To score a point, badminton players hit the shuttlecock with their rackets in an attempt to make the shuttlecock land on their opponent's court. Games are played to 21 points. You must win a game by at least two points and there is a point cap of 30. The player or team that wins the best of three games takes the match.

A coin is tossed before the first game to determine who will serve first. The winner of each rally scores a point, with the winner of the rally serving to start the next rally.

### **Equipment**

The shuttlecock is made of a semi-spherical piece of cork coated with leather. On it are attached 16 goose feathers forming a cone. A shuttlecock must weigh between 4.74 and 5.50 g.

A racket has the following parts: grip, head, shaft and stringed area. It weighs between 85 and 100 g. Its length and width must not exceed 68 cm and 23 cm respectively.

### **Field of Play**

The court is a 13.40 m x 5.18 m rectangle for singles and a 13.40 m x 6.10 m rectangle for doubles. The same court is used for single and double contests and only the line marks differ. The court is divided into two equal parts by a net attached to the posts at a height of 1.55 m.

## **For more Information:**

### **Badminton Canada**

700 Industrial Avenue, Suite 401

Ottawa, ON K1G 0Y9

Tel: 613-748-5674

Email: [info@badminton.ca](mailto:info@badminton.ca)

Website: [www.badminton.ca](http://www.badminton.ca)

Twitter: [@canadabadminton](https://twitter.com/canadabadminton)

**Badminton World Federation (BWF):** [www.internationalbadminton.org](http://www.internationalbadminton.org)

**Media attaché in Gold Coast:** Patrick Kenny ([patrickjonathonmarkkenny@gmail.com](mailto:patrickjonathonmarkkenny@gmail.com); +61 0481 742 861)





**Athlete Name:** Jason Ho-Shue

**Sport / Event:** Badminton / Men's Singles, Men's Doubles

**DOB:** August 29, 1998

**Hometown:** Markham, ON.

**Club / Coach:** E-Badminton Training Centre/ Efendi Wijaya

**Twitter:** @jasonhoshue

**Instagram:** @jasonhoshue

**Major Competitions:**

- 2018 – Brazil International – 1st place – Men's Doubles
- 2018 – Jamaica International – 1st place – Men's Singles
- 2017 – Internacional Mexicano – 1st place – Men's Doubles
- 2017 – Pan Am Championships – 1st place – Men's Doubles
- 2016 – Pan Am Championships – 1st place – Men's Singles, Men's Doubles



**Athlete Name:** Rachel Honderich

**Sport / Event:** Badminton/ Women's Singles, Women's Doubles

**DOB:** April 21, 1996

**Hometown:** Toronto, ON.

**Club / Coach:** E-Badminton Training Centre / Efendi Wijaya

**Twitter:** @RHondo210

**Instagram:** @rachelhonderich

**Major Competitions:**

- 2017 - Pan Am Championships – 1st place – Women's Singles, Mixed Doubles
- 2015 – Pan American Games – 2nd place – Women's Singles
- 2015 – Pan American Games – 3rd place – Women's Doubles



**Athlete Name:** Michelle Li

**Sport / Event:** Badminton / Women's Singles

**DOB:** November 3, 1991

**Hometown:** Markham, ON.

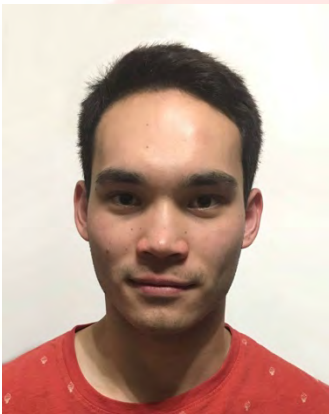
**Club / Coach:** Lee's Badminton Training Centre / Jennifer Lee

**Twitter:** @miichelleli

**Instagram:** @michellemli

**Major Competitions:**

- 2017 – Peru International – 1st place – Women's Singles
- 2017 – US Open – 2nd place – Women's Singles
- 2017 – Dutch Open – 2nd place – Women's Singles
- 2016 – Canada Open – 1st place – Women's Singles
- 2015 – Canada Open – 1st place – Women's Singles
- 2015 – Pan American Games – 1st place – Women's Singles
- 2014 – Commonwealth Games – 1st place – Women's Singles



**Athlete Name:** Ty Lindeman

**Sport / Event:** Badminton / Men's Doubles, Mixed Doubles

**DOB:** August 15, 1997

**Hometown:** Toronto, ON.

**Club / Coach:** Royal Glenora Club

**Twitter:** @TyLindeman

**Instagram:** @tylindeman

**Major Competitions:**

- 2017 – Pan Am Championships – 2nd place – Men's Doubles



**Athlete Name:** Brittney Tam

**Sport / Event:** Badminton / Women's Singles, Mixed Doubles

**DOB:** August 23, 1997

**Hometown:** Markham, ON.

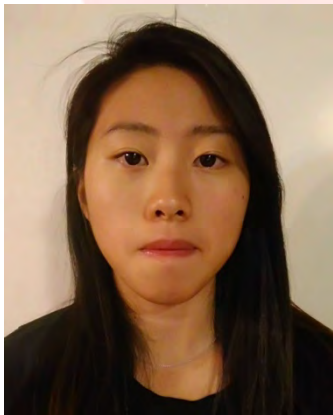
**Club / Coach:** KC Badminton Club/ Kevin Cao

**Twitter:** @brittneeytaam

**Instagram:** @brittneytam

**Major Competitions:**

- 2017 - Pan Am Championships – 2nd place – Women's Singles, Mixed Doubles
- 2017 – Waikato International – 1st place – Women's Singles
- 2016 – Pan Am Championships – 1st place – Women's Singles, Mixed Doubles



**Athlete Name:** Kristen Tsai

**Sport / Event:** Badminton / Women's Doubles, Mixed Doubles

**DOB:** July 11, 1995

**Hometown:** Vancouver, B.C.

**Club / Coach:** ClearOne Badminton Centre / Darryl Yung, Ronne Runtulalo

**Instagram:** @kristentsaii

**Major Competitions:**

- 2017 Yonex/K&D Graphics International Challenge – 1<sup>st</sup> place – Women's Doubles
- 2017 Yonex/K&D Graphics International Challenge – 1<sup>st</sup> place – Mixed Doubles
- 2013 Peru International – 1<sup>st</sup> place – Women's Singles
- 2003 Peru International – 2<sup>nd</sup> place – Women's Doubles





**Athlete Name:** Nyl Yakura

**Sport / Event:** Badminton / Men's Doubles, Mixed Doubles

**DOB:** February 14, 1993

**Hometown:** Toronto, ON.

**Club / Coach:** KC Badminton Club / Kevin Cao

**Twitter:** @nylyakura

**Instagram:** @nylyakura

**Major Competitions:**

- 2018 – Brazil International – 1st place – Men's Doubles
- 2017 – Pan Am Championships – 1st place – Men's Doubles
- 2017 – Pan Am Championships – 2nd place – Mixed Doubles
- 2017 - Mexicano International – 1st place – Men's Doubles
- 2016 – Pan Am Championships – 1st place – Men's Doubles & Mixed Doubles



**Athlete Name:** Brian Yang

**Sport / Event:** Badminton / Men's Singles, Mixed Doubles

**DOB:** November 25, 2001

**Hometown:** Markham, ON.

**Club / Coach:** E-Badminton Training Centre / Efendi Wijaya

**Major Competitions:**

- 2017 Suriname International – 1<sup>st</sup> place – Men's Singles
- 2017 Guatemala International Junior – 1<sup>st</sup> place – Men's Singles
- 2017 Guatemala International Junior – 1<sup>st</sup> place – Mixed Doubles
- 2017 Pan American Junior Championships – 1<sup>st</sup> place – Men's Singles
- 2017 Pan American Junior Championships – 1<sup>st</sup> place – Mixed Doubles





**Coach's Name:** Mike Butler

**Sport/Event:** Badminton

**Hometown:** St. John, New Brunswick

**Club:** Badminton Canada Head Coach



**Coach's Name:** Andrew Dabeka

**Sport/Event:** Badminton

**Hometown:** Ottawa, Ontario

**Club:** Badminton Canada Assistant Coach - RA Centre

# BASKETBALL



## Team Canada in Gold Coast

Twenty-four talented basketball players will form Canada's first ever men's and women's basketball teams at the Commonwealth Games in Gold Coast. Both teams are ranked second in the commonwealth and are set to contend for gold.

Canada's men's team will open the tournament at 5:30 PM local (3:30 AM ET) against Australia at the Cairns Convention Centre, while the women will face England at 6:30 PM local (4:30 AM ET) from the Townsville Entertainment and Convention Centre.

Steve Baur, Assistant Coach with the senior women's national team, will lead the women's team, while University of Manitoba Head Coach Kirby Schepp will be behind the bench on the men's side.

Basketball has only been on the Commonwealth Games program once, at Melbourne 2006 (Canada did not enter teams in the tournament), and Australia won both the men's and women's tournaments at those Games.

The 2018 men's tournament includes four teams in Pool A: Australia, Nigeria, New Zealand and Canada and four teams in Pool B: England, Cameroon, India and Scotland. "Having the opportunity to represent Canada is always a tremendous honour and to do so at the 2018 Commonwealth Games will be a great experience for our USPORTS players," said Kirby Schepp, Men's Head Coach.

The Canadian women are also in Pool A, along with Australia, England and Mozambique, while Pool B features New Zealand, Jamaica, India and Malaysia. "We are excited to have a women's basketball team participate in this amazing multi-sport major Games and being part of the Canadian delegation at the Commonwealth Games for the first time," Steve Baur, Women's Head Coach.

## Dates

April 4-9, 2018

## Venue(s):

Preliminary Rounds: Townsville Entertainment and Convention Centre

Finals: Gold Coast Convention and Exhibition Centre

## Number of Teams:

8 - Women

Pool A	Pool B
Australia Canada England Mozambique	New Zealand Jamaica India Malaysia

8 - Men

Pool A	Pool B
Australia Nigeria New Zealand Canada	England Cameroon India Scotland

## History

Basketball emerged from the mind of a school gym teacher and has since bounced its way throughout the world, settling in countries from Argentina to Angola to Korea. The game was invented in 1891 by Canadian gym teacher James Naismith – known to many as the founder of basketball. The chairman of the physical education department at the School for Christian Workers (now Springfield College), in Springfield Massachusetts, instructed Naismith to create a new game to entertain athletes in the winter.



He gathered 18 athletes and divided them into two teams and gave them a soccer ball. Each team tried to get the ball into peach baskets placed at either end of the gymnasium.

Basketball is most popular in North America, Europe and South American countries. The sport was first introduced into the Summer Olympics in 1904 as a demonstration, but has been in every Olympics since 1936. 2018 will be the sport's second Commonwealth Games – it was introduced in the 2006 Melbourne games with Australia taking home gold.

## **Overview**

In a basketball game, two teams compete with five players on the court at a time. The game is divided into four 10-minute quarters. The team with the highest point total at the end of the game wins. However, if both teams are tied at the end of the fourth quarter, they will play in five-minute over-time periods until one team is leading at the end of a period.

## **Equipment**

The game is played with a spherical ball that has an inflatable inner rubber, wrapped in layers of fibre then covered in leather or a synthetic composite. It is often a shade of orange with black "ribs" that run across the ball.

The men's official size has a circumference of 74-76 cm and a weight of 567-650 g. The women's official size has a circumference of 72-74 cm and a weight of 510-567 g.

## **Rules**

To start the game, the referee tosses up the ball while one player from each team jumps to gain possession of the ball. The loser of the jump ball then gains possession in the next jump-ball situation – possession alternates from there. When a player has the ball, he/she has to dribble it while moving and once he/she stops and holds it, he/she cannot dribble again in that same possession. When one team has the ball, the players have 24 seconds to make a shot, but if they shoot and recover the rebound, they only have 14 seconds to make another shot.

## **Player Positions**

There are five basic positions in Basketball: centre, power forward, small forward, shooting guard, and point guard. While five players are on the court at a time, each team can have up to 12 athletes in total. All of the players can rotate on and off the court throughout the game unless the player has exceeded the allowed amount of personal fouls.



## **The Playing Surface**

A game of basketball is played on a hardwood rectangular court. The court is typically 28 m long and 15 m wide and is divided into two halves by the centre line. This line also divides a 3.6 m centre circle in the middle of the court. There are two half-circle shaped areas underneath each team's basket that mark the three-point lines in each half.

## **Scoring a Point**

In order to score points, each team has to get the ball through their opponent's basket. The team will be awarded between one to three points per shot depending on the situation: one point for a free throw; two for a field goal from within the three-point line; three for a field goal from outside the three-point line.

## **Fouls**

A personal foul is a breach of the rules that concerns illegal personal contact with an opponent player. When a player exceeds the personal foul limit (5), they are disqualified from playing the remainder of the game. If a player commits a foul, the opposing team receives possession of the ball and has to throw it in from either of the two throw-in lines in each half. If a player commits a foul in the fourth quarter, the opposing team is instead awarded two free throws from the free-throw line.

## **For more Information:**

### **Canada Basketball**

1 Westside Drive, Suite 11

Etobicoke, ON M9C 1B2

Email: [info@basketball.ca](mailto:info@basketball.ca)

Website: [www.basketball.ca](http://www.basketball.ca)

Twitter: @CanBball

**International Basketball Federation (FIBA):** [www.fiba.basketball](http://www.fiba.basketball)

**Media attaché in Gold Coast:** Hélène Lavigne ([hlavignetranslations@gmail.com](mailto:hlavignetranslations@gmail.com) +61 0435 301 873)



**Athlete Name:** Jacey Bailey

**Sport/Position:** Basketball/Forward/Guard

**DOB:** September 20, 1998

**Hometown:** Burnaby, B.C.

**Height:** 6'0"

**Club:** Northern Arizona University (NCAA)

**Twitter:** @jaceybailey

**Instagram:** @jaceybailey



**Athlete Name:** Niyah Becker

**Sport/Position:** Basketball/Forward

**DOB:** October 14, 2000

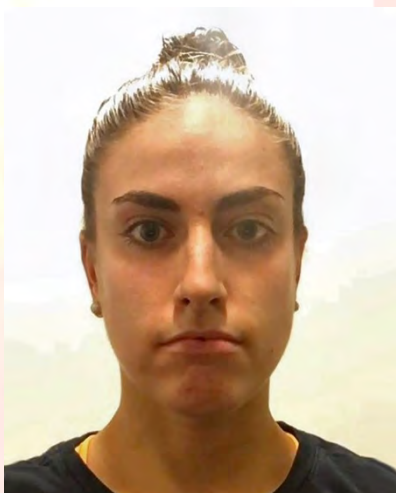
**Hometown:** Winnipeg, MB

**Height:** 6'1"

**Club:** Lincoln Prep (OSBA)

**Twitter:** @niyahbecker

**Instagram:** @niyah\_becker



**Athlete Name:** Danielle Boiago

**Sport/Position:** Basketball/Guard

**DOB:** April 4, 1994

**Hometown:** Hamilton, ON

**Height:** 5'7"

**Club:** Unattached

**Twitter:** @dboiago

**Instagram:** @danielleboiago



**Athlete Name:** Shay Colley

**Sport/Position:** Basketball/Guard

**DOB:** January 6, 1996

**Hometown:** Brampton, ON

**Height:** 5'9"

**Club:** Michigan State University (NCAA)

**Instagram:** @shaycolley



**Athlete Name:** Paige Crozon

**Sport/Position:** Basketball/Forward

**DOB:** July 5, 1994

**Hometown:** Humboldt, SK

**Height:** 6'1"

**Club:** Saarlouis (Germany)

**Twitter:** @pmc14\_

**Instagram:** @pmc14\_



**Athlete Name:** Ruth Hamblin

**Sport/Position:** Basketball/Centre

**DOB:** June 24, 1996

**Hometown:** Houston, B.C.

**Height:** 6'6"

**Club:** Bourges (France)

**Twitter:** @ruthhamblin

**Instagram:** @ruthhamblin





**Athlete Name:** Alex Kiss-Rusk

**Sport/Position:** Basketball/Centre/Forward

**DOB:** December 27, 1993

**Hometown:** Beaconsfield, QC

**Height:** 6'4"

**Club:** McGill University (U SPORTS)

**Instagram:** @kissrusk



**Athlete Name:** Summer Masikewich

**Sport/Position:** Basketball/Forward/Centre

**DOB:** July 23, 1998

**Hometown:** Calgary, AB

**Height:** 6'1"

**Club:** University of Saskatchewan (U SPORTS)

**Instagram:** @\_summer\_m



**Athlete Name:** Ceejay Nofuente

**Sport/Position:** Basketball/Guard

**DOB:** October 24, 1993

**Hometown:** Toronto, ON

**Height:** 5'8"

**Club:** Humber College (CCAA)

**Instagram:** @ceejay24\_





**Athlete Name:** Daneesha Provo  
**Sport/Position:** Basketball/Guard  
**DOB:** May 14, 1996  
**Hometown:** Dartmouth, NS  
**Height:** 6'0"  
**Club:** University of Utah  
**Twitter:** @DaneeshaProvo  
**Instagram:** @daneeshaprovo



**Athlete Name:** Merissah Russel  
**Sport/Position:** Basketball/Guard  
**DOB:** March 3, 2002  
**Hometown:** Ottawa, ON  
**Height:** 5'11"  
**Club:** Capital Courts Academy (OSBA)  
**Twitter:** @MerissahRuss



**Athlete Name:** Catherine Traer  
**Sport/Position:** Basketball/Forward  
**DOB:** September 30, 1994  
**Hometown:** Chelsea, QC  
**Height:** 6'1"  
**Club:** Carleton University (U SPORTS)  
**Twitter:** @CatherineTraer  
**Instagram:** @catherinetraer



**Head Coach:** Steve Baur

**Sport:** Basketball

**Hometown:** Sackville, NS

**Affiliation:** Canada Basketball



**Assistant Coach:** Fabian McKenzie

**Sport:** Basketball

**Hometown:** Glace Bay, NS

**Affiliation:** Cape Breton university



**Athlete Name:** Justus Alleyn

**Sport/Position:** Basketball/Guard

**DOB:** October 18, 1995

**Hometown:** Winnipeg, MB.

**Height:** 6'3"

**Club:** University of Manitoba

**Twitter:** @JustusAlleyn

**Instagram:** @justusalley



**Athlete Name:** Mambi Diawara

**Sport/Position:** Basketball/Guard

**DOB:** July 20, 1994

**Hometown:** Montreal, QC.

**Height:** 6'4"

**Club:** University of Calgary

**Twitter:** @23Wgucc



**Athlete Name:** Ammanuel Diressa

**Sport/Position:** Basketball/Guard

**DOB:** May 5, 1993

**Hometown:** Toronto, ON.

**Height:** 6'4"

**Club:** Ryerson University

**Instagram:** @m3nny5





**Athlete Name:** Mamadou Gueye

**Sport/Position:** Basketball/Forward

**DOB:** October 15, 1993

**Hometown:** Quebec City, QC

**Height:** 6'7"

**Club:** University of Alberta

**Twitter:** @Mambasket24

**Instagram:** @mg3ball



**Athlete Name:** David Kapinga

**Sport/Position:** Basketball/Guard

**DOB:** September 20, 1995

**Hometown:** Calgary, AB.

**Height:** 5'11"

**Club:** University of Calgary

**Twitter:** @david\_kapinga

**Instagram:** @davidkapinga0



**Athlete Name:** Conor Morgan

**Sport/Position:** Basketball/Forward

**DOB:** August 3, 1994

**Hometown:** Victoria, B.C.

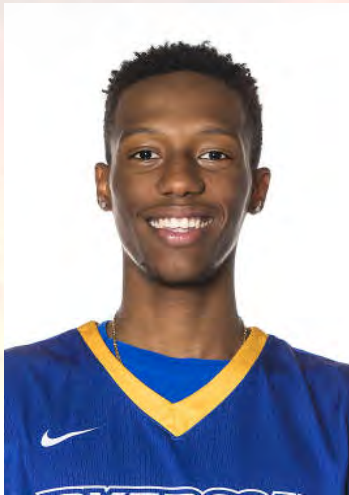
**Height:** 6'9"

**Club:** University of British Columbia

**Twitter:** @Conormorgan09

**Instagram:** @conormorgan\_09





**Athlete Name:** Jean-Victor Mukama

**Sport/Position:** Basketball/Guard

**DOB:** August 24, 1994

**Hometown:** Hamilton, ON.

**Height:** 6'8"

**Club:** Ryerson University



**Athlete Name:** Erik Nissen

**Sport/Position:** Basketball/Forward

**DOB:** April 27, 1995

**Hometown:** Quispamsis, N.B.

**Height:** 6'9"

**Club:** Acadia University

**Twitter:** @Erik\_Nissen

**Instagram:** @erikniss



**Athlete Name:** Jean-Pierre Charles

**Sport/Position:** Basketball/Forward

**DOB:** July 28, 1993

**Hometown:** Ottawa, ON.

**Height:** 6'8"

**Club:** University of Ottawa



**Athlete Name:** Grant Shephard  
**Sport/Position:** Basketball/Forward  
**DOB:** April 7, 1999  
**Hometown:** Kelowna, B.C.  
**Height:** 6'10"  
**Club:** University of British Columbia  
**Twitter:** @Grant\_S99  
**Instagram:** @g\_shephard



**Athlete Name:** Mike Shoveller  
**Sport/Position:** Basketball/Centre  
**DOB:** January 22, 1995  
**Hometown:** Arnprior, ON.  
**Height:** 6'11"  
**Club:** Queen's University  
**Twitter:** @msqg23  
**Instagram:** @mshoveller6



**Athlete Name:** Munis Tutu  
**Sport/Position:** Basketball/Guard  
**DOB:** July 1, 1996  
**Hometown:** Windsor, ON.  
**Height:** 6'0"  
**Club:** Carleton University  
**Twitter:** @MunisTutu\_  
**Instagram:** @munistutu\_



**Head Coach:** Kirby Schepp

**Sport:** Basketball

**Hometown:** Winnipeg, MB.

**Affiliation:** University of Manitoba



**Assistant Coach:** Dave DeAveiro

**Sport:** Basketball

**Hometown:** Toronto, ON.

**Affiliation:** McGill University



**Assistant Coach:** Kevin Hanson

**Sport:** Basketball

**Hometown:** Vancouver, B.C.

**Affiliation:** University of British Columbia



# BEACH VOLLEYBALL



## Team Canada in Gold Coast

Canada's beach volleyball teams are ready to showcase the sport for the first time at the Commonwealth Games.

Humana-Paredes and Pavan, currently ranked the number one women's team on the FIVB Beach World Tour, are looking forward to being part of the first Commonwealth Games beach volleyball tournament.

"We are both so honoured and excited to be representing Canada in such a prestigious tournament," said Humana-Paredes, who teamed up with Pavan, a 2016 Olympian, in 2017. "It's rare to be able to participate in multi-sport games so when we get an opportunity, we jump on it! There's something a little bit magical of being a part of something bigger and to share it with other Canadian athletes is special."

Schachter and Pedlow also made their debut as a team on the World Tour in 2017.

Pedlow is thrilled to be part of the tournament in Gold Coast: "We are very excited to be the first ever men's team to represent Canada at the Commonwealth Games. We are looking to build off a very successful 2017



in our first major games as a pair! The opportunity to participate in a major games before the Olympics (in 2020) is of great value. It gives our team a chance to test our systems in a brand-new environment.... We know going into this event that by playing our game, we have a strong shot at a podium finish. The goal now is that the Canadian flag is raised as the victor.”

## **Dates**

April 6-12, 2018

## **Venue(s):**

Coolangatta Beachfront

## **Number of Events:**

Two (men and women)

## **History**

According to a member of a local canoe club member, sand volleyball originated in 1915 on Waikiki Beach in Hawaii. While that was the first recorded game of beach volleyball, official designated beach volleyball areas surfaced in 1920 in Santa Monica, California. The first permanent nets began to appear and recreational games became common along the beach with families playing six-on-six volleyball. In 1947, the first official 2-man tournament was played in State Beach, CA.

The sport came to Canada in the late 1950s as a leisure activity along the shores of Lake Ontario. Toronto's Balmy Beach Club was one of the early adopters of the sport, organizing sixes, fours and triples tournaments where players competed for various prizes.

Beach Volleyball is dominated by the warmest countries like Brazil and the United States but has also generated attention all across the world – countries like Vanuatu and England will be participating at the 2018 Gold Coast Commonwealth Games. The sport made its Olympic debut in 1996 and has been in every games since, but 2018 will be the sport's first appearance at the Commonwealth Games.

## **Overview**

Beach volleyball is a team sport played by two teams of two players on a sand court divided by a net. The objective of the game is to send the ball over the net and onto the ground on the opponent's side of the court while preventing the opponent from doing the same.

## **Equipment**

The ball is spherical, made of a flexible material suitable for the outdoors. It has a circumference of 66-68 cm and a weight of 260-280 g.

A player's equipment consists of shorts or a bathing suit and a jersey or tank-top. Teams must also wear uniforms of the same colour and style.

### **The Playing Surface**

The surface must be composed of leveled sand, made as flat and uniform as possible. The court is a rectangle measuring 18 x 9 m, surrounded by a free zone which, in international competition, is a minimum of 5 m and maximum of 6 m wide on all sides. There must also be a minimum of 12.5 m in height from the playing surface.

### **Rules**

Each team has three hits for returning the ball. The ball is put in play with service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes out of bounds or a team fails to return it properly. The team that wins a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve. The serving player must be alternated every time this occurs.

### **How to Win**

The winning team is the one that wins two sets first. A set is won by scoring 21 points before the other team, with a minimum lead of two points. If both teams win a set and are tied 1-1, the third and final set will be decided in 15 points instead.

## **For more Information:**

### **Volleyball Canada**

1084 Kenaston St., Unit 1A  
Ottawa, ON K1B 3P5

Email: [info@volleyball.ca](mailto:info@volleyball.ca)

Website: [www.volleyball.ca](http://www.volleyball.ca)

Twitter: @VBallCanada

### **Beach National Teams**

Downsview Park  
75 Carl Hall Road, Unit 3  
Toronto, ON M3K 2B9

**International Volleyball Federation (FIVB):** [www.fivb.org](http://www.fivb.org)

**Media attaché in Gold Coast:** Sylvie Bigras ([sylvie@magma.ca](mailto:sylvie@magma.ca) +61 0422 445 960)



**Athlete Name:** Melissa Humana-Paredes

**Sport/Position:** Beach Volleyball

**DOB:** October 10, 1992

**Hometown:** Toronto, ON.

**Twitter:** @melissa\_hp10

**Instagram:** @melissahumanaparedes

**Major Competitions:**

- 2017 – FIVB World Tour – 1<sup>st</sup> Place Beach World Tour (Porec Major)
- 2015 – Pan American Games (Toronto, ON) – 4<sup>th</sup> place
- 2014 – FIVB U23 World Championships – 3rd place (with Taylor Pischke)



**Athlete Name:** Sarah Pavan

**Sport/Position:** Beach Volleyball

**DOB:** August 16, 1986

**Hometown:** Kitchener, ON.

**Twitter:** @SarahPavan

**Major Competitions:**

- 2017 – FIVB World Tour – 1<sup>st</sup> Place Beach World Tour (Porec Major)
- 2016 – Olympic Games – 5th place (with Heather Bansley)
- 2016 – FIVB World Tour – 2nd place (Porec Major with Heather Bansley)
- 2015 – FIVB World Championships – 5th place (with Heather Bansley)



**Athlete Name:** Sam Schachter  
**Sport/Position:** Beach Volleyball  
**DOB:** May 8, 1990  
**Hometown:** Richmond Hill, ON.  
**Twitter:** @sam\_schachter  
**Instagram:** @samschachter

**Major Competitions:**

- 2017 – FIVB Beach World Championships (Vienna) – 9<sup>th</sup> Place
- 2016 – Olympic Games – 19th place (with Josh Binstock)
- 2016 FIVB World Championships – 9th place (with Josh Binstock)
- 2015 Pan American Games – 8th place (with Josh Binstock)



**Athlete Name:** Sam Pedlow  
**Sport/Position:** Beach Volleyball  
**DOB:** June 14, 1987  
**Hometown:** Barrie, ON.  
**Twitter:** @PedlowSamuel  
**Instagram:** @pedlowsamuel

**Major Competitions:**

- 2017 – FIVB Beach World Tour - Gstaad Major 5<sup>th</sup> Place
- 2017 – FIVB Beach World Championships (Vienna) – 9<sup>th</sup> Place





**Coach's Name:** Steve Anderson

**Sport/Event:** Volleyball

**Hometown:** Louisville, Kentucky



**Coach's Name:** Ahren Cadieux

**Sport/Event:** Volleyball

**Hometown:** Toronto, ON.

# BOXING



## Team Canada in Gold Coast

The vigorous team of Canadian boxers will showcase a mix of veteran and young talent. National Team coach João Carlos Barros and High Performance Director Daniel Trépanier will be leading the team in and out of the ring in Gold Coast.

“It was a very difficult decision to select our team with the great number of boxers striving to represent Canada on the international stage. Our team, for the most part, is new as we start the pathway to Tokyo 2020.” said Pat Fiocco, Boxing Canada’s President. “Even though this team has limited international experience, each athlete is more than capable of winning medals and we see improvements every time they step in the ring. Mandy’s leadership will certainly elevate the team’s performance!”

Historically, Boxing Canada has performed very well at the Commonwealth Games. At Glasgow 2014, the Canadian delegation claimed three medals with Samir El Mais (81Kg – gold), Ariane Fortin (75Kg – silver) and Mandy Bujold (51Kg – bronze).

"Boxing is always an exciting sport to watch and I look forward to welcoming and supporting the seven men and women nominated today by Boxing Canada to the 2018 Commonwealth Games," said Chef de Mission Claire Carver-Dias." With their triple-medal performance at the last Games, I know that they will be a podium threat once again next April."

## **Dates**

April 5-14, 2018

## **Venue(s):**

Oxenford Studios

## **Number of Events:**

16 weight categories

## **History**

Boxing's deep roots in history are evident in the famous fresco of the two young boxers found on the Greek island of Santorini, circa 1600 B.C. the sport was introduced to the Olympic Games by the Greeks in the late 7th century B.C. At that time, Greek boxers used thongs of soft leather to bind their hands and forearms for protection. Later, in Roman gladiatorial matches, studs were added to the leather thongs and the matches often ended with the death of one contestant. These combats were so barbaric that they were eventually banned in 393 B.C. With the fall of the Roman Empire, boxing disappeared and then reappeared in the 17th century in England.

Modern competitive boxing owes a lot to the Marquis of Queensbury who, in the 1860s, drew up a set of rules making boxing a safer sport. The Marquis' rules — which restricted where blows could land, limited rounds to three minutes and made padded gloves mandatory — are still in place today, with some modifications. Amateur bouts are shorter than those in professional boxing, and scoring rules are designed to favour the skillful boxer over the merely powerful boxer.

Over the last decades, many changes have been introduced to the sport of boxing. Although headgears had become compulsory at the 1984 Olympic Games in Los Angeles, the decision was overturned for Elite male boxer in 2012 as studies indicate that the removal of headgear will reduce the number of concussions and improve peripheral vision. Moreover, an electronic 10-point scoring system was introduced after the 2012 Olympic Games after the much-criticized punch-count system had been implemented at the Barcelona 1992 Olympics. All five judges score the bout; each judge appoint 10 points to the winner of each round and



between 7 to 9 points to the loser depending on the performance. Moreover, the boxing world took another big step in 1994 as they recognized Women's boxing for the first time, but it still took almost two decades before the discipline was added to the Olympics in London 2012. Boxing is one of the few sports that have been featured on every Commonwealth Games program.

## Overview

Boxers must be 19 years old and no older than 40. Boxing pairs are drawn by lot, just as in ancient times, according to their respective weight category. Each boxing bout lasts for three rounds of three minutes each with a one-minute break between each round.

An electronic 10-point scoring system was introduced after the 2012 Olympic Games. All five judges will independently score the merits of the two boxers based on the number of quality blows on target area, domination of the bout by technical or tactical superiority and competitiveness. The boxers may hit his opponent at the front part of the head or on the upper part of the body — above the belt line.

## The Ring

The ring is an elevated square construction measuring 6.10 meter square inside the lines of the ropes and elevated 1 meter from the ground. The ring must include four ropes on each side of the corner posts at a maximum height of 1.22 meter from the canvas. Two corners, one blue and one red, correspond to the "position" taken by each of the contestants, who wear clothing of the same colour as their corner.

## Weight Categories

There are 10 weight categories for men:

- Light flyweight: 46-49 kg
- Flyweight: 52 kg
- Bantamweight: 56 kg
- Lightweight: 60 kg
- Light welterweight: 64 kg
- Welterweight: 69 kg
- Middleweight: 75 kg
- Light heavyweight: 81 kg
- Heavyweight: 91 kg
- Super heavyweight: +91 kg
- Flyweight: 45-48 kg
- Bantamweight: 51 kg
- Lightweight: 57 kg
- Lightweight: 60 kg
- Middleweight: 69 kg
- Light heavyweight: 75 kg

There are 6 weight categories for women:



## Rules

Boxers attempt to land blows above the waist on the front part of their opponent's head or body using the front, knuckle part of their gloves. Low blows and fouls, such as holding, tripping, using the ropes to help attack or passively defending and much more, are prohibited and can result in warnings, point deductions and disqualification.

With the electronic 10-point scoring system, all five judges independently score the merits of the two boxers based on the number of quality blows on target area, domination of the bout by technical or tactical superiority and competitiveness. The boxers may hit his opponent at the front part of the head or on the upper part of the body — above the belt line.

At the end of each round, judges will appoint 10 points to the winner and between 7 to 9 points to the loser depending on the performance. Each round must have a declared winner. At the end of the bout, each judge will determine a winner based on the boxer's total scores and the winner will be determined by either unanimous or split decision.

In the event that the total scores awarded by each judge, including any deduction, are equal at the end of the bout, the judges will be requested to nominate which boxer is the winner of the bout in their opinion.

The winner of each bout advances to the next round. Also, given the physical reality of boxing, both losing semi-finalists are now awarded with bronze medals.

## For more Information:

### **Boxing Canada**

500 boulevard René-Lévesque Ouest

A/S Canadian Olympic Committee

Montreal, QC H2Z 1W7

Tel: 514-861-5513

Email: [info@boxingcanada.org](mailto:info@boxingcanada.org)

Website: [www.boxingcanada.org](http://www.boxingcanada.org)

Twitter: @boxing\_canada

**International Boxing Association (AIBA):** [www.aiba.org](http://www.aiba.org)

**Media Attaché in Gold Coast:** Mikaela Martin (MartinMikaela@hotmail.com +61 0421 181 284)



**Athlete Name:** Eric Basran

**Sport/Event:** Boxing/56KG

**DOB:** October 19, 1999

**Height/Weight:** 178cm/56KG

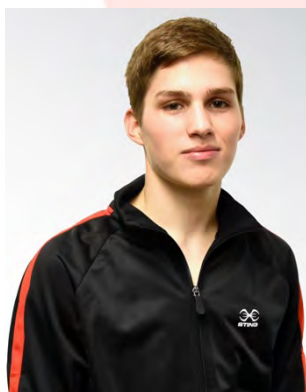
**Hometown:** Montreal, QC

**Coach/Club:** João Carlos Barros /INS Quebec (National Training Centre)

**Instagram:** [@ericbasran](#)

**Major Competitions:**

- 2017 – Canadian National Championships – 1
- 2016 – Ringside World Championships – 3
- 2015 – Desert Showdown – 3



**Athlete Name:** Thomas Blumenfeld

**Sport/Event:** Boxing/64KG

**DOB:** December 26, 1997

**Height/Weight:** 173cm/64KG

**Hometown:** Montreal, QC

**Coach/Club:** João Carlos Barros /INS Quebec (National Training Centre)

**Instagram:** [@thomas100k](#)

**Major Competitions:**

- 2017 – Celtic Cup - 1
- 2015 – Canadian Olympic Trials – 1
- 2014 – Golden Gloves of Vojvodina – 3
- 2014 – Golden Gloves of Vojvodina – 2
- 3-Time USA Junior National Champion



**Athlete Name:** Harley-David O'Reilly

**Sport/Event:** Boxing/81KG

**DOB:** December 21, 1988

**Height/Weight:** 185cm/81KG

**Hometown:** Montreal, QC

**Coach/Club:** João Carlos Barros / INS Quebec (National Training Centre)

**Instagram:** [@harleydavidoreilly](https://www.instagram.com/harleydavidoreilly)

**Major Competitions:**

- 2017 – Canadian National Championships – 1
- 2017 – Défi des Champions – 1
- 2016 – Gants Dorés – 1



**Athlete Name:** Sabrina Aubin

**Sport/Event:** Boxing/57KG

**DOB:** October 19, 1984

**Height/Weight:** 168cm/57KG

**Hometown:** St-Jean, QC

**Coach/Club:** Danielle Bouchard / Boxe Montreal

**Instagram:** [@sabrina.aubin](https://www.instagram.com/sabrina.aubin)

**Major Competitions:**

- 2017 – Continental Championships – 2
- 2017 – Canadian National Championships – 1
- 2015 – Canadian Olympic Qualifier – 2
- 2014 – Ceinture Montana – 3



**Athlete Name:** Caroline Veyre

**Sport/Event:** Boxing/60KG

**DOB:** October 4, 1988

**Height/Weight:** 167cm/60KG

**Hometown:** Montreal, QC

**Coach/Club:** João Carlos Barros / INS Quebec (National Training Centre)

**Instagram:** [@caroveyre](#)

**Major Competitions:**

- 2017 – Continental Championships – 2
- 2015 – Pan American Games – 1
- 2014 – Continental Championships – 3
- 2013 – Continental Championships – 3



**Athlete Name:** Marie-Jeanne Parent

**Sport/Event:** Boxing/69KG

**DOB:** July 8, 1995

**Height/Weight:** 163cm/69 KG

**Hometown:** Quebec City, ON

**Coach/Club:** Ève Fortin / Club de boxe Empire

**Instagram:** [@Mariaaparent](#)

**Major Competitions:**

- 2017 – Canadian National Championships – 1
- 2016 – Gants Dorés – 1
- 2015 – Gants Dorés – 1





**Athlete Name:** Tammara Thibeault

**Sport/Event:** Boxing/75KG

**DOB:** December 27, 1996

**Height/Weight:** 183cm/75KG

**Hometown:** Montreal, QC

**Coach/Club:** João Carlos Barros / INS Quebec (National Training Centre)

**Instagram:** [@tamm.thibeault](https://www.instagram.com/tamm.thibeault)

**Major Competitions:**

- 2017 – Continental Championships – 1
- 2017 – Canadian National Championships – 1



**Coach Name:** João Carlos Barros

**Sport:** Boxing

**Hometown:** Montreal, QC

**Role:** National Team Coach



**Coach Name:** Daniel Trépanier

**Sport/Event:** Boxing

**Hometown:** Montreal, QC

**Role:** High Performance Director

# CYCLING



## Team Canada in Gold Coast

Cycling Canada has selected nine women and nine men to compete in 22 medal events in Track, Mountain Bike and Road cycling.

This year, Team Pursuit and Team Sprint are new additions to the Games program for women and for the first time in Games history there will be the same number of cycling medal events for men as for women. Canada has won two bronze medals at the past two Olympic Games in the women's Team Pursuit, as well as a gold medal in World Cup competition this season. The team will be anchored by Calgary's Allison Beveridge, a member of the World Cup winning squad, as well as the reigning national road champion.

Canada boasts two World Cup medalists in the Sprint events on the track: Hugo Barrette of Iles-de-la-Madeleine, Quebec, and Stefan Ritter of Edmonton.

Canada has been a dominant force in Mountain Biking at the Commonwealth Games since it was introduced at Manchester in 2002; having won every gold medal in the women's competition and a total of 8 of 18



medals awarded. Three Canadian riders will represent Canada on the Gold Coast, led by Emily Batty of Brooklin, Ontario, the 2015 Pan Am Games champion, silver medalist at the 2014 Commonwealth Games and fourth at the 2016 Rio Olympics. Batty will be joined by rising star Haley Smith of Uxbridge, Ontario, for the women's race, and Rio Olympian Leandre Bouchard of Alma, Quebec, for the men's competition.

"I'm thrilled with our Games team line up," said Women's Track Endurance Coach Craig Griffin. "It's a great balance of youth in Ariane [Bonhomme] and Kinley [Gibson], and experience with Steph [Roorda], Allison [Beveridge] and Annie [Foreman-Mackey]. These Games provide an important opportunity to embrace and experience a major Games environment as we continue to build and strengthen our squad for Tokyo. I'm confident we can deliver medal winning performances on the track and also be in the mix for the road events."

## **Dates**

Track events: April 5-8; Mountain Biking: April 12; Road Events: April 10 and 14, 2018

## **Venues:**

Track events: Anna Meares Velodrome, Brisbane QLD

Road Events: Currumbin Beachfront, Currumbin QLD

Mountain Bike: Nerang Mountain Bike Trails, Nerang QLD

## **Number of Events:**

16 track events (8 men's and 8 women's), 4 road events (2 men's and 2 women's), 2 mountain biking events (1 men's and 1 women's)

## **History**

Competitive cycling has a long history dating back to the mid-19<sup>th</sup> century. The first Cycling World Championships were held in Chicago in 1893, and cycling has been part of the Olympic Games since they were revived in 1896.

Although cycling is not an obligatory sport on the Commonwealth Games program, it has been part of every edition since London 1934, when the event was known as the British Empire Games.

The only cycling events on the program in 1934 were held on the track. Road cycling was added in 1938; women's categories were added in 1990; and mountain biking became part of the program in 2002.

## **Overview**

Events: Track cycling, Road cycling and mountain biking will be contested at the 2018 Gold Coast Commonwealth Games.

## Track Races

The track events will all be held on the 250 m indoor track at the Anna Meares Velodrome. Each nation may enter up to three riders in each of the individual events, and one team in the team events.

**Time Trial (500 m for women; 1,000 m for men):** This race consists of individuals racing one at a time against the clock. Each rider's time is ranked to determine the final standings.

**Sprint:** Riders are seeded through a 200 m qualifying time trial, and then each heat is contested by two riders racing over three laps, with the winner progressing to the next round. From the quarter-finals onward, each round consists of the best two out of three races.

**Team Sprint:** The Team Sprint is contested by teams of two riders for women and three for men. The riders start together and each rider leads his or her team for a single lap and then pulls up the track, leaving the one rider to complete the final lap and set the time for the team. This event has a qualifying round and then a final round, in which the two fastest teams from qualifying race head-to-head for gold and the third and fourth fastest in compete for bronze.

**Keirin:** The Keirin is one of the most exciting events in cycling because of the speed and close contact. The event is held over six laps in which six cyclists ride set off behind a motorized bicycle, which gradually accelerates from 30 km/h to 50 km/h before pulling off the track with three laps to go, leaving the cyclists to battle it out in a furious sprint to the finish at speeds of over 70 km/h. The race is contested in elimination heats culminating in a final for the top six places.

**Individual Pursuit** – a 3,000m race for women and 4,000m race for men, this event has a qualifying round and then a final, in which the two fastest qualifiers race for gold, and the third and fourth fastest race for bronze. One rider starts on each side of the track and attempts to catch the other or cross the finish line with the best time. In the finals, if a rider catches his or her opponent, he or she is declared the winner and the race is ended before the full distance is ridden.

**Team Pursuit:** Similar to Individual Pursuit, but contested by teams of four riders racing over 4,000 m. A team's time is taken when its third rider crosses the finish line. Each team consistently changes its lead rider, with stronger riders leading for a lap or more and weaker riders taking half lap pulls so all the riders on the team share the effort of leading. The competition consists of a qualifying round, a first round and the medal finals.

**Points Race:** An endurance race covering 40 km for men and 25 km for women. The goal is to accumulate as many points as possible. Riders sprint every 10 laps where points are awarded to the first four riders to cross the finish line: 5 for first, then 3, 2 and 1 to the next three riders. The final sprint awards double points, and any rider who gains a lap on the others is awarded 20 points. The rider with the most points at the end of the event is declared the winner.

**Scratch Race:** The simplest event to follow, the Scratch Race is held over 10 km for women and 15 km for men, and the first person to cover the full distance is declared the winner. If one or more riders lap the field,



they will contest the top placings in the final sprint, with the rest of the field ranked in their finishing order one or more laps down.

The Commonwealth Games also features sprint and time trial Para-cycling track events for visually impaired athletes racing on tandems piloted by sighted athletes. Due to conflicts with other major events on the international Para-cycling calendar, Canada is not entering any athletes in these events.

### **Road Races**

The road events will all be held on hilly circuits with the start and finish at Currumbin Beachfront. Each nation may enter up to three riders in the time trials and six riders in the road races.

**Individual Time Trial:** Riders race individually against the clock, starting at one-minute intervals. The women's event in Gold Coast is 25.5 km, and the men's is 38.5 km. The rider with the fastest time is the winner.

**Individual Road Race:** The road race begins with a mass start and is held on a circuit, which measures 18.7 km circuit in Gold Coast. The women will cover six laps for a total of 112 km, and the men will race over nine laps for 168 km. The first rider to cross the finish line is the winner. Team tactics play a major role in the outcome.

### **Mountain Bike Races**

The mountain bike events will be held on an undulating 4.5-km circuit laid out in the Nerang Mountain Bike trails. Each country may enter up to three riders each in the women's and men's races.

**XCO:** After a mass start, riders race on a course that features a mix of trails, pathways and rocky obstacles. The rules specify the race must last between 80 and 100 minutes, so the number of laps may vary based on the category and the course conditions. The winner is the first rider to cross the finish line.

## **For more Information:**

### **Cycling Canada**

Suite 203 - 2197 Riverside Drive

Ottawa, ON K1H 7X3

Tel: (613) 248-1353

Email: [general@cyclingcanada.ca](mailto:general@cyclingcanada.ca)

Website: [www.cyclingcanada.ca](http://www.cyclingcanada.ca)

**Union Cycliste Internationale (UCI):** [www.uci.ch](http://www.uci.ch)

**Media Attaché in Gold Coast:** Rob Jones [bikecdn@aol.com](mailto:bikecdn@aol.com)



**Athlete Name:** Hugo Barrette

**Sport / Event:** Cycling / Track Sprint

**DOB:** July 4, 1991

**Hometown:** Iles-de-la-Madeleine, QC

**Twitter:** [@hugo\\_barrette](https://twitter.com/hugo_barrette)

**Instagram:** [@hugebarrette](https://www.instagram.com/hugebarrette)

**Career Highlights:**

- 2017 Pan American Championships – Gold (Sprint) & Silver (Keirin)
- 2016 Olympic Games – 13th (Keirin)
- 2015 Pan American Games – Gold (Sprint) & Gold (Team Sprint) & Bronze (Keirin)
- 2014 Commonwealth Games – 4th (Team Sprint)



**Athlete Name:** Emily Batty

**Sport / Event:** Cycling / Mountain Bike

**DOB:** June 16, 1988

**Hometown:** Brooklin, ON

**Twitter:** [@emilybatty](https://twitter.com/emilybatty)

**Instagram:** [@emilybatty1](https://www.instagram.com/emilybatty1)

**Career Highlights:**

- 2016 Olympic Games – 4th
- 2015 Pan American Games – Gold
- 2014 Commonwealth Games - Silver



**Athlete Name:** Allison Beveridge

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** June 1, 1993

**Hometown:** Calgary, AB

**Twitter:** [@Alli\\_Bev](https://twitter.com/Alli_Bev)

**Instagram:** [@alli\\_bev](https://www.instagram.com/alli_bev)

**Career Highlights:**

- 2017 Track Cycling World Cup – Gold (Team Pursuit)
- 2016 Olympic Games – Bronze (Team Pursuit) & 11th (Omnium)
- 2016 UCI World Championships – Silver (Team Pursuit) & 4th (Omnium)
- 2015 Pan American Games – Gold (Team Pursuit) & Bronze (Road Race)



**Athlete Name:** Ariane Bonhomme

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** April 2, 1995

**Hometown:** Gatineau, QC

**Twitter:** [@arianebonhomme](https://twitter.com/arianebonhomme)

**Instagram:** [@ariannebonhomme](https://www.instagram.com/ariannebonhomme)

**Career Highlights:**

- 2017 Track Cycling World Cup – Gold (Team Pursuit)
- 2016 Pan American Championships – Gold (Team Pursuit) & Bronze (Points Race)





**Athlete Name:** Leandre Bouchard

**Sport / Event:** Cycling / Mountain Bike

**DOB:** October 20, 1992

**Hometown:** Alma, QC

**Twitter:** [@LeandreBouchard](https://twitter.com/LeandreBouchard)

**Instagram:** [@leandrebourchard](https://www.instagram.com/leandrebourchard)

**Career Highlights:**

- 2016 Olympic Games – 27th (Cross-Country)
- 2014 UCI Mountain Bike World Championships – 8th



**Athlete Name:** Aidan Caves

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** January 3, 1995

**Hometown:** Vancouver, BC

**Twitter:** [@aidancaves](https://twitter.com/aidancaves)

**Instagram:** [@aidancaves](https://www.instagram.com/aidancaves)

**Career Highlights:**

- 2017 Track Cycling World Cup – Silver (Team Pursuit)
- 2017 Pan American Track Cycling Championships – Gold (Team Pursuit) & Silver (Omnium)
- 2016 Pan American Track Cycling Championships – Gold (Omnium) & Silver (Team Pursuit)



**Athlete Name:** Tegan Cochrane

**Sport / Event:** Cycling / Sprint

**DOB:** August 13, 1992

**Hometown:** Kelowna, BC

**Twitter:** [@tegancochrane](https://twitter.com/tegancochrane)

**Instagram:** [@tegancochrane](https://www.instagram.com/tegancochrane)

**Career Highlights:**

- 2017 Canadian National Championships – Gold (Sprint) & Gold (Team Sprint) & Gold (Keirin)



**Athlete Name:** Michael Foley

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** January 12, 1999

**Hometown:** Milton, ON

**Career Highlights:**

- 2017 Track Cycling World Cup – Silver (Team Pursuit)



**Athlete Name:** Annie Foreman-Mackey

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** June 26, 1991

**Hometown:** Kingston, ON

**Twitter:** [@formacannie](#)

**Instagram:** [@formacannie](#)

**Career Highlights:**

- 2017 Track Cycling World Cup – Gold (Team Pursuit)
- 2016 UCI Track Cycling World Championships – Bronze (Individual Pursuit)
- 2015 Pan American Track Championships – Silver (Team Pursuit) & Bronze (Individual Pursuit)



**Athlete Name:** Derek Gee

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** August 3, 1997

**Hometown:** Osgoode, ON

**Twitter:** [@DerekGee7](#)

**Career Highlights:**

- 2017 Track Cycling World Cup – Silver (Team Pursuit)
- 2017 Pan American Track Championships - Gold (Team Pursuit) & Gold (Individual Pursuit)
- 2015 Pan American Track Championships - Gold (Individual Pursuit) & Gold (Team Pursuit)



**Athlete Name:** Kinley Gibson

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** January 16, 1995

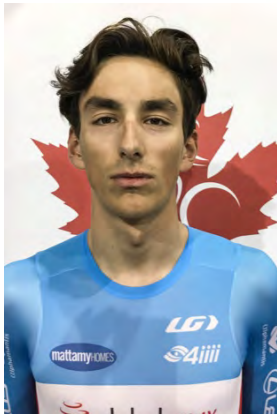
**Hometown:** Edmonton, AB

**Twitter:** [@kinleygibson](https://twitter.com/kinleygibson)

**Instagram:** [@kinleygibson](https://www.instagram.com/kinleygibson)

**Career Highlights:**

- 2017 Track Cycling World Cup – Gold (Team Pursuit)
- 2016 Pan American Track Championships – Gold (Team Pursuit)



**Athlete Name:** Adam Jamieson

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** February 12, 1996

**Hometown:** Barrie, ON

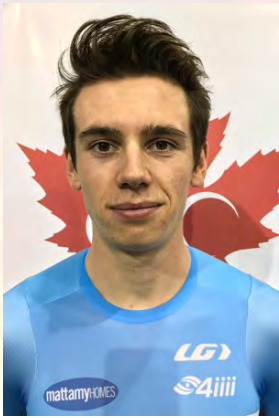
**Twitter:** [@The\\_AdamJ](https://twitter.com/The_AdamJ)

**Instagram:** [@the\\_adamj](https://www.instagram.com/the_adamj)

**Career Highlights:**

- 2017 Track Cycling World Cup – Silver (Team Pursuit)
- 2017 Pan American Track Championships - Gold (Team Pursuit)
- 2016 Pan American Track Cycling Championships – Silver (Team Pursuit)





**Athlete Name:** Jay Lamoureux

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** August 13, 1995

**Hometown:** Victoria, BC

**Twitter:** [@legerlejay](https://twitter.com/legerlejay)

**Instagram:** [@jaylamoureux](https://www.instagram.com/jaylamoureux)

**Career Highlights:**

- 2017 Track Cycling World Cup – Silver (Team Pursuit)
- 2017 Pan American Track Championships - Gold (Team Pursuit) & Silver (Individual Pursuit)
- 2016 Pan American Track Cycling Championships – Silver (Individual Pursuit) & Silver (Team Pursuit)



**Athlete Name:** Stefan Ritter

**Sport / Event:** Cycling / Sprint

**DOB:** May 13, 1998

**Hometown:** Edmonton, AB

**Twitter:** [@Stefanritter7](https://twitter.com/Stefanritter7)

**Instagram:** [@bikestefanritter](https://www.instagram.com/bikestefanritter)

**Career Highlights:**

- 2018 Track Cycling World Cup – Silver (Keirin)
- 2016 Pan American Track Cycling Championships – Bronze (1km Time Trial) & Bronze (Team Sprint)
- 2016 UCI Junior World Champion (1km Time Trial)



**Athlete Name:** Stephanie Roorda

**Sport / Event:** Cycling / Track Endurance and Road

**DOB:** December 3, 1986

**Hometown:** Vancouver, BC

**Career Highlights:**

- 2017 Track Cycling World Cup – Gold (Team Pursuit)
- 2017 Pan American Track Championships – Gold (Madison) & Silver (Team Sprint) & Bronze (Points Race)
- 2016 UCI World Championships – Bronze (Scratch Race)
- 2015 UCI Track Cycling World Championships – Bronze (Team Pursuit)



**Athlete Name:** Haley Smith

**Sport / Event:** Cycling / Mountain Bike

**DOB:** November 22, 1993

**Hometown:** Uxbridge, ON

**Twitter:** [@hale\\_smith](https://twitter.com/hale_smith)

**Instagram:** [@haleyhuntersmith](https://www.instagram.com/haleyhuntersmith)

**Career Highlights:**

- 2017 UCI MTB World Championships – 16th
- 2017 Canadian National Championships – Bronze
- 2017 Canada Cup XCO - Gold



**Athlete Name:** Patrice St-Louis Pivin

**Sport / Event:** Cycling / Sprint

**DOB:** August 18, 1991

**Hometown:** Sherbrooke, QC

**Career Highlights:**

- 2016 Pan American Track Championships – Bronze (Team Sprint)



**Athlete Name:** Amelia Walsh

**Sport / Event:** Cycling / Sprint

**DOB:** August 2, 1992

**Hometown:** Ayr, ON

**Twitter:** [@walshie802](https://twitter.com/walshie802)

**Instagram:** [@walshie802](https://www.instagram.com/walshie802)

**Career Highlights:**

- 2017 UCI World Championships – 5<sup>th</sup> (Team Sprint)
- 2017 Pan American Track Championships – Silver (Team Sprint)



**Coach Name:** Dan Proulx

**Sport/Event:** Cycling/ Mountain Bike

**Hometown:** Calgary, AB





**Coach Name:** Griffin Craig

**Sport/Event:** Cycling/Women's Track Endurance and Road

**Hometown:** Colorado Springs, USA



**Coach Name:** Franck Durivaux

**Sport/Event:** Cycling/ Track Sprint

**Hometown:** Tigery, FR



**Team Leader:** Kris Westwood

**Sport:** Cycling

**Hometown:** Ottawa, ON



**Coach Name:** Jono Hailstone

**Sport/Event:** Cycling/ Men's Track Endurance and Road

**Hometown:** Cambridge, NZ

# DIVING



## Team Canada in Gold Coast

Diving Canada is pleased to nominate twelve talented athletes and four experienced coaches to the 2018 Commonwealth Games team. The diving contingent will feature Canada's most decorated divers, in addition to some of the country's brightest young stars.

Olympic medalists Meaghan Benfeito, who was named Canadian flag bearer earlier this week, and Jennifer Abel will be the team's veterans in Australia. While both athletes already have already participated in three Commonwealth Games, Gold Coast will mark their first multi-sport games with their synchro partners Caeli McKay and Mélissa Citrini-Beaulieu.

"Our athletes will be focussing on peak performances in their targeted Olympic events against the diving powerhouses of Australia, Great-Britain and Malaysia," says Mitch Geller, Chief Technical Officer at Diving Canada. "The Gold Coast Games will provide both our senior and our NextGen athletes with essential multi-Games experience in the run-up to Tokyo 2020."

Canada has won a total of 88 diving medals at the Commonwealth Games since 1966, including 31 gold, 29 silver and 28 bronze.

Glasgow 2014 Commonwealth Games medalists Pamela Ware and Vincent Riendeau, as well as fellow Olympians Philippe Gagné and François Imbeau-Dulac will also bring a lot of depth to the group.

Rounding out the roster are 2017 FISU Games medalists Celina Toth and Tyler Henschel, as well as 2017 Pan American Junior medalists Bryden Hattie and Rylan Wiens.

Mary Carroll, Aaron Dziver, Tommy McLeod and Arturo Miranda will be coaching the Canadian team in Australia.

## **Dates**

April 10-13, 2018

## **Venue(s):**

Optus Aquatic Centre

## **Number of Events:**

5 for men; 5 for women

### Events include:

- 1-metre springboard (individual)
- 3-metre springboard (individual)
- 10-metre tower (individual)
- 3-metre springboard (synchronized)
- 10-metre tower (synchronized)

## **History**

Diving was popularized in the 18th and 19th centuries when Swedish and German gymnasts performed their skills above water to reduce the risk of injury. Competitive diving began in Britain in the 1880s when a group of Swedish divers visited Great Britain to perform numerous exhibitions, which, in 1901, stimulated the formation of the first diving organization, the amateur diving Association.

Diving's first appearance in the Olympic Games was in 1904. The competition was restricted to men, who performed their dives from a rigid platform. At the next Olympic Games in London in 1908, a three-metre springboard event was introduced. Eight years later, women's diving made its Olympic debut at the 1912 Games in Stockholm, where the women competed from a 10-metre platform. At the 1920 Olympic Games in Antwerp, the three-metre springboard event was added as a women's diving event.



Synchronized platform diving and synchronized springboard diving were added to the Olympic program in 2000. In these events, two divers leave the platform or springboard simultaneously and dive together.

Diving has been featured on every program of the Commonwealth Games.

## Overview

Diving is a sport that requires strength, power, agility, balance, flexibility and, a dose of fearlessness. In both the individual and synchronized diving competitions, each dive is given a degree of difficulty based on the type of manoeuvre performed: the diver's position, the number of somersaults and twists, and the take-off height are all considered. At the Commonwealth Games, the degree of difficulty ranges from 1.5 for easy dives to 4.8 for the most difficult dives. A dive consists of the following stages: 1) starting position and approach; 2) hurdle; 3) flight and execution; and 4) entry into the water. During each competition, each judge will award a score between zero and 10, based on the execution of the dive.

At the Commonwealth Games, competitors dive into a pool from the 1-metre springboard, 3-metre springboard, or the 10-metre platform.

The dives are divided into six groups according to the direction the diver is facing before take-off (backward, forward or handstand position) and the way the diver leaves the board (reverse, inward, or twisting). During the dive, the athlete may be in a straight, pike, tuck, or free position. The latter is only used in difficult dives that include twists. The free position consists of a combination of the other three positions.

There are over 100 recognized dives with assigned degrees of difficulty for both the springboard and platform disciplines.

## Competition Phases

For individual events, the competitions are split into preliminary, and final sessions. In each session, divers perform optional dives (no limit to the degree of difficulty) that are chosen among the six different dive groups: front, back, reverse, inward, arm stand (platform only) and twisting dives.

Each session has five different rounds of dives for women and six different rounds of dives for men. The top-12 finishers in the preliminary rounds advance to the final.

A panel of seven judges will score each individual diving session. The highest two and lowest two scores for each dive will be dropped, while the three remaining scores get added together and then multiplied by the degree of difficulty assigned to that particular dive, resulting in the final score awarded.

Synchronized events are run as a straight final. Competitions will take place from both the 3-metre springboard and the 10-metre platform. The synchronized diving competition involves two competitors performing the same dive simultaneously. The competition comprises five different rounds of dives for the women and six different rounds for the men.

A panel of eleven judges issues scores for the synchronized diving events: three judges mark the technical performance of diver “A”, three judges mark the technical performance of diver “B”, and the remaining five judges mark the synchronization of the pair. The highest and lowest scores awarded by each execution panel to both divers are dropped. The highest and lowest scores awarded for synchronization are also dropped. The remaining two scores for execution and three scores for synchronization are added up and multiplied by the degree of difficulty assigned to the executed dive.

## **For more Information:**

### **Diving Plongeon Canada**

312-700 Industrial Ave.

Ottawa, ON K1G 0Y9

Tel: (613) 736-5238

Email: [cada@diving.ca](mailto:cada@diving.ca)

Website: [www.diving.ca](http://www.diving.ca)

Twitter: [@DivingCanada](https://twitter.com/DivingCanada)

**Fédération internationale de natation (FINA):** [www.fina.org](http://www.fina.org)

**Media attaché in Gold Coast:** Nathan White ([NWhite@swimming.ca](mailto:NWhite@swimming.ca) +61 0431 469 380)



**Athlete Name:** Jennifer Abel

**Sport/Event:** Diving/ 1m; 3m; 3m synchro (Citrini-Beaulieu)

**DOB:** August 23, 1991

**Hometown:** Laval, QC.

**Coach/Club:** Arturo Miranda/ Pointe Claire Diving Club

**Twitter:** @JennAbel91

**Instagram:** @jennabel91

**Career Highlights:**

- 2017 – FINA World Championships – 3<sup>rd</sup> place – 3m, 3m synchro
- 2016 – Olympic Games – 4th place – 3m, 3m synchro
- 2016 – FINA World Cup – 2nd place – 3m synchro – 3rd place – 3m
- 2015 – Pan American Games – 1st place – 3m
- 2015 – FINA World Championships – 2nd place – 3m synchro
- 2014 – Commonwealth Games – 1st place – 1m – 2nd place – 3m, 3m synchro



**Athlete Name:** Meaghan Benfeito

**Sport/Event:** Diving/ 10m; 10m synchro (McKay)

**DOB:** March 2, 1989

**Hometown:** Montreal, QC.

**Coach/Club:** Arturo Miranda/ Pointe Claire Diving Club

**Twitter:** @MegBenfeito

**Instagram:** @megbenfeito

**Career Highlights:**

- 2016 – Olympic Games – 3rd place – 10m synchro, 10m
- 2015 – Pan American Games – 1st place – 10m synchro – 3rd place – 10m
- 2015 – FINA World Championships – 2nd place – 10m synchro
- 2014 – Commonwealth Games – 1st place – 10m, 10m synchro
- 2014 – FINA World Cup – 3rd place – 10m synchro





**Athlete Name:** Méliissa Citrini-Beaulieu

**Sport/Event:** Diving / 3m, 3m synchro (Abel)

**DOB:** June 12, 1995

**Hometown:** St-Constant, QC.

**Coach/Club:** Cesar Henderson / CAMO

**Twitter:** @citrini\_melissa

**Instagram:** @melissacitrini

**Career Highlights:**

- 2018 – Beijing and Fuji FINA Diving World Series – 3rd place – 3m synchro
- 2017 – FINA World Championships – 3rd place – 3m synchro
- 2017 – Canadian World Series – 2nd place – 3m synchro
- 2017 – German Grand Prix – 1st place – 3m synchro
- 2015 – Spain Grand Prix – 3rd place – 3m



**Athlete Name:** Philippe Gagné

**Sport/Event:** Diving/ 1m, 3m, 3m synchro

**DOB:** October 23, 1997

**Hometown:** Montreal, QC.

**Coach/Club:** Aaron Dziver / CAMO

**Twitter:** @Gagne\_Phil

**Instagram:** @phil.gagne

**Career Highlights:**

- 2016 Olympic Games – 11th place – 3m
- 2016 Canadian Grand Prix – 1st place – 3m synchro
- 2016 World Cup – 7th place – 3m synchro
- 2015 Pan Am Games – 2nd place – 3m synchro – 3rd place – 3m
- 2014 Youth Olympic Games – 3rd place – 3m – 2nd place – 10m



**Athlete Name:** Bryden Hattie

**Sport/Event:** Diving/ 10m

**DOB:** July 9, 2001

**Hometown:** Victoria, BC.

**Coach/Club:** Tommy McLeod / Boardworks

**Instagram:** @brydenhattie

**Career Highlights:**

- 2018 Winter National Championships – 1st place – 10m synchro
- 2017 Pan Am Junior Championships – 2nd place – 3m
- 2017 Canada Games – 2nd place – 1m, 3m, 3m synchro



**Athlete Name:** Tyler Henschel

**Sport/Event:** Diving/

**DOB:** June 22, 1994

**Hometown:** Sherwood Park, AB

**Coach/Club:** Unattached

**Twitter:** @TylerHenschel

**Instagram:** @tylerhenschel1

**Career Highlights:**

- 2018 Winter National Championships – 1st place – 10m
- 2017 Australian Grand Prix – 11th place – 10m
- 2017 Italian Grand Prix – 7th place – 10m
- 2017 FISU Games – 3rd place – team event
- 2017 Summer National Diving Championships – 1st place – 10m



**Athlete Name:** François Imbeau-Dulac

**Sport/Event:** Diving/ 1m, 3m

**DOB:** December 9, 1990

**Hometown:** St-Lazare, QC

**Coach/Club:** Aaron Dziver/CAMO

**Twitter:** @francoisidulac

**Instagram:** @francoisimbeaudulac

**Career Highlights:**

- 2016 – FINA World Cup – 7th place – 3m synchro
- 2015 – Pan American Games – 2nd place – 3m synchro
- 2015 – FINA World Championships – 2nd place – mixed 3m synchro
- 2014 – Commonwealth Games – 7th place – 3m
- 2012 – Olympic Games – 13th place – 3m



**Athlete Name:** Caeli McKay

**Sport/Event:** Diving/ 10m; 10m synchro (Benfeito)

**DOB:** June 25, 1997

**Hometown:** Calgary, AB

**Coach/Club:** Arturo Miranda / Calgary Diving Club

**Twitter:** @caemckay

**Instagram:** @caemckay

**Career Highlights:**

- 2017 – FINA World Championships – 4th place – 10m synchro
- 2017 – Russian World Series – 2nd place – 10m synchro
- 2017 – German Grand Prix – 2nd place – 10m synchro
- 2016 – Summer National Championships – 1st place – 3m – 2nd place – 10m
- 2015 – Pan Am Junior Championships – 2nd place – 3m
- 2014 – FINA World Junior Championships – 4th place – 1m





**Athlete Name:** Vincent Riendeau

**Sport/Event:** Diving/ 10m, 10m synchro (Bouchard)

**DOB:** December 13, 1996

**Hometown:** Pointe-Claire, QC

**Coach/Club:** Yihua Li / Pointe Claire Diving Club

**Twitter:** @riendeau\_v

**Instagram:** @vinceriendeau

**Career Highlights:**

- 2016 – Olympic Games – 14th place – 10m
- 2016 – FINA World Cup – 7th place – 10m synchro
- 2015 – Pan American Games – 2nd place – 10m synchro
- 2015 – FINA World Championships – 2nd place – mixed 10m synchro
- 2014 – Commonwealth Games – 3rd place – 10m



**Athlete Name:** Celina Toth

**Sport/Event:** Diving/ 10m

**DOB:** March 20, 1992

**Hometown:** St. Thomas, ON

**Coach/Club:** Tommy McLeod/ Boardworks

**Twitter:** @CelinaToth

**Instagram:** @celina.toth

**Career Highlights:**

- 2017 – Australian Grand Prix – 2nd place – 10m
- 2017 – FISU Games – 2nd place – team event – 3rd place – 10m
- 2015 - Australian Grand Prix – 2nd place – 10m
- 2015 - FISU Games – 1st place – 10m synchro
- 2015 - Spain Grand Prix – 3rd place – 10m



**Athlete Name:** Pamela Ware

**Sport/Event:** Diving/ 1m, 3m

**DOB:** February 12, 1993

**Hometown:** Montreal, QC

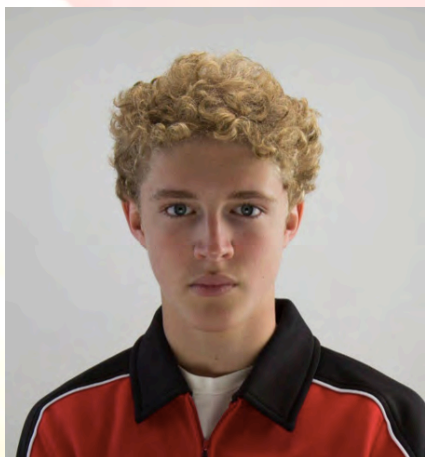
**Coach/Club:** Aaron Dziver/ CAMO

**Twitter:** @PamelaWare1

**Instagram:** @pamelaware1

**Career Highlights:**

- 2016 – Olympic Games – 4th place – 3m synchro
- 2016 – FINA World Cup – 2nd place – 3m synchro
- 2015 – Pan American Games – 2nd place – 3m, 3m synchro
- 2015 – FINA World Championships – 2nd place – 3m synchro
- 2014 – Commonwealth Games – 2nd place – 3m synchro



**Athlete Name:** Rylan Wiens

**Sport/Event:** Diving / 10m, 10m synchro

**DOB:** April 28, 2003

**Hometown:** Saskatoon, SK

**Coach/Club:** Mary Carroll / Saskatoon Diving Club

**Instagram:** @rylanwiens

**Career Highlights:**

- 2018 Winter National Diving Championships – 1st place – 10m synchro
- 2017 Pan Am Junior Championships – 3rd place – 3m
- 2017 Canada Games – 3rd place – 10m



**Coach Name:** Aaron Dziver

**Sport/Event:** Diving

**Hometown:** Terrebonne, QC.



**Coach Name:** Tommy McLeod

**Sport/Event:** Diving

**Hometown:** Victoria, B.C.



**Coach Name:** Arturo Miranda

**Sport/Event:** Diving

**Hometown:** Saint Leonard, QC.

**Coach Name:** Mary Carroll

**Sport/Event:** Diving

**Hometown:** Saskatoon, SK.



# FIELD HOCKEY



## Team Canada in Gold Coast

The field hockey competition is traditionally strong at the Commonwealth Games. The Canadian men's team is currently ranked 11th in the world and the women's ranked 21st.

"We're thrilled to congratulate our men's and women's field hockey teams bound for the 2018 Commonwealth Games in Gold Coast," said Chef de Mission Claire Carver-Dias. "Field hockey is a strong Commonwealth sport and the level of competition is sure to be impressive."

The Canadian Men will play in pool A with Australia (ranked 1st in the world), New Zealand (9th), South Africa (15th) and Scotland (23rd). They open their Gold Coast campaign on April 6 vs. New Zealand.

The Canadian Women will play in pool B with New Zealand (4th), Australia (5th), Scotland (23rd) and Ghana (30th). They start the competition on April 5 vs. Australia.

## Dates

April 5-14, 2018

## Venue(s):

Gold Coast Hockey Centre

## Number of Teams:

10 - Women

Pool A	Pool B
England India South Africa Malaysia Wales	Australia New Zealand Scotland Canada Ghana

10 - Men

Pool A	Pool B
Australia New Zealand Canada South Africa Scotland	India England Malaysia Pakistan Wales

## History

The roots of field hockey are buried deep in antiquity. Historical records show that a crude form of hockey was played in Egypt 4,000 years ago and in Ethiopia around 1000 BC. Various museums offer evidence that a form of the game was played by Romans and Greeks, and by the Aztec Indians in South America several centuries before Columbus landed in the New World. The modern game of hockey evolved in England in the mid-18th century, primarily around schools. The name hockey probably derives from the French “hoquet”, or shepherd’s crook, and refers to the crooked stick used to hit a small ball.

Field hockey was included for the first time in the competition schedule of the 1908 Olympic Games in London, and the International Hockey Federation (FIH) was founded in 1924. Field hockey was introduced to the Commonwealth Games program in Kuala Lumpur in 1998.

## Overview

A field hockey game is played between two teams of 11 players each. A game is divided into two 35-minute periods, with a 10-minute interval in between. Each team tries to score as many goals as possible in the opposite team's goal.

## Equipment

The ball is white, hard and made of Teflon. Its surface has dimples. It weighs between 156 and 163 g and its circumference varies between 224 and 235 mm.

The stick is smooth and straight with one curved end, which is slightly wider. All of its edges are rounded, while the inner side is flat.

## Rules

Essential skills for playing field hockey are the ability to control, pass, push, stop and hit the ball. Stick work is impressive to watch, as players with good stick skills can maintain control of the ball while sprinting the length of the field, weaving through the sticks and legs of defending players to create space. Athletes can only play the ball with the flat face or edge of the stick. Athletes are not allowed to use their feet or any other part of their body. Only the goalkeepers are allowed to use their stick, hands, feet, legs and body to stop the ball when defending their own circle.

The rules of hockey have been extensively modified over the last 10 years (suppression of offside, self-pass on free hits, etc.) to minimize stoppage of play, making the game faster and more spectacular and increase the number of goals.

A player who violates a rule may receive a:

- Green card: temporary suspension (two minutes)
- Yellow card: temporary suspension (a minimum of five minutes)
- Red card: permanent suspension

## Player Positions

Every team consists of 10 field players, who are classified as attackers, midfielders and defenders, as well as a goalkeeper who remains in his team's shooting circle. In the Commonwealth Games, every team is made up of 16 players, 11 of which remain on the field while the other five are interchange players. Although coaches may make unlimited substitutions during a game, they are not permitted to make any substitutions during penalty corners and penalty strokes. In such cases, coaches can only replace injured or suspended goalkeepers.



## **The Field of Play**

A hockey field frequently referred to as the “pitch”, is a rectangular area measuring 91.4 m long and 55 m wide. The long sides are the “side lines” and the shorter ones are the “back lines”, or “goal lines”. Goal posts are placed at either end of the field in the middle of the back line. Almost semi-circular lines run from the back line and mark out the area of the shooting circle, the area in which goals are scored.

## **Scoring a Goal**

A field goal is scored after a shot at goal by an attacking player, within the defending team’s circle, passes over the goal line.

## **Penalty Corner**

If a defending team breaks a rule within its own circle, such as preventing a goal from being scored with one’s own body, a penalty corner may be awarded. A penalty corner is executed as follows: an attacker stands with the ball on a designated spot along the back line and pushes it out to a player waiting outside the circle. At the same time, five defenders who waited behind the backline start running towards the attacker who is about to attempt a goal. The ball must be stopped by an attacking player outside the circle before players can shoot for a goal.

## **For more Information:**

### **Field Hockey Canada**

3800 Westbrook Mall

Vancouver, BC V6S 2L9

Email: [fhc@fieldhockey.ca](mailto:fhc@fieldhockey.ca)

Website: [www.fieldhockey.ca](http://www.fieldhockey.ca)

Twitter: [@FieldHockeyCan](https://twitter.com/FieldHockeyCan)

**International Hockey Federation (FIH):** [www.fih.ch](http://www.fih.ch)

**Pan American Hockey Federation:** [www.panamhockey.org](http://www.panamhockey.org)

**Media attaché in Gold Coast:** Yan Huckendubler ([yhucken@istar.ca](mailto:yhucken@istar.ca) +61 0423 318 536)



**Athlete Name:** Rachel Donohoe

**Sport/Position:** Field Hockey/Midfield

**DOB:** October 17, 1994

**Hometown:** North Vancouver, B.C.

**Club:** Women's National Team

**Twitter:** @rdonohoe3



**Athlete Name:** Hannah Haughn

**Sport/Position:** Field Hockey/Midfield

**DOB:** September 9, 1994

**Hometown:** North Vancouver, B.C.

**Club:** Women's National Team

**Twitter:** @Haughn13

**Instagram:** @Haughn13



**Athlete Name:** Danielle Hennig

**Sport/Position:** Field Hockey/Defender

**DOB:** December 23, 1990

**Hometown:** Kelowna, B.C.

**Club:** Women's National Team

**Twitter:** @DaniHennig9

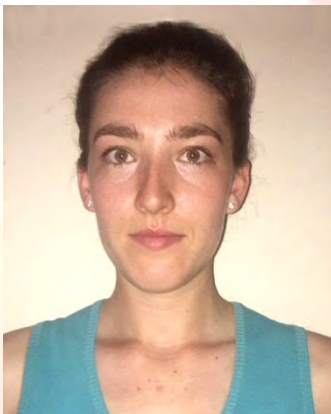
**Instagram:** @DaniHennig9



**Athlete Name:** Karli Johansen  
**Sport/Position:** Field Hockey/Defender  
**DOB:** March 26, 1992  
**Hometown:** North Vancouver, B.C.  
**Club:** Women's National Team  
**Twitter:** @Karlijohansen14  
**Instagram:** @Karli\_jo14



**Athlete Name:** Shanlee Johnston  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** February 5, 1990  
**Hometown:** Vancouver, B.C.  
**Club:** Women's National Team  
**Twitter:** @ShanJ\_ston



**Athlete Name:** Caashia Karrington  
**Sport/Position:** Field Hockey/Forward  
**DOB:** October 24, 1992  
**Hometown:** Vancouver, B.C.  
**Club:** Women's National Team





**Athlete Name:** Kathleen Leahy  
**Sport/Position:** Field Hockey/Defender  
**DOB:** October 29, 1993  
**Hometown:** Victoria, B.C.  
**Club:** Women's Senior Development  
**Twitter:** @katleahy  
**Instagram:** @katleahy



**Athlete Name:** Alison Lee  
**Sport/Position:** Field Hockey/Defender  
**DOB:** December 24, 1994  
**Hometown:** Toronto, ON.  
**Club:** Women's National Team  
**Twitter:** @alisonlee\_94



**Athlete Name:** Lauren Logush  
**Sport/Position:** Field Hockey/Goalkeeper  
**DOB:** March 21, 1995  
**Hometown:** Richmond Hill, ON.  
**Club:** Women's National Team  
**Twitter:** @laurenlogush  
**Instagram:** @laurenlogush



**Athlete Name:** Sara McManus  
**Sport/Position:** Field Hockey/Defender  
**DOB:** August 14, 1993  
**Hometown:** Tsawwassen, B.C.  
**Club:** Women's National Team  
**Twitter:** @SaraMac17  
**Instagram:** @saramac17



**Athlete Name:** Stephanie Norlander  
**Sport/Position:** Field Hockey/Forward  
**DOB:** December 20, 1995  
**Hometown:** North Vancouver, B.C.  
**Club:** Women's National Team  
**Twitter:** @stephnorlander8  
**Instagram:** @stephnorlander



**Athlete Name:** Madeline Secco  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** March 15, 1994  
**Hometown:** Victoria, B.C.  
**Club:** Women's National Team  
**Instagram:** @maddawgmillionaire22



**Athlete Name:** Natalie Sourisseau  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** December 5, 1992  
**Hometown:** Kelowna, B.C.  
**Club:** Women's National Team  
**Instagram:** @nsourisseau



**Athlete Name:** Brienne Stairs  
**Sport/Position:** Field Hockey/Forward  
**DOB:** December 22, 1989  
**Hometown:** Kitchener, ON.  
**Club:** Women's National Team



**Athlete Name:** Kaitlyn Williams  
**Sport/Position:** Field Hockey/Goalkeeper  
**DOB:** August 15, 1989  
**Hometown:** White Rock, B.C.  
**Club:** Women's National Team  
**Twitter:** @KaitWillRock





**Athlete Name:** Amanda Woodcroft  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** October 9, 1993  
**Hometown:** Waterloo, ON.  
**Club:** Women's National Team  
**Twitter:** @awoodcroft12  
**Instagram:** @awoodcroft12



**Athlete Name:** Nicole Woodcroft  
**Sport/Position:** Field Hockey/Forward  
**DOB:** January 30, 1996  
**Hometown:** Waterloo, ON.  
**Club:** Women's National Team  
**Twitter:** @nikkiwoodcroft



**Athlete Name:** Katherine Wright  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** August 14, 1989  
**Hometown:** Kingston, ON.  
**Club:** Women's National Team  
**Twitter:** @KateGillis3



**Coach Name:** Giles Bonnet

**Sport/Event:** Field Hockey

**Club:** Field Hockey Canada



**Coach Name:** Steph Andrews

**Sport/Event:** Field Hockey

**Hometown:** Perth, Australia

**Club:** Field Hockey Canada



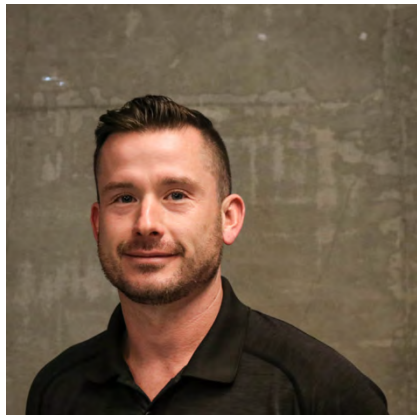
**Athlete Name:** Brenden Bissett

**Sport/Position:** Field Hockey / Midfield/Forward

**DOB:** January 28, 1993

**Hometown:** New Westminster, B.C.

**Club:** NMHC Nijmegen



**Athlete Name:** David Carter

**Sport/Position:** Field Hockey/Goalkeeper

**DOB:** November 4, 1981

**Hometown:** Vancouver, B.C.

**Club:** United Brothers

**Twitter:** @davecarter30

**Instagram:** @davecarter30



**Athlete Name:** Taylor Curran

**Sport/Position:** Field Hockey/Midfield

**DOB:** May 19, 1992

**Hometown:** North Vancouver, B.C.

**Club:** West Vancouver HC





**Athlete Name:** Adam Froese

**Sport/Position:** Field Hockey/Defender

**DOB:** August 13, 1991

**Hometown:** Abbotsford, B.C.

**Club:** India HC

**Twitter:** @froesey1

**Instagram:** @froesey1



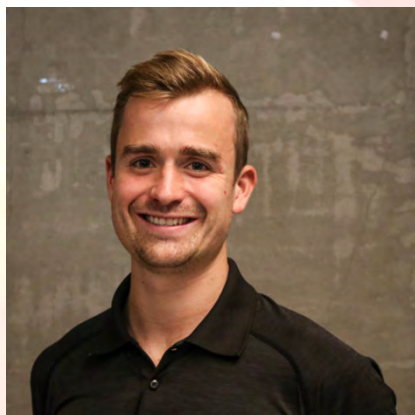
**Athlete Name:** Richard Hildreth

**Sport/Position:** Field Hockey/Forward/Midfield

**DOB:** June 3, 1984

**Hometown:** Vancouver, B.C.

**Club:** East Grinstead HC



**Athlete Name:** Gordon Johnston

**Sport/Position:** Field Hockey/Defender

**DOB:** January 30, 1993

**Hometown:** Vancouver, B.C.

**Club:** UBC HC

**Twitter:** @gorgiej21

**Instagram:** @gordiej21



**Athlete Name:** Antoni Kindler  
**Sport/Position:** Field Hockey/Defender  
**DOB:** May 16, 1988  
**Hometown:** Vancouver, B.C.  
**Club:** West Vancouver HC  
**Twitter:** @kindler31  
**Instagram:** @antonikindler



**Athlete Name:** James Kirkpatrick  
**Sport/Position:** Field Hockey/Forward  
**DOB:** March 29, 1991  
**Hometown:** Victoria, B.C.  
**Club:** West Vancouver HC  
**Twitter:** @jimmyk30  
**Instagram:** @jkirkpat



**Athlete Name:** Balraj Panesar  
**Sport/Position:** Field Hockey/Defender  
**DOB:** March 16, 1993  
**Hometown:** Surrey, B.C.  
**Club:** United Brothers



**Athlete Name:** Sukhpal Panesar

**Sport/Position:** Field Hockey/Midfield

**DOB:** December 26, 1993

**Hometown:** Surrey, B.C.

**Club:** United Brothers



**Athlete Name:** Mark Pearson

**Sport/Position:** Field Hockey/Midfield

**DOB:** June 18, 1987

**Hometown:** Vancouver, B.C.

**Club:** West Vancouver HC

**Twitter:** @Markajp19

**Instagram:** @markajp19



**Athlete Name:** Brandon Pereira

**Sport/Position:** Field Hockey/Defender

**DOB:** April 30, 1996

**Hometown:** Surrey, B.C.

**Club:** United Brothers





**Athlete Name:** Keegan Pereira  
**Sport/Position:** Field Hockey/Midfield  
**DOB:** September 8, 1991  
**Hometown:** Ajax, ON.  
**Club:** Muilthum HC  
**Twitter:** @kpere10  
**Instagram:** @kpere10



**Athlete Name:** Matthew Sarmento  
**Sport/Position:** Field Hockey/Forward  
**DOB:** June 23, 1991  
**Hometown:** Vancouver, B.C.  
**Club:** KHC Leuven  
**Twitter:** @sarmy21  
**Instagram:** @sarmy21



**Athlete Name:** Iain Smythe  
**Sport/Position:** Field Hockey/Forward  
**DOB:** June 2, 1985  
**Hometown:** Vancouver, B.C.  
**Club:** Vancouver Hawks HC  
**Instagram:** @ismythe23



**Athlete Name:** John Smythe

**Sport/Position:** Field Hockey/Midfield/Defender

**DOB:** August 31, 1899

**Hometown:** Vancouver, B.C.

**Club:** Vancouver Hawks HC

**Twitter:** @JohnSmythe22



**Athlete Name:** Scott Tupper

**Sport/Position:** Field Hockey/Defender

**DOB:** December 16, 1986

**Hometown:** Vancouver, B.C.

**Club:** West Vancouver HC

**Twitter:** @tups4

**Instagram:** @tups4



**Athlete Name:** Floris van Son

**Sport/Position:** Field Hockey/Forward

**DOB:** February 5, 1992

**Hometown:** Apeldorn, Netherlands

**Club:** FC Barcelona

**Twitter:** @FlorisvanSon

**Instagram:** @flovanson



**Head Coach:** Paul Bundy

**Sport/Event:** Field Hockey

**Hometown:** Vancouver, BC

**Club:** Field Hockey Canada



**Assistant Coach:** Greg Clark

**Sport/Event:** Field Hockey

**Club:** Field Hockey Canada



# ARTISTIC GYMNASTICS



## Team Canada in Gold Coast

With the women's team a mirror of the 2016 Olympic team, there are high expectations to reach the podium in the team competition. Ellie Black, the 2017 World Championships silver medallist in the all-around, came home with three medals including gold on the beam from the 2014 Games and will be looking to help lead the team to a medal in the team competition, and also individually in the all-around and apparatus finals. Vault powerhouse Shallon Olsen will also be looking to podium in that event, as will Isabela Onyshko on beam – an apparatus she was a finalist on at the 2016 Olympic Games.

On the men's side, with four out of the five team members fresh off representing Canada at the 2017 World Championships, the hopes are high to reach the podium in the team event. Rio 2016 Olympian

Scott Morgan came away with three medals from the last Commonwealth Games, including gold on the rings, and vault -- he'll be looking to bring home more hardware from these Games. All-around athletes Zach Clay, Rene Cournoyer, and Jackson Payne could all challenge to be Canada's top athlete in that competition.

## **Dates**

April 10-13, 2018

## **Venue(s):**

Coomera Indoor Sports Centre

## **Number of Events:**

14 (8 men, 6 women)

## **History**

The word "gymnastics" comes from the ancient Greeks, who used it to refer to physical activity. The Romans adopted Greek ideas of physical activity and incorporated gymnastics into military training. They performed an early version of today's vault by building wooden dummy horses to practice mounting and dismounting.

The term artistic gymnastics emerged in the early 19th century to distinguish free-flowing styles from the techniques used by the military. In the 1880s, gymnastics competitions began to flourish in schools, athletic clubs and various organizations across Europe.

Men's artistic gymnastics was included for the first time in the 1896 Olympic Games, while women participated for the first time in the 1928 Olympic Games.

## **Overview**

Artistic gymnastics is a very challenging sport, demanding strength, power, flexibility, coordination, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch. Male gymnasts perform routines on six apparatus, while female gymnasts perform routines on four apparatus. Marks are awarded by a panel of judges, according to the level of difficulty, and artistic and technical perfection of each routine.

The competition is divided into three parts: Team Competition, All-Around Final, and Apparatus Finals. The team competition is the first gymnastic event, with the competitors in the All-Around Final and Apparatus Finals being determined from the scores in the Team Competition. Each team is comprised of five gymnasts. Four of the five gymnasts compete on each apparatus. The team score is the total of the best three of the four scores on each apparatus, with medals being awarded to the three teams with the highest total. The top 24 gymnasts from the Team Competition (with a maximum of two from any one country) advance to



the All-Around final, where they compete again on each apparatus. The three highest scoring gymnasts are the All-Around medallists. In the Apparatus Finals, the top eight gymnasts on each individual apparatus from the Team Competition (maximum of two per country) compete again on that apparatus. This determines the individual apparatus medallists.

### **Men's Apparatus:**

**Floor:** Floor routines are executed on a 12 m x 12 m mat with a one-metre safety border around it. The mat is placed on a special wooden underlay, which is necessary for takeoffs and landings. A floor routine has a maximum duration of 70 seconds and includes a variety of tumbling elements, strength and balance exercises, covering the entire surface of the floor. Men do not use music in the performance of floor routines.

**Pommel horse:** The pommel horse is 1.60 m long, 1.15 m high, with two 12-centimetre pommels (handles) on the top. The distance between the pommels is 40 to 45 cm. The gymnast performs swinging and circular elements with legs apart and legs together. The routine must display continuous flow and interchange of elements and grips along the full length of the horse, both on and off the pommels.

**Rings:** Rings is the quintessential strength event in men's gymnastics. The rings are made of wood and are suspended from a metal frame with belts and wire cables, 2.75 m above the floor. The routine consists of a variety of impressive strength elements, swings and other static and dynamic elements, and finishes with an acrobatic dismount.

**Vault:** Since 2001, a slightly inclined 1.35-metre-high vaulting table that is mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

**Parallel bars:** Parallel bars are two 3.5-metre-long parallel wooden bars, supported 1.95 m above the ground on a metal base. The gymnast performs a routine combining an interchange of swinging movements with strength or held elements. The gymnast must use the entire length of both bars, performing elements both on top of and below the bars.

**Horizontal bar:** The horizontal bar is a steel bar of 2.8 cm in diameter and 2.4 m long that rests on two metal bases 2.75 m above the ground. The gymnast must demonstrate changes of grip, forward and backward swinging movements, and releases and re-grasps of the bar. Dismounts are an important part of the routine and are usually acrobatic and spectacular.

### **Women's Apparatus:**

**Vault:** Since 2001, a slightly inclined 1.25-metre-high vaulting table that is mounted on a metal base has replaced the traditional vault. The approach run is 25 m. After gaining speed in the run, the gymnast jumps from the springboard, lands and springs from the hands from the vault table and, after performing an



element with one or more rotations, finishes with a controlled and steady landing behind the vault table.

**Uneven bars:** Uneven bars consist of two parallel fibre-glass rails covered by birch, each mounted on vertical supports at a different height above the floor (2.50 m and 1.70 m). The gymnast swings in both directions, above, below and between the bars, ending the routine with a controlled dismount and landing.

**Balance beam:** The balance beam is 5 m long, 1.25 m above the ground, and only 10 cm wide. It is the apparatus that often determines the winner of the competition. Gymnasts have one minute and 30 seconds to perform, steadily and without falls, a combination of acrobatic elements, jumps, turns, dance and balance elements.

**Floor:** Floor exercises are executed on a 12 x 12 m surface with a one-metre safety border around it. The surface rests on a special wooden underlay, which is necessary for takeoffs and landings. The gymnast performs the routine to music, combining dance with acrobatic exercises, and using the entire surface of the floor.

## For more Information:

### Gymnastics Canada

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Email: [info@gymcan.org](mailto:info@gymcan.org)

Website: [www.gymcan.org](http://www.gymcan.org)

Facebook: [/CDNGymnastics](https://www.facebook.com/CDNGymnastics)

Twitter: @CDNGymnastics

Instagram: @CDNGymnastics

**Fédération Internationale de Gymnastique (FIG):** [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

**Media Attaché in Gold Coast:** Julie Forget ([jforget@gymcan.org](mailto:jforget@gymcan.org) +61 0421 006 831)



**Athlete Name:** Ellie Black

**Sport / Event:** Gymnastics / Artistic

**DOB:** September 8, 1995

**Hometown:** Halifax, N.S.

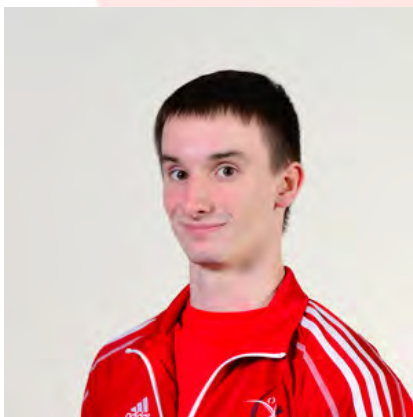
**Club / Coach:** Halifax Alta / David Kikuchi & Keiji Yamanaka

**Twitter:** @EllieBlack\_

**Instagram:** @ellieblack\_

#### **Career Highlights:**

Silver medallist in the all-around competition at the 2017 World Championships. Posted Canada's best-ever performance in the all-around competition at the Olympic Games with a 5th in 2016. Canada's most decorated athlete at the 2015 Pan Am Games in Toronto with 5 medals (3 gold, 1 silver, 1 bronze); Her gold in the AA competition was the first by a non-American since 1983. Two-time Olympian (2012, 2016). Four-time World Championships team member (2013, 2014, 2015, 2017). Canadian AA Champion in 2017, 2015, 2014, 2013. Triple-medallist at 2014 Commonwealth Games, including gold on beam.



**Athlete Name:** Zach Clay

**Sport / Event:** Gymnastics / Artistic

**DOB:** July 5, 1995

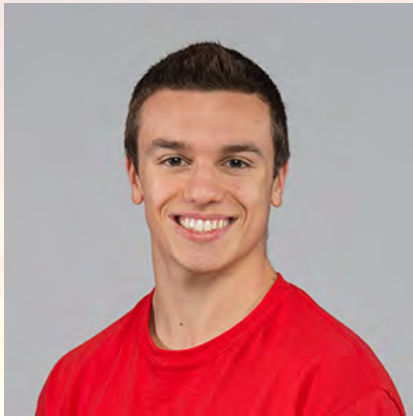
**Hometown:** Chilliwack, B.C.

**Club / Coach:** Twisters Gymnastics Club / Richard Ikeda

**Instagram:** @z\_clay

#### **Career Highlights:**

Canada's only finalist in the all-around competition at the 2017 World Championships; 2017 Canadian all-around Champion. Three-time World Championships team member (2014, 2015, 2017). Member of the bronze-medal winning team from the 2014 Commonwealth Games. Tore the anterior cruciate ligament [ACL] in his right knee and broke the tibia bone in his right leg in November 2015; underwent surgery in January 2016; returned to competition at 2017 Canadian Championships.



**Athlete Name:** Rene Cournoyer

**Sport / Event:** Gymnastics / Artistic

**DOB:** August 23, 1997

**Hometown:** Repentigny, QC

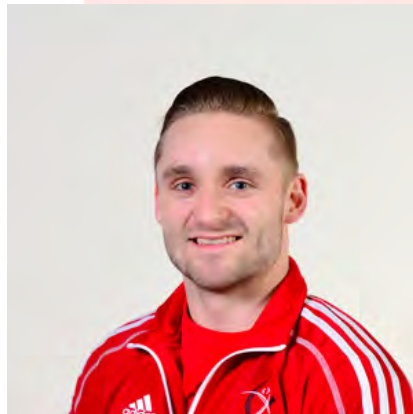
**Club / Coach:** Club Gymnika / Jean-Sebastien Tougas

**Twitter:** @renegym

**Instagram:** @renegym97

**Career Highlights:**

Bronze medallist in the all-around competition at the 2016 Canadian Championships; 4th in 2017. 11th all-around at 2017 FISU Games. Two-time World Championships team member (2015, 2017). Placed 4th in the team event, and 7th on PH at the 2015 Pan American Games. Finished 19th AA at the 2014 Youth Olympic Games. Took up gymnastics at age 7.



**Athlete Name:** Scott Morgan

**Sport / Event:** Gymnastics / Artistic

**DOB:** June 20, 1989

**Hometown:** North Vancouver, B.C.

**Club / Coach:** Flicka Gymnastics / Vali Stan

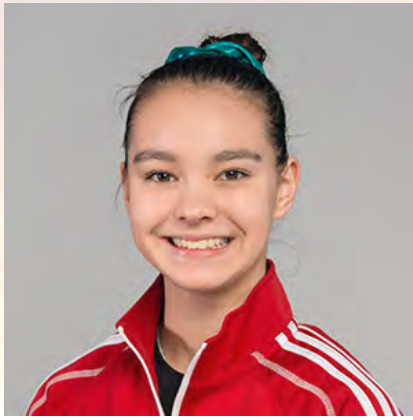
**Twitter:** @scottmorgan\_

**Instagram:** @scottmorgan\_

**Career Highlights:**

Canada's lone representative in men's artistic gymnastics at the 2016 Olympic Games in Rio where he competed in his specialty events – floor, rings, and vault. Four-time World Championships team member (2013, 2014, 2015, 2017). Was Canada's second-most decorated athlete at the 2014 Commonwealth Games where he captured four medals, including a pair of golds. At the 2013 World Championships, he qualified for the floor exercise final - the first time a Canadian man had qualified for an apparatus final since Kyle Shewfelt in 2006. Member of the Canadian team at the 2011 and 2015 Pan American Games -- qualified for the vault final in 2015. Had a near-podium finish at the Rio 2016 test event, finishing fourth in the vault.





**Athlete Name:** Shallon Olsen

**Sport / Event:** Gymnastics / Artistic

**DOB:** July 10, 2000

**Hometown:** Surrey, B.C.

**Club / Coach:** Omega Sports Centre / Vladimir Lashin & Svetlana Lashina

**Twitter:** @Shallonolsen

**Instagram:** @shallon\_olsen

**Career Highlights:**

Vault finalist at 2017 World Championships finishing 7<sup>th</sup>. Captured two silvers at first-ever World Cup in Sofia in 2017 (floor & vault). Gold medallist on vault at 2017 Jesolo Cup. Qualified for vault finals at 2016 Olympic Games after debuting an Amanar vault in qualifiers. Was youngest member of Team Canada in Rio at 16. Undefeated domestically on vault in 2016 – her first year as a senior.



**Athlete Name:** Isabela Onyshko

**Sport / Event:** Gymnastics / Artistic

**DOB:** June 23, 1998

**Hometown:** Minnedosa, MB

**Club / Coach:** Brandon Eagles / Lorie Henderson & Joe Stouffer

**Instagram:** @Isabela\_onyshko

**Career Highlights:**

Qualified for both the all-around and beam finals at the 2016 Olympic Games, finishing 18th and 8th respectively; was the first Canadian to ever qualify for a beam final at an Olympic Games. Three-time World Championships team member (2014, 2015, 2017). Qualified for AA finals at 2015 Worlds in 24th, but moved up to finish 16<sup>th</sup>. AA silver medallist at 2016 World Cup in Stuttgart. 2016 Elite Canada & Canadian AA Champion. Took home three medals (Gold – bars, Gold – beam, Silver – floor) at 2015 World Cup in Ljubljana.



**Athlete Name:** Cory Paterson

**Sport / Event:** Gymnastics / Artistic

**DOB:** May 25, 1995

**Hometown:** Mississauga, ON

**Club / Coach:** Centre Pere Sablon / Patrick Beauchamp

**Twitter:** @corypatersoncan

**Instagram:** @corypatersoncan

**Career Highlights:**

Competed in every meet for three out of 4 seasons as a member of the University of Iowa gymnastics team where he majored in finance. Tied for 10<sup>th</sup> on parallel bars and finished 12<sup>th</sup> on high bar at the 2017 NCAA championships. Silver medallist on high bar at the 2017 Big Ten Championships. Member of the Canadian national team for 9 years. Represented Canada at the 2012 Pacific Rim Championships and 2013 FISU Games.



**Athlete Name:** Jackson Payne

**Sport / Event:** Gymnastics / Artistic

**DOB:** November 8, 1991

**Hometown:** Calgary, AB

**Club / Coach:** Calgary Gymnastics Centre / Bin Fan & Scott Rayment

**Twitter:** @jacksonpayne\_

**Instagram:** @jacksonpayne\_gymnast

**Career Highlights:**

Canadian all-around champion in 2015 and 2016; silver medallist in 2017. Named alternate for the 2016 Olympic Games in Rio de Janeiro. Four-time World Championships team member (2009, 2011, 2014, 2017). Bronze medallist on HB at World Cup in Zibo, CHN in 2012. Tore Achilles tendon in June 2015. Took a two-year break from competition in 2012 to complete a missionary project in the Republic of Korea. Fluent in Korean. Studying Kinesiology at the University of Calgary.



**Athlete Name:** Brittany Rogers

**Sport / Event:** Gymnastics / Artistic

**DOB:** June 8, 1993

**Hometown:** Calgary, AB

**Club / Coach:** Calgary Gymnastics Centre / Janna Ball & Cody Casey

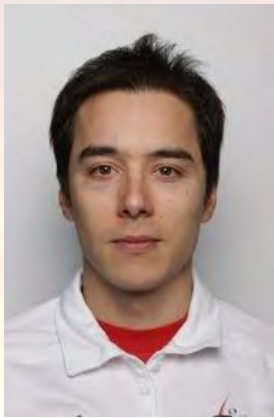
**Twitter:** @brittyrogers

**Instagram:** @brittyrogers

**Career Highlights:**

Two-time Olympian (2012, 2016). Qualified for vault finals in 2012, finishing 7<sup>th</sup>. Competed for the University of Georgia from 2012-2016 – became SEC champion on bars and beam in freshman year. As a senior in 2016, scored Georgia's first perfect 10 since 2010 on vault and became NCAA champion on bars. A five-time team All-American, Rogers resumed elite training during the 2015 NCAA season in order to qualify for the 2016 Olympic team. Graduated in 2017 with a degree in broadcasting.





**Coach Name:** David Kikuchi

**Sport/Event:** Gymnastics / Artistic

**Residence:** Halifax, NS

**Club:** Halifax Alta Gymnastics Club

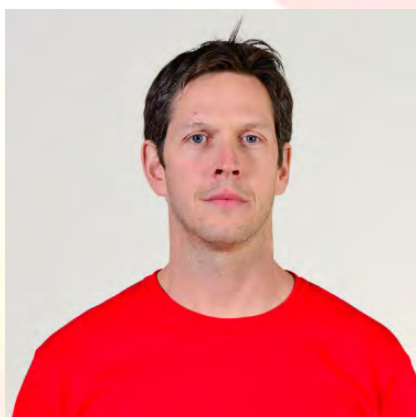


**Coach Name:** Lorie Henderson

**Sport/Event:** Gymnastics / Artistic

**Residence:** Brandon, MB

**Club:** Brandon Eagles Gymnastics Club



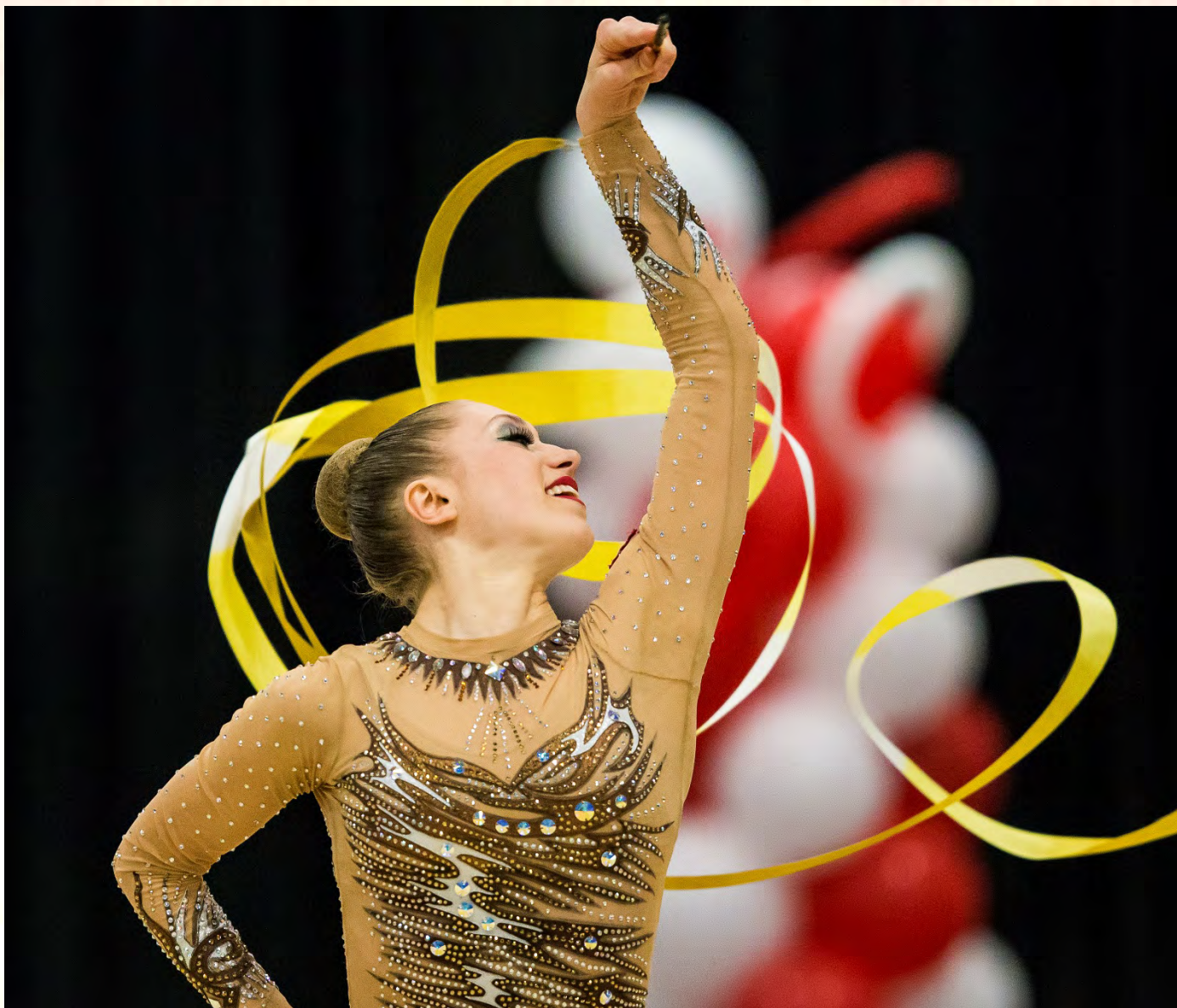
**Coach Name:** Jean-Sebastien Tougas

**Sport/Event:** Gymnastics / Artistic

**Residence:** Repentigny, QC

**Club:** Club Gymnika

# RHYTHMIC GYMNASTICS



## Team Canada in Gold Coast

Patricia Bezzoubenko was the talk of the competition in 2014, coming away with gold in every event but one. 2017 Canadian senior champion Carmen Whelan will be looking to mirror that success at these Games, while the team will look to repeat as team all-around champions. Katherine Uchida and Sophie Crane will round out the team of three looking to dominate in Gold Coast.

“Our goal for this competition is to compete strong and enjoy the experience,” said Teresa Orr, National Team Director for rhythmic gymnastics at Gymnastics Canada. “For Katherine and Sophie it will be their first multi-sport games while Carmen will take advantage of her experience gained from the 2015 Pan



American Games. Canada's rhythmic team has had successful results at previous Commonwealth games taking the team silver in 2010 and the gold in 2006 and 2014. Alexandra Orlando arrived home in 2006 with six gold medals and Patricia Bezzoubenko, who recently retired, captured one bronze and five gold in 2014. We have big shoes to fill and the team is excited to have the opportunity to prove themselves and carry on the tradition."

## **Dates**

April 11-13, 2018

## **Venue(s):**

Coomera Indoor Sports Centre

## **Number of Events:**

6 events for women (team Competition, Individual All-Around, Clubs, Ball, Hoop and Ribbon apparatus finals).

## **History**

Two schools of thought existed in Scandinavia when modern gymnastics was evolving in the 19th century. One school emphasized strength and precision, resisting attempts to inject artistic elements into gymnastics and discouraging women from participating. Another school, developed in reaction, sought to blend art and sport. The eventual result of the latter approach was the sport of rhythmic gymnastics, which emphasizes flexibility and coordination over strength and acrobatic skill.

As a sport, rhythmic gymnastics began in the Soviet Union in the 1940s. It became recognized by the International Gymnastics Federation in 1961, and two years later the first world Championship was held in Budapest. Rhythmic gymnastics made its Olympic debut in 1984 in Los Angeles, where the first gold medalist was Canadian Lori Fung.

## **Overview**

Strongly influenced by the discipline of ballet, rhythmic gymnastics is a unique combination of sport and art. Competitive routines demonstrate a balance between athletic skill, apparatus manipulation, music interpretation and artistic expression. At the Commonwealth Games, there are both Team and Individual events in rhythmic gymnastics. The team event is first, and three gymnasts each perform four different routines. The three teams with the highest total scores are the Team medal- lists. The results of the Team Competition determine who will compete in the Individual All-Around event (top 24 athletes from the Team Competition, with a maximum of two per country) and in the Apparatus Finals (top eight athletes with each apparatus, with a maximum of two per country). Medals are awarded to the top three athletes in the All-Around Final and in each of the four Apparatus Finals.



Rhythmic routines are performed on a special carpet that is 13 x 13 m square. All routines are performed to music, using one of the hand apparatus — rope, hoop, ball or ribbon. Gymnasts perform routines in front of a panel of judges, who evaluate the performance based on artistic value, technical value (of both body and apparatus elements) and execution. Each routine lasts from one minute to one minute 30 seconds, and the apparatus must be in constant motion throughout the routine.

Each routine includes fundamental body movements such as jumps and leaps, balances, pivots, flexibility and waves, as well as secondary movements such as travelling, skips, hops, swings, circles and turns. These elements are combined with manipulation of the competitive apparatus to correspond with the rhythm and character of the accompanying music. The gymnast's bodysuit and apparatus are designed to enhance the selection of music and the choreography.

### **Apparatus**

**Clubs:** The clubs are made of wood or plastic and athletes use two of equal length of 40 to 50cm. Holding the clubs with both hands, the gymnast performs intricate circular movements with throws and catches.

**Hoop:** The hoop is made of wood or plastic. It has a diameter of 80 to 90 cm, and a minimum weight of 300 g. Hoop routines show the greatest variety of movements and technical skills. The gymnast must perform body movement elements such as jumps/leaps, pivots, balance and flexibility, as well as technical elements such as rolls over the body or on the floor, rotations around the hand or other parts of the body, throws and catches and passing over or through the hoop.

**Ball:** The ball is made of rubber or a synthetic material. It is between 18 and 20 cm in diameter and weighs at least 400 g. The fundamental groups of body movements for ball pertain to flexibility. They include technical elements such as throws and catches, bouncing and rolling over the body or on the floor. The gymnast is not allowed to grip the ball; it must rest in the palm of the hand, with all movement being flowing and continuous.

**Ribbon:** The apparatus consists of a six-metre-long satin ribbon attached by a swivel hook to the end of a 50- to 60-centimetre-long long stick. The stick may be made of wood, plastic, bamboo or fiberglass. Snakes, spirals, throws and catches, as well as small tosses, make the ribbon one of the most impressive and beautiful apparatus. The ribbon must show clear patterns in the air during the routine, and if the ribbon becomes knotted, the gymnast is penalized and must remove the knot before continuing the routine.

## For more Information:

### **Gymnastics Canada**

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Website: [www.gymcan.org](http://www.gymcan.org)

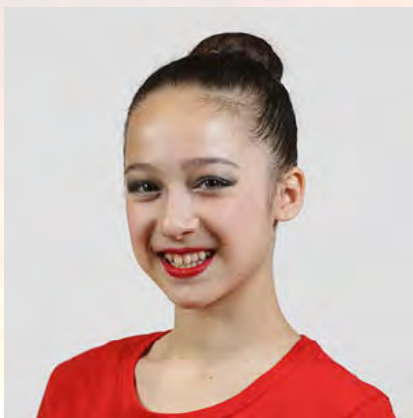
Facebook: [/CDNGymnastics](https://www.facebook.com/CDNGymnastics)

Twitter: @CDNGymnastics

Instagram: @CDNGymnastics

**Fédération Internationale de Gymnastique (FIG):** [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

**Media Attaché in Gold Coast:** Julie Forget



**Athlete Name:** Sophie Crane

**Sport / Event:** Gymnastics / Rhythmic

**DOB:** October 13, 2002

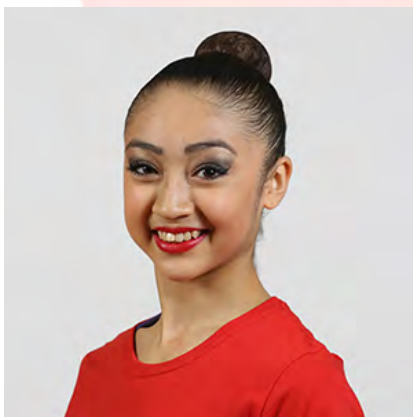
**Hometown:** Toronto, ON

**Club / Coach:** Jusco RG / Stefka Moutafchieva

**Instagram:** @sophiecrane\_

**Career Highlights:**

The 2018 Commonwealth Games will be Sophie's first senior international competition. In her senior debut this past February at the Elite Canada competition she took gold in the all-around competition, as well as gold in ribbon, clubs, and ball and silver in hoop (both Uchida and Whelan sat out due to injury).



**Athlete Name:** Katherine Uchida

**Sport / Event:** Gymnastics / Rhythmic

**DOB:** November 8, 1999

**Hometown:** Toronto, ON

**Club / Coach:** Jusco RG / Stefka Moutafchieva

**Twitter:** @katherineuchida

**Instagram:** @katherineuch

**Career Highlights:**

Katherine has been a fixture on the podium at senior Canadian competitions since being named to the senior national team in 2015 – notably taking silver medals in all apparatus and the all-around competition at the 2017 Canadian Championships. She competed at the 2015 and 2017 World Championships and finished third all-around at the 2016 Pacific Rim Championships.





**Athlete Name:** Carmen Whelan

**Sport / Event:** Gymnastics / Rhythmic

**DOB:** August 31, 1998

**Hometown:** Markham, ON

**Club / Coach:** Silhouettes of York / Iana Nadtochii

**Instagram:** @carmen\_whelel\_n

#### **Career Highlights:**

Carmen Whelan swept the podium at both the 2017 Canadian Championships and the 2017 Elite Canada competition after coming second at both the 2015 and 2016 Canadian Championships. She has gained valuable international experience through several World Cup appearances over the last few years, including just missing the podium at the 2015 Pan American Games in her hometown of Toronto with a 4th-place in ball. She finished 60th all-around at her first World Championships in 2015. Whelan dreamed of representing Canada after training with Olympian Alexandra Orlando who told her that she was a hard worker with lots of talent, making her realize she had the potential to be a great gymnast.



**Coach Name:** Iana Nadtochii

**Sport/Event:** Gymnastics

**Residence:** River Drive Park, ON

**Club:** Silhouettes of York

# LAWN BOWLS



## Team Canada in Gold Coast

Veteran international competitor **Ryan Bester** will head the Canadian lawn bowls team at the 2018 Commonwealth Games, his fifth straight Commonwealth Games, having competed in Manchester (2002), Melbourne, (2006), Dehli (2010), and Glasgow (2014). Having made his Commonwealth Games debut at the age of 18, Bester won his first medal (bronze) in singles in Melbourne. He tallied his second career Commonwealth Games medal in Glasgow when he took home silver. He'll be competing at his home club in Gold Coast, looking to secure his first gold medal.

He's joined by three-time Under 25 Canadian Champion and Women's Singles World Medalist **Kelly McKerihen** and youngest member on the team, 22-year-old 2017 World Youth Champion **Pricilla Westlake**. This team represents a great mix of youth and experience including **Chris Stadnyk**, making his fourth Commonwealth Games appearance, and **Leanne Chinery** in her third Commonwealth Games.

"The Canadian Bowls team has proved in the past to be a competitive unit at the international level" says head coach Terry Scott. "The mission for this side is to uphold that tradition and show once again that they can be successful on the international stage. It is a pleasure to be associated with a team of both rookies and veterans that is so committed to achieving podium results."

This dynamic group of 10 individuals will compete in multiple disciplines of singles, pairs, triples, and fours. Scott and team manager Jean Roney will be leading the team on and off the greens in April.

## **Dates**

April 5-13, 2018

## **Venue(s):**

Broadbeach Bowls Club

## **Number of Events:**

Canada will compete in eight able bodied events — Singles, pairs, triples, and fours for men and women.

## **History**

The basic principle of lawn bowling — aiming balls at a target — is the oldest known sport to mankind. As early as 5200 BC, graphical representations show human figures participating in the activity of tossing a ball or polished stones. Although lawn bowling has progressed tremendously over the years, the basis for the sport derives from its beginnings in ancient Egypt. Lawn bowling, also referred to as "bowls" or "bowling on the green" is a sport of accuracy and precision.

The International Bowling Board, now known as World Bowls, was formed in 1905 and lawn bowling has been contested at all Commonwealth Games except Kingston in 1966.

## **Overview**

Canadian bowlers will compete in four able-bodied events at the Commonwealth Games in Gold Coast: singles, where each player delivers four bowls; pairs, where teams of two compete against one another and each player delivers three bowls; triples where teams of three compete against one another and each player delivers two bowls, and fours where teams of four compete against each other and each player delivers two bowls. Teams always compete over a predetermined number of "ends", with the exception of Singles where players play up to a score of 21.

Lawn bowling is played on a 37- to 40-metre-square and perfectly flat section of grass called a "green". A green is divided into multiple sections called rinks. Generally, rinks are between 5.5 and 5.8 metres wide.



Play begins with the first player laying the mat and, while standing on it, rolling a small white target ball, known as the “jack”, up the green where the “skip” (or in singles, the “marker”) centres it. During the delivery of each bowl, a player must have one foot in contact with, or fully over the mat. The first player begins the match with a bowl, which is followed by a bowl of a player on the opposing team and play continues back and forth until both teams have rolled the appropriate number of bowls. The goal of the game is to roll as many bowls as close as possible to the jack. When the last bowl has been rolled, the players determine whose bowls are closest to the jack. One point is awarded for every bowl that is closer to the jack than the opponent’s closest bowl. The score is entered onto the scorecard.

Although the game may seem as simple as rolling a bowl close to the jack, other factors must be taken into account to ensure an accurate bowl. For instance, in lawn bowling the bowls are deliberately eccentric (lopsided) so they do not roll in a straight line. Therefore, as a bowl slows down, the bowl increasingly curves towards its “non-flat side” (and ideally closer to the jack). Players must determine where they wish the bowl to rest and then roll the bowl according to that “line of aim”. Players must also take into account the “feel” of the green and roll the bowl with sufficient “weight” (force). For example, if the green is heavy or the jack is far away, more weight is needed; whereas if the green is light or the jack is positioned closer, less weight is needed. Players may also deliver the bowl using either a forehand or backhand release depending on the position of other bowls in play. The jack can also be moved or knocked away by an opponent’s bowl, but may also be moved closer to one’s bowl anywhere on the rink by a delivered bowl.

Taking into account that the jack is moveable, the bowls are biased, and no two greens are the same, lawn bowling is a complex target sport involving multiple offensive and defensive strategies.

## **For more Information:**

### **Bowls Canada Boulingrin**

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Email: [office@bowlscanada.com](mailto:office@bowlscanada.com)

Website: [www.bowlscanada.com](http://www.bowlscanada.com)

Twitter: [@BCBBowls](https://twitter.com/BCBBowls)

**World Bowls :** [www.worldbowls.com](http://www.worldbowls.com)

**Media attaché in Gold Coast:** Hélène Lavigne (hlavignetranslations@gmail.com +61 0435 301 873)



**Athlete Name:** Ryan Bester

**Sport/Event:** Lawn Bowls

**DOB:** July 12, 1984

**Hometown:** Hanover, ON

**Coach/Club:** Hanover/ Broadbeach LBC (AUS)

**Other Information:**

Gold Coast is Ryan Bester's fifth Commonwealth Games. He competed in 2002 in Manchester, 2006 in Melbourne – where he won a bronze medal in singles - 2010 in Delhi and 2014 in Glasgow – where he took home a silver medal in singles.

**Major Accomplishments:**

- 2016 - World Singles Silver Medalist
- 2014 - Commonwealth Games Bronze & Silver Medalist
- 2012 - World Singles Silver Medalist
- 2007 - Atlantic Rim Singles Champion
- 2006 - Commonwealth Games Bronze & Silver Medalist
- 2005 - Asia Pacific Singles Champion
- 2004 - World Pairs Champion



**Athlete Name:** Leanne Chinery

**Sport/Event:** Lawn Bowls

**DOB:** November 24, 1981

**Hometown:** Victoria, BC

**Coach/Club:** Wiseman Park Wollongong City Bowling Club (AUS)

**Twitter:** [@leannechinery](https://twitter.com/leannechinery)

#### **Other Information:**

Leanne Chinery started competing internationally for Canada in 2005 with top five finishes at the Melbourne Commonwealth Games in 2006, the Asia Pacific Championships in 2005 and 2007; and the World Bowls Championships in 2008. Gold Coast is her third Commonwealth Games.

#### **Major Accomplishments:**

- 2017 - Bronze Medal – Women's Fours Multi-Nations Event at Broadbeach
- 2008 - 5th place – Women's Singles and Pairs World Bowls Championships
- 2 time Canadian Indoor Singles Champion, Under 25 singles champion and National singles champion





**Athlete Name:** Joanna Cooper

**Sport/Event:** Lawn Bowls

**DOB:** December 3, 1983

**Hometown:** Calgary, AB

**Coach/Club:** Stanley Park LBC Calgary

**Other Information:**

This is Cooper's first Commonwealth Games

**Major Accomplishments:**

- 2018 – Canterbury Centre Pairs Champion
- 2017 - Multi-Nations Fours Bronze
- 2017 - Dunedin Indoor Pairs Champion
- 2016 - Canadian Singles Bronze
- 2016 - North American Challenge Champion
- 2015 - Canadian Indoor Singles Bronze



**Athlete Name:** Jackie Foster

**Sport/Event:** Lawn Bowls

**DOB:** December 14, 1975

**Hometown:** Bridgetown, NS

**Coach/Club:** Terry Scott/ Wanderers LBC & Bridgetown LBC

**Twitter:** [@JackieFosterNS](https://twitter.com/JackieFosterNS)

**Other Information:**

Gold Coast is Jackie Foster's second Commonwealth Games.

**Major Accomplishments:**

- 2017 – US Open Singles – Bronze
- 2017 - Multi-Nations
- 2016 - World Bowls
- 2015 – Asia Pacific Championships
- 2014 - Commonwealth Games
- 2013 – Multi-Nations
- 2012 - World Bowls
- 2011 - Asia Pacific Games (Bronze medal)



**Athlete Name:** Cameron Lefresne

**Sport/Event:** Lawn Bowls

**DOB:** June 30, 1994

**Hometown:** Enfield, NS

**Coach/Club:** Wanderers LBC

**Twitter:** [@CameronLefresne](https://twitter.com/CameronLefresne)

**Other Information:**

This is Lefresne's first Commonwealth Games.

**Major Accomplishments:**

- 2017 - U25 Gold Medal
- 2016 - World Youth Cup
- 2016 - World Bowls
- 2014 – Canadian Men's Triples Silver
- 2013 – Canadian Men's Fours Silver





**Athlete Name:** Kelly McKerihlen

**Sport/Event:** Lawn Bowls

**DOB:** May 5, 1986

**Hometown:** Toronto, ON

**Coach/Club:** Clayton LBC (AUS)

**Other Information:**

Gold Coast is Kelly McKerihlen's second Commonwealth Games appearance.

**Major Accomplishments:**

- 2017 - Australia Indoor Championships, runner-up
- 2017 - Multi-Nations, Fours Bronze Medalist
- 2016 - World Championships, Singles Bronze Medalist
- 2012 – World Championships, Singles Bronze Medalist
- 9-Time Canadian Champion



**Athlete Name:** Chris Stadnyk

**Sport/Event:** Lawn Bowls

**DOB:** October 10, 1974

**Hometown:** Niagara Falls, ON

**Coach/Club:** Niagara Falls Bowls Club

**Twitter:** [@chrisstadnyk](https://twitter.com/chrisstadnyk)

**Other Information:**

Gold Coast is the fourth Commonwealth Games for Chris Stadnyk. He also competed at the 2002, 2006, and 2014 Commonwealth Games, as well as the 2008 World Championships. Stadnyk has won six international medals for Canada, including a World Bowls bronze medal in 2008.

**Major Accomplishments:**

- 2011 - Canadian Pairs Champion
- 2008 - World Bowls Bronze Medal – Triples
- 2007 - Asia Pacific Silver Medal
- 2005 - Asia Pacific Overall Champion



**Athlete Name:** Ryan Stadnyk

**Sport/Event:** Lawn Bowls

**DOB:** September 19, 1977

**Hometown:** Niagara Falls, ON

**Coach/Club:** Niagara Falls LBC

**Twitter:** [@the\\_bevr\\_0919](https://twitter.com/the_bevr_0919)

**Other Information:**

Gold Coast is Stadnyk's first Commonwealth Games.

**Major Accomplishments:**

- Canadian Indoor Singles Championship
- Canadian Majors Singles Championship
- 2016 - World Bowls





**Athlete Name:** Pricilla Westlake

**Sport/Event:** Lawn Bowls

**DOB:** September 30, 1995

**Height/Weight:**

**Hometown:** Delta, BC

**Coach/Club:** Tsawwassen LBC and Pacific Indoor Bowls Club

**Twitter:** [@pricilla\\_bowls](https://twitter.com/pricilla_bowls)

**Instagram:** [@pricilla\\_bowls](https://www.instagram.com/pricilla_bowls)

**Other Information:**

Gold Coast is Westlake's first Commonwealth Games.

**Major Accomplishments:**

- 2017 - World (U25) Youth Championship Women's Singles
- 2017 - Indoor Singles Champion
- 2017 - Canadian Fours National Champions
- 2016 - World Indoor Cup Singles Bronze
- 2016 - Canadian U25 National Singles Champion
- 2016 - Canadian Indoor National Singles Champion
- 2015 - Canadian Indoor National Singles Champion
- 2015 - Canadian U25 National Singles Champion
- 2014 - Canadian U25 National Singles Champion



**Athlete Name:** Greg Wilson

**Sport/Event:** Lawn Bowls

**DOB:** March 2, 1982

**Hometown:** Burlington, ON

**Coach/Club:** Calgary LBC

**Twitter:** [@gregorbowls](https://twitter.com/gregorbowls)

**Instagram:** [@gregorbowls](https://www.instagram.com/gregorbowls)

**Other Information:**

This is Wilson's first Commonwealth Games.

**Major Accomplishments:**

- 2017 Pairs Bronze medalist at Canadian Lawn Bowling Championships
- 2016 - Medaled Men's 4's, Singles and indoor Singles
- 2015 - Canadian Pairs Champion
- 2013 - China Tour bronze
- 2013 - OBA singles Champion
- 2011 - Asia Pacific Fours Bronze



**Coach's Name:** Terry Scott

**Sport/Event:** Lawn Bowls

**Hometown:** Cromwell, Central Otago, NZ

**Club:** Bowls Canada Boulingrin



**Team Manager:** Jean Roney

**Sport:** Lawn Bowls

**Hometown:** Regina, SK.

**Club:** Regina Lawn Bowls Club



# RUGBY SEVENS



## Team Canada in Gold Coast

For the first time ever at the Commonwealth Games there will be a women's rugby sevens tournament. The strong Canadian women's team of 12 athletes will look to capture the first ever gold medal in the sport. The inaugural women's team will compete in Pool A against New Zealand, South Africa and Kenya.

The men's team will battle it out in Pool C with 4-time Commonwealth Games gold medallist New Zealand, Kenya, and Zambia.

The sevens tournaments will run over three days of competition. Preliminary rounds will take place on the 13<sup>th</sup> and 14<sup>th</sup> and tournament finals will take place on the 15<sup>th</sup>.

"I'm looking forward to seeing our Canadian athletes storm the field in rugby sevens in Gold Coast," said Chef de Mission Claire Carver-Dias. "The women's team will join the other nations in the first ever women's rugby sevens competition at the Commonwealth Games."

## Dates

April 13-15, 2018

## Venue(s):

Robina Stadium

## History

Rugby 7s, also known as seven-a-side and Sevens, is a variant of rugby union in which teams are made up of seven players, instead of the usual 15, competing in shorter matches. The game originated in Melrose, Scotland, where the Melrose Sevens tournament is still played annually. The game is popular at all levels, with amateur and club tournaments generally held in the summer months. Sevens is one of the most widely distributed forms of rugby, and is popular in parts of Africa, Asia, Europe the Americas and, especially, in the south Pacific.

Notable international competitions include the HSBC World Rugby Sevens Series and the Rugby World Cup Sevens. Rugby 7s has been contested at the Commonwealth Games since 1998 in Kuala Lumpur. The sport is now recognized as an Olympic sport and made its debut in the 2016 Summer Olympics, with Canada's Women's Team winning the Bronze Medal. 2018 is also the first year a women's competition will take place at the Commonwealth Games.

### Past Commonwealth Games Medalists (Men):

2014 – <b>Gold</b> – South Africa	<b>Silver</b> – New Zealand	<b>Bronze</b> – Australia
2010 – <b>Gold</b> – New Zealand	<b>Silver</b> – Australia	<b>Bronze</b> – South Africa
2006 – <b>Gold</b> – New Zealand	<b>Silver</b> – England	<b>Bronze</b> – Fiji
2002 – <b>Gold</b> – New Zealand	<b>Silver</b> – Fiji	<b>Bronze</b> – South Africa
1998 – <b>Gold</b> – New Zealand	<b>Silver</b> – Fiji	<b>Bronze</b> – Australia

### Past Canadian Results at Commonwealth Games (Men):

2014 – Won in Bowl Final (9 <sup>th</sup> Place)
2010 – Lost in Bowl Final (10 <sup>th</sup> Place)
2006 – Lost in Quarterfinal (8 <sup>th</sup> Place)
2002 – Lost in Quarterfinal (7 <sup>th</sup> Place)
1998 – Lost in Quarterfinal (5 <sup>th</sup> Place)

## Number of Teams:

16 - Men

Pool A		Pool B	
South Africa		England	
Scotland		Australia	
Papua New Guinea		Samoa	
Malaysia		Jamaica	
Pool C		Pool D	
New Zealand		Fiji	
Canada		Wales	
Kenya		Uganda	
Zambia		Sri Lanka	

8 - Women

Pool A		Pool B	
New Zealand		Australia	
Canada		Fiji	
South Africa		England	
Kenya		Wales	

## Overview

Rugby 7s is sanctioned by World Rugby, and is played under similar rules, and the same field as the 15-player game. While a 15 a side rugby union match consists of two 40-minute halves with a 10-minute break, a 7s match is contested over two 7-minute halves with a one-minute break. This format allows rugby tournaments to be completed in a day or a weekend. However, sevens scores are generally comparable to union scores; scoring occurs much more frequently in sevens, as the defenders are more spaced out on the field.

Sevens is played on a standard rugby union playing field as defined in the World Rugby's handbook. The field measures up to 100 metres (330 ft) long and 70 metres (230 ft) wide. On each goal line are H-shaped goalposts.

Teams are composed of three forwards, one scrum half and three backs.

Scrum is composed of just three players from each team. Because of the speedy nature of the game, good sevens players are often backs or loose forwards in rugby union.



## **For more Information:**

### **Rugby Canada**

30 East Beaver Creek Road, Suite 110

Richmond Hill, ON L4B 1J2

Tel: 905-707-8998

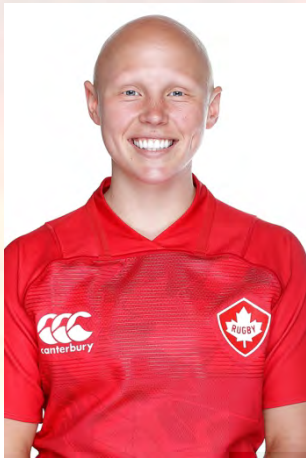
Email: [bkelly@rugby.ca](mailto:bkelly@rugby.ca)

Website: [www.rugby.ca](http://www.rugby.ca)

Twitter: [@RugbyCanada](https://twitter.com/RugbyCanada)

**World Rugby:** [www.worldrugby.org](http://www.worldrugby.org)

**Media attaché in Gold Coast:** Julie Forget ([jforget@gymcan.org](mailto:jforget@gymcan.org) +61 0421 006 831)



**Athlete Name:** Olivia Apps  
**Sport/Position:** Rugby/ Back  
**DOB:** December 1, 1998  
**Height/Weight:** 164cm/ 62KG  
**Hometown:** Lindsay, ON.  
**Club:** Aurora Barbarians



**Athlete Name:** Brittany Benn  
**Sport/Position:** Rugby/ Back  
**DOB:** April 23, 1989  
**Height/Weight:** 168cm/ 72KG  
**Hometown:** Napanee, ON.  
**Club:** Guelph Redcoats  
**Instagram:** @brittbenn1



**Athlete Name:** Caroline Crossley  
**Sport/Position:** Rugby/ Forward  
**DOB:** April 19, 1998  
**Height/Weight:** 181cm/ 80KG  
**Hometown:** Victoria, B.C.  
**Club:** Castaway Wanderers



**Athlete Name:** Hannah Darling  
**Sport/Position:** Rugby/ Forward  
**DOB:** May 30, 1996  
**Height/Weight:** 174cm/ 72KG  
**Hometown:** Warsaw, ON.  
**Club:** Peterborough Pagans  
**Twitter:** @han\_darling  
**Instagram:** @han\_darling



**Athlete Name:** Bianca Farella  
**Sport/Position:** Rugby/ Forward  
**DOB:** April 10, 1992  
**Height/Weight:** 173cm/ 73KG  
**Hometown:** Montreal, QC.  
**Club:** Town of Mont Royal RFC  
**Twitter:** @BFarella  
**Instagram:** @biancafarella



**Athlete Name:** Julia Greenshields  
**Sport/Position:** Rugby/ Back  
**DOB:** February 12, 1992  
**Height/Weight:** 165cm/ 61KG  
**Hometown:** Sarnia, ON.  
**Club:** Sarnia Saints  
**Twitter:** @julisiegreen  
**Instagram:** @juliagreenshields





**Athlete Name:** Sara Kaljuvee  
**Sport/Position:** Rugby/ Field Player  
**DOB:** February 7, 1993  
**Height/Weight:** 165cm/ 74KG  
**Hometown:** Pickering, ON.  
**Club:** Toronto Scottish  
**Twitter:** @sarajuvee  
**Instagram:** @sarajuvee



**Athlete Name:** Ghislaine Landry  
**Sport/Position:** Rugby/ Back  
**DOB:** April 27, 1988  
**Height/Weight:** 165cm/ 74KG  
**Hometown:** Toronto, ON.  
**Club:** Toronto Scottish  
**Twitter:** @ghis\_landry  
**Instagram:** @gdlandry



**Athlete Name:** Megan Lukan  
**Sport/Position:** Rugby/ Back  
**DOB:** February 12, 1992  
**Height/Weight:** 170cm/ 58KG  
**Hometown:** Barrie, ON.  
**Club:** Unattached  
**Twitter:** @MeganLukan  
**Instagram:** @meganlukan



**Athlete Name:** Kayla Moleschi

**Sport/Position:** Rugby/ Back

**DOB:** October 25, 1990

**Height/Weight:** 159cm/ 65KG

**Hometown:** Williams Lake, B.C.

**Club:** Williams Lake Rustlers

**Twitter:** @KaylaMoleschi

**Instagram:** @kmoleschi



**Athlete Name:** Breanne Nicholas

**Sport/Position:** Rugby

**DOB:** February 20, 1994

**Hometown:** Bienheim, ON

**Club:** London St. Georges



**Athlete Name:** Natasha Watcham-Roy

**Sport/Position:** Rugby/ Back

**DOB:** April 28, 1992

**Height/Weight:** 170cm/ 67KG

**Hometown:** Gatineau, QC.

**Club:** Hull Volant

**Instagram:** @natasha.wr



**Athlete Name:** Charity Williams

**Sport/Position:** Rugby/ Forward

**DOB:** October 20, 1996

**Height/Weight:** 162cm/ 68KG

**Hometown:** Toronto, ON.

**Club:** Markham Irish

**Twitter:** @charity\_7s

**Instagram:** @charitywilliams



**Head Coach:** John Tait

**Sport/Event:** Rugby Sevens

**Hometown:** Barrie, ON

**Instagram:** @johntaitrugby



**Assistant Coach:** Morgan Williams

**Sport/Event:** Rugby Sevens

**Hometown:** Cole Harbour, NS





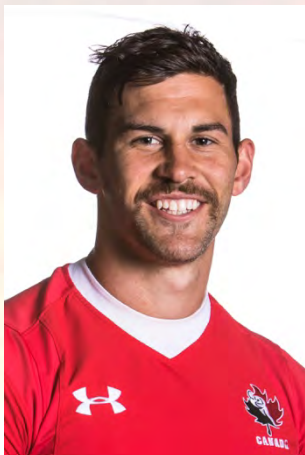
**Athlete Name:** Connor Braid  
**Sport/Position:** Rugby/ Forward  
**DOB:** May 31, 1990  
**Height/Weight:** 182cm/ 98KG  
**Hometown:** Victoria, B.C.  
**Club:** James Bay AA  
**Twitter:** @connorbraid  
**Instagram:** @rougio



**Athlete Name:** Tevaughn Campbell  
**Sport/Position:** Rugby/ Back  
**DOB:** June 14, 1993  
**Height/Weight:** 182cm/ 86KG  
**Hometown:** Scarborough, ON.  
**Club:** Unattached  
**Twitter:** @TevaughnsC  
**Instagram:** @txvscii



**Athlete Name:** Admir Cejvanovic  
**Sport/Position:** Rugby/ Forward  
**DOB:** June 26, 1990  
**Height/Weight:** 192cm/ 110KG  
**Hometown:** Burnaby, B.C.  
**Club:** Burnaby Lake RFC  
**Twitter:** @Addy\_C2  
**Instagram:** @addy.c8



**Athlete Name:** Justin Douglas

**Sport/Position:** Rugby/ Back

**DOB:** April 5, 1994

**Height/Weight:** 189cm/ 93KG

**Hometown:** Abbotsford, B.C.

**Club:** Abbotsford RFC

**Twitter:** @jdougg13

**Instagram:** @justindoug



**Athlete Name:** Mike Fuailefau

**Sport/Position:** Rugby/ Forward

**DOB:** March 20, 1992

**Height/Weight:** 186cm/ 102KG

**Hometown:** Victoria, B.C.

**Club:** Castaway Wanderers



**Athlete Name:** Lucas Hammond

**Sport/Position:** Rugby/ Back

**DOB:** November 14, 1993

**Height/Weight:** 182cm/ 90KG

**Hometown:** Toronto, ON.

**Club:** Toronto Nomads

**Twitter:** @L\_Hammo



**Athlete Name:** Nathan Hirayama

**Sport/Position:** Rugby/ Back

**DOB:** March 23, 1988

**Height/Weight:** 183cm/ 90KG

**Hometown:** Richmond, B.C.

**Club:** Unattached

**Twitter:** @NHirayama10

**Instagram:** @nhirayama10



**Athlete Name:** Harry Jones

**Sport/Position:** Rugby/ Forward

**DOB:** August 26, 1989

**Height/Weight:** 185cm/ 93KG

**Hometown:** West Vancouver, B.C.

**Club:** Capilano RFC

**Twitter:** @jonesharry3

**Instagram:** @jonesharry3



**Athlete Name:** Isaac Kaay

**Sport/Position:** Rugby/ Forward

**DOB:** August 30, 1993

**Height/Weight:** 189cm/ 100KG

**Hometown:** Kamloops, B.C.

**Club:** Uvic Vikes

**Twitter:** @ZekeKaay

**Instagram:** @isaac.kaay





**Athlete Name:** Pat Kay

**Sport/Position:** Rugby/ Back

**DOB:** September 19, 1993

**Height/Weight:** 182cm/ 92KG

**Hometown:** Duncan, B.C.

**Club:** Castaway Wanderers

**Twitter:** @patkayy

**Instagram:** @pkay1993



**Athlete Name:** Luke McCloskey

**Sport/Position:** Rugby

**DOB:** July 18, 1992

**Hometown:** Victoria, B.C.

**Club:** Castaway Wanderers



**Athlete Name:** John Moonlight

**Sport/Position:** Rugby/ Forward

**DOB:** July 2, 1987

**Height/Weight:** 184cm/ 104KG

**Hometown:** Pickering, ON.

**Club:** Ajax Wanderers

**Twitter:** @jmoonlight12

**Instagram:** @jmoonlight12



**Athlete Name:** Matt Mullins  
**Sport/Position:** Rugby/ Forward  
**DOB:** July 28, 1994  
**Height/Weight:** 188cm/ 107KG  
**Hometown:** Belleville, ON.  
**Club:** Belleville Bulldogs



**Head Coach:** Damian  
McGrath  
**Sport:** Rugby Sevens  
**Hometown:** Bradford,  
England



**Assistant Coach:** Lee  
Douglas  
**Sport:** Rugby Sevens  
**Hometown:**  
Birmingham, England



# SHOOTING



## Team Canada in Gold Coast

Canada's shooting team heading to Gold Coast is ready to challenge for gold. Coming off three medals in Glasgow in 2014, this group of veterans is looking for a repeat performance.

**Robert Pitcairn** and **Nicole Rossignol** will team up to compete in the Queen's Prize Pairs and Individual events in Fullbore Rifle. Rounding out the four-athlete team are **Curtis Wennberg** and **Grzegorz (Gregory) Sych**. Wennberg will battle for gold in Men's Trap while Sych will contest for medals in Men's 3 Position Rifle and Men's 50m Prone Rifle events.

"Ranked fourth in the history of the Commonwealth in shooting, the Canadian shooting contingent is sure to climb the medal standings once again," said Chef de Mission Claire Carver-Dias.



## Dates

April 7-13, 2018

## Venue(s):

Belmont Shooting Centre

## Number of Events:

Rifle events: Individual— 3 for men, 3 for women

Fullbore rifle events: Queen's Prize Individual and Pairs

Pistol events: Individual— 3 for men, 2 for women

Trap and Double trap events: Individual— 2 for men, 2 for women

Skeet events: Individual— 1 for men, 1 for women

## History

The invention of gunpowder by the ancient Chinese revolutionized warfare and hunting. Shooting festivals were held in northern Europe as early as the 16th century, but early firearms were notoriously inaccurate. The idea of rifling, or cutting spiral grooves inside the gun barrel, vastly increased the accuracy of firearms. Competitive shooting began in the late 18th century when pistols replaced swords for dueling. The target shooting sports developed only after technical advances made firearms significantly more accurate.

Men's shooting was one of the nine sports on the program of the first modern Olympic Games in Athens in 1896. In the shotgun events conducted during the 1900 Games in Paris, live pigeons were used as moving targets. Eventually deemed unethical, after 1900 the live pigeons were replaced with clay targets. Women's shooting disciplines were first included in the 1984 Olympic Games in Los Angeles.

Shooting made its first appearance at the Commonwealth Games in Kingston, Jamaica in 1966. The sport has been contested in every Commonwealth Games since.

## Overview

Shooting events are distinguished by the type of firearm, the type of target—whether moving or stationary—and the distance of the shooter from the target. In rifle and pistol events, a score from one to 10 is awarded for each shot depending on its accuracy. In the clay target events (trap and skeet), points are awarded only for a "hit".

## Equipment

Electronic targets are used for pistol and smallbore rifle events. In the clay target events, the target is a clay disc of 11 cm in diameter, 25 to 26 mm in thickness, and 105 g in weight. Discs are released from a single or double trap or, in the case of skeet, from a high or low house.

.177-calibre pellets are used in the 10-metre pistol and rifle events. .22-calibre bullets are used in the 25- and 50-metre rifle and pistol events, and .308-calibre bullets are used for fullbore rifle. In the clay target events, 12-gauge shotguns are used and the normal ammunition is a cartridge weighing no more than 24 grams.

## Disciplines

There are 19 shooting events to be contested in Gold Coast:

### Rifle Events

- **50m Rifle Prone:** 60 shots fired for men and women in 50 minutes from a prone position, shot from 50 m and using a .22-calibre rifle.
- **50m Rifle 3Positions:** a total of 120 shots for men and 60 shots for women, split equally between the kneeling position, prone position, and standing position, shot from 50m using a .22-calibre rifle. In both men's and women's events, all 120 shots must be made within 2 hours and 45 minutes.
- **10m Air Rifle:** 60 shots for men and women from a standing position, shot from 10m using a .177-calibre air rifle. Shots must be made within 1 hour and 15 minutes.
- **Fullbore rifle** - Five days of competition, open to men and/or women:

### Pistol Events

- **50m Free Pistol:** 60 shots for men fired from 50 m within a 1 hour and 30 minute time limit.
- **25m Rapid-Fire Pistol:** Two stages for men of 30 shots each fired from 25m. Each 30 shot stage consists of six, five shot series; two with the target exposed for eight seconds, two at six seconds and two at four seconds.
- **10m Air Pistol:** 60 shots for men and women fired from 10m. The time limit is 1 hour and 15 minutes.
- **25m Sport Pistol:** 60 shots for women divided into two stages of 30 shots each fired from 25m. The first or Precision stage is comprised of six series of five shots fired within five minutes per series. The second or Rapid Fire Stage consists of six series of five shots, with one shot fired each time the target is exposed.
- **Skeet:** Only one shot per target can be fired. Five rounds of 25 targets are shot over the course of two days from up to eight shooting stations. The shotgun must be held at hip level until the target appears.

Targets are thrown from either a high or low house, up to three seconds after the athlete's call, to a distance of 68 metres. Men and Women must hit 125 targets. Finals Round competitions are conducted with one Semi-final and two Medal Matches. Each Semi-final and Medal Match Stage consists of 8 Doubles (16 targets).

- **Trap:** Up to two shots can be fired at each target. Five rounds of 25 targets each are shot over the course of two days from five different shooting stations. Men and Women take aim at 125 targets. Competitors raise their shotguns before calling for a target, which is thrown a distance of 76 metres. Finals Round competitions are conducted with one Semi-final and two Medal Matches. Each Semi-final and Medal Match Stage consists of 15 targets.

- **Double trap:** Similar to trap, but targets are thrown two at a time. Men and Women fire three rounds of 50 targets (a total 150 targets). Finals Round competitions are conducted with one Semi-final and two Medal Matches. Each Semi-final and Medal Match Stage consists of 15 Doubles (30 targets).

## **For more Information:**

### **Shooting Federation of Canada**

c/o House of Sport, RA Centre

2451 Riverside Drive

Ottawa, ON K1H 7X7

Tel: (613) 727-7483

Email: [info@sfc-ftc.ca](mailto:info@sfc-ftc.ca)

Website: [www.sfc-ftc.ca](http://www.sfc-ftc.ca)

**International Shooting Sport Federation (ISSF):** [www.issf-sports.org](http://www.issf-sports.org)

**Media attaché in Gold Coast:** Sylvie Bigras ([sylvie@magma.ca](mailto:sylvie@magma.ca) +61 0422 445 960)





**Athlete's Name:** Grzegorz Sych

**Sport/Event:** Shooting/ 3 Position Rifle Men & 50m Prone Rifle Men

**DOB:** December 5, 1968

**Hometown:** Krakow, Poland

**Career Highlights:**

- World Cup 2016 (Free Rifle 60 Prone) – 41
- Pan Am Games 2015 (Free Rifle 3 Position 3X40) – 9
- CAT Championships 2014 (Free Rifle 3 Position 3X40) – 12
- Pan Am Games 2011 (Free Rifle 3 Position 3X40) – 7
- World Cup 2011 (Free Rifle 60 Prone) – 14
- Pan Am Games 2011 (Air Rifle 60) – 16
- CAT Championships 2010 (Free Rifle 3 Position 3X40) – 6
- World Cup 2009 (Free Rifle 3 Position 3X40) – 13
- Pan Am Games 2007 (Free Rifle 3 Position 3X40) – 8
- CAT Championships 2001 (Free Rifle 3 Position 3X40) – 7



**Athlete's Name:** Curtis Wennberg

**Sport/Event:** Shooting/ Trap Men

**DOB:** April 27, 1971

**Hometown:** Winnipeg, MB

**Career Highlights:**

Competing since 1984, Curtis Wennberg's career highlights include a gold medal in the team trap event at the 1991 Pan Am Games in Havana and his lone ISSF World Cup medal, a silver, in the trap event at the 1993 stop in Los Angeles. He posted another top-five result at the 2002 World Cup stop in Sydney. He was named Canadian Male Shooter of the Year in 1993 and 1997. Most recently, Wennberg placed fourth at the 2015 Pan American Games in Toronto Canada.



**Athlete's Name:** Nicole Rossignol

**Sport/Event:** Shooting/ Fullbore Rifle (Queens Prize) Individual & Team

**DOB:** December 31, 1969

**Hometown:** Quebec City, QC

**Career Highlights:**

Nicole first learned to shoot at the age of 12 with the Army cadets. Her first biggest success in the sport was gaining a place with the Junior National Cadet Rifle team in 1987. This was followed by winning a position on the National Senior Rifle team to Bisley the following year. Since then she has qualified for the National Senior Rifle team to Bisley eight times, qualified for the Canadian World Long Range Rifle Championship team twice, won the silver medal at the Canadian Target Rifle championships and placed in the top 18 eight times. Most notable recent accomplishment is being the first woman to win the Quebec Provincial Championships and the Ontario Championships in the same year. Thanks to hard work and the help of her shooting companion, Gale Stewart, she is also the first woman to represent Canada in the Fullbore event at the Commonwealth Games 2018.



**Athlete's Name:** Robert Pitcairn

**Sport/Event:** Shooting/ Fullbore Rifle (Queens Prize) Individual & Team

**DOB:** June 26, 1938

**Hometown:** Chilliwack, BC

**Career Highlights:**

Commenced fullbore shooting in 1960 while serving in the RCAF as a pilot instructor and within three years quickly rose to an international performance level. Since then he has achieved the following: Canadian Bisley Team Qualification 39 times (record) winning Bisley Grand Aggregate Gold Cross, Silver Cross and 4 Bronze Crosses. Canadian World Long Range Rifle Championship qualification 14 times (world record) winning 2 Gold Medals, one Silver and two Bronze Medals. Canadian Fullbore Championships (CFRC) notable wins are the Grand Aggregate Gold Cross, one Silver Cross and 26 Bronze Crosses. In this same aggregate he placed in the top 18 shooters, 39 times. In the Governor's Prize conducted in the CFRC, he has qualified in the top 50, thirty-nine times winning the Governor's Gold Medal twice, Silver Medal once and the Bronze Medal four times. He is a dominant fullbore shooter in BC Provincial Championships. From these achievements he is a member of four Sports Hall of Fames. This is Bob's first time competing in the Commonwealth Games.

**Coach Name:** Mirko Teglas

**Hometown:** Alexandra Hills, Australia

# SQUASH



## Team Canada in Gold Coast

Samantha Cornett and Nikole Todd will represent the red and white in the women's softball doubles and women's singles events at the Games. The duo earned the nod on the basis of their 5th place finish at the 2017 World Squash Federation World Doubles Championships in Manchester, England.

This will be Cornett's third time representing Canada at the Commonwealth Games, last competing in the women's singles and mixed doubles event at the 2014 Games in Glasgow, Scotland. The 26-year-old has found podium success in the doubles event once before as she and Todd took home the silver at the 2015 Pan Am Games. Cornett is Canada's highest ranked player on the Professional Squash Association's (PSA) world tour at #24.

This will be Todd's first Commonwealth Games appearance, but she has represented Canada at the 2015 Pan Am Games and the 2014 and 2016 Women's World Team Championships. The 27-year-old made a number of quarter-finals and semi-finals appearances in recent PSA events and currently holds a #53 PSA world tour ranking.

"This will be my third time representing Canada at the Commonwealth Games, the pride I feel each time I have the opportunity to wear our country's colours is immeasurable," said Cornett. "The excitement I felt



during my first Commonwealth Games appearance is doubled this time because I'm doing this with Nikki. We have worked hard to develop our game and how we play as a doubles pair, we complement each other on the court well and the connection we've built will give us a chance to compete against the best."

The duo will be joined by Squash Canada's Women's National Coach Graeme Williams, who like Todd will be making his first Commonwealth Games appearance. Williams coached Sam and Nikki to their silver medal performance when the duo represented Canada at the 2015 Pan Am Games.

## **Dates**

April 4-14, 2018

## **Venue(s):**

Oxenford Studios

## **Number of Events:**

5 events — Singles (men and women), doubles (men and women) and mixed doubles

## **History**

The exact origins of squash are difficult to establish. What we do know is that a game called "rackets" was popular in Great Britain at the beginning of the 19th century. It was played against a wall in London's taverns and prisons.

Without explanation, around the 1820s, the sport moved from this somewhat unsavoury milieu to one of the United Kingdom's most prestigious schools — Harrow. There, the sport of rackets apparently underwent its transformation into squash. As the story goes, two students who were waiting their turn at rackets invented the new game. As they talked in a desultory fashion, one of the two took a small rubber ball out of his pocket. After bouncing it two or three times on the ground, he hit it against the door of the courtyard with his paume racquet. His chum joined in and they started doing real exchanges, sometimes before the rebound, sometimes after. In a few minutes, they had worked up some rules and were having fun bashing the ball around the four walls of the little courtyard. Squash had just been invented! Unfortunately, we shall never know these first players' names.

It wasn't until the end of the century (1893) that squash and its rules were mentioned in a book. The name "squash" is thought to come from the sound the ball makes as it hits the wall.

Since the construction of the first court in Quebec City in the 1800s, the sport of squash has grown in Canada. It is estimated that more than 400,000 Canadians — and more than 15 million people worldwide — play squash competitively or just for fun.

Squash (singles) made its debut at the Commonwealth Games in Kuala Lumpur in 1998.

## Overview

### Singles

#### Field of Play

The game is played on an enclosed court measuring 6.4 m x 9.75 m. There are “out of court” lines at a height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high “tin,” which the ball may not hit. A “cut line” is marked on the front wall 1.78 m from the floor. The floor is marked by two service courts and two quarter courts. Players use a racquet to strike the ball towards the front wall of the court.

#### Rules

The ball may make contact with the side or back walls on its way to the front wall. Play begins with one player serving the ball against the front wall from within his or her own service box. The serve must hit the front wall above the cut line and land in the opposing player’s quarter court, unless it is volleyed first.

Each game is played to 11 points. The player who scores 11 points first wins the game. If the score reaches a 10-all tie, the game continues until one player leads by two points. Either player may score points (PAR – point– a–rally). The server, on winning a rally, scores a point and retains the service; the receiver, on winning a rally, scores a point and becomes the server.

A match is the best of five games. The first player to win three games wins the match. The player winning the preceding game serves first in the next game.

### International Doubles

#### Field of Play

The game is played on an enclosed court measuring 8.42 m x 9.75 m. There are “out of court” lines at a height of 4.57 m on the front wall, 2.13 m on the back wall, and sloping down from front to back along the sidewalls. At the base of the front wall is a 48-centimetre-high “tin,” which the ball may not hit. A “cut line” is marked on the front wall 1.78 m from the floor. Two service courts and two-quarter courts mark the floor. Players use a racquet to strike the ball towards the front wall of the court.

#### Rules

World squash doubles is played between two teams of two players each. All players must wear eye guards at all times while playing.

The ball may make contact with the side or back walls on its way to the front wall. Play begins with one

player serving the ball against the front wall from within his or her own service box. The serve must hit the front wall above the cut line and land in the opposing player's quarter court, unless it is volleyed first.

### **Serving Order**

The nominated first server from team A serves. If Team A loses a rally, the marker calls "hand-out". The first nominated server from Team B then serves. If that team loses a rally, the marker calls "hand-out". The nominated second server from Team A then serves and so on.

For World Squash Federation elite events (World doubles, Commonwealth Games), matches are played to 11 points, best of three games. At 10-all there is no tiebreak.

## **For more Information:**

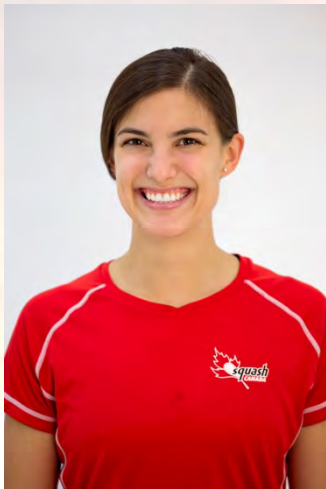
### **Squash Canada**

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**Media attaché in Gold Coast:** Mikaela Martin ([MartinMikaela@hotmail.com](mailto:MartinMikaela@hotmail.com) +61 0421 181 284)





**Athlete Name:** Samantha Cornett

**Sport:** Squash

**DOB:** February 4, 1991

**Height/Weight:** 177 cm / 65 kg

**Hometown:** Deep River, Ontario

**Coach/Club:** Jessica DiMauro, Mayfair Clubs

**Twitter:** [@CornettSamantha](https://twitter.com/CornettSamantha)

**Instagram:** [@samanthaj.91](https://www.instagram.com/samanthaj.91)

### **Career Highlights:**

Holder of two Canadian National Singles Championships (2013 & 2014); ranked 26th on the PSA rankings and has nine career PSA World Tour Titles. Cornett was also a silver and bronze medalist at the 2015 Pan Am Games. Gold Coast is Cornett's third Commonwealth Games.

### **Major Competitions:**

- 5th WSF World Doubles Championships (Women's) 2017
- Pan Am Games 2x Silver and Bronze medalist 2015
- 11th Women's World Team Championships 2014
- 9/16 Commonwealth Games Mixed Doubles Event 2014
- 9/16 Commonwealth Games Individual Event 2014
- 12th Women's World Team Championships 2012
- Pan Am Games Gold and Silver medalist 2011
- 13th Women's World Team Championships 2010
- 5th World Junior Team Championships 2009
- 9/16 World Junior Individual Championships 2009
- Pan Am Junior Champion 2008



**Athlete Name:** Nikole Todd

**Sport:** Squash

**DOB:** July 7, 1990

**Height / Weight:**

**Hometown:** Regina, SK

**Coach/Club:** Jamie Nichols / Badminton and Racquet Club of Toronto

**Twitter:** [@NikoleTodd1](https://twitter.com/NikoleTodd1)

**Instagram:** [@nikoletodd07](https://www.instagram.com/nikoletodd07)

### **Career Highlights:**

She reached a career high PSA Ranking of 53 in 2017 and won her first PSA World Tour title in December 2017. Gold Coast will be Todd's first Commonwealth Games.

### **Major Competitions:**

- 5th WSF World Doubles Championships (Women's) 2017
- Canadian Doubles National champion 2016
- Alliance Fabricating Ltd. Simon Warder Memorial Prostate Cancer Open 2017 Champion
- Briggs Cup WSDA Champion 2017
- Pan Am Games 2x Silver medalist 2015



**Coach's Name:** Graeme Williams

**Sport/Event:** Squash

**Hometown:** Windsor, ON

**Club:** Windsor Squash and Fitness

**Coaching Highlights:**

Coached Team Canada to multiple medals at the 2015 Pan Am Games. Squash Canada Women's National Team coach for 4 years. Gold Coast will be William's first Commonwealth Games.



# HISTORY

## COMMONWEALTH GAMES HISTORY

The first Commonwealth Games were held in 1930 in Hamilton, Ont., where 11 countries sent 400 athletes to take part in six sports and 59 events. Since then, the Games have been conducted every four years (except for 1942 and 1946 due to World War II) and the event has seen many changes, not least in its name.

From 1930 to 1950 the Games were known as the British Empire Games, from 1954 until 1966 the British Empire and Commonwealth Games and from 1970 to 1974 they took on the title of British Commonwealth Games. It was the 1978 Games in Edmonton that saw this unique, world class, multi-sports event change its name to the Commonwealth Games.

The Gold Coast 2018 Commonwealth Games, scheduled for April 4–15, will mark the first time that a major multi-sport Games will have an equal number of medal events for men and women. The 21st Commonwealth Games will feature 70 nations and territories as well as more than 6,600 athletes and team officials.

# HISTOIRE

## JEUX DU COMMONWEALTH HISTORIQUE

Les premiers Jeux du Commonwealth ont eu lieu en 1930 à Hamilton, en Ontario, où 11 pays ont envoyé 400 athlètes pour participer à six sports et 59 épreuves. Depuis, les Jeux ont eu lieu tous les quatre ans (sauf en 1942 et 1946 à cause de la Deuxième Guerre mondiale) et la compétition a subi plusieurs changements, en commençant par son nom.

De 1930 à 1950 les Jeux se sont appelés les Jeux de l’Empire britannique, de 1954 à 1966 les Jeux de l’Empire britannique et du Commonwealth et de 1970 à 1974 ils ont eu le titre de Jeux du Commonwealth britannique. Ce sont les Jeux de 1978 à Edmonton qui ont vu cette compétition multi-sport, unique, de niveau mondial, changer son nom en Jeux du Commonwealth.

Les Jeux du Commonwealth 2018 à Gold Coast qui se dérouleront du 4 au 15 avril seront les premiers Jeux multisports majeurs présentant un nombre égal d’épreuves pour les hommes et les femmes. Plus de 6600 athlètes et officiels provenant de 70 pays et territoires participeront aux 21es Jeux du Commonweatlh.

# THE SPORT OF SWIMMING

## HISTORY

Although not part of the ancient Olympic Games, swimming, in the form of an underwater obstacle course, was included in the training of ancient Greek and Roman soldiers. It was also favoured as a competitive or recreational activity in medieval Europe. In Japan, swimming competitions were held as early as 36 BC. The Japanese interest in swimming dates back to an imperial transcript that made swimming a compulsory part of the school curriculum in 1603.

At the first modern Olympic Games in Athens in 1896, swimming competitions took place in the yachting marina at Zea (Piraeus). The swimmers boarded a boat that took them out into the cold waters of the Saronic Gulf, where they dove into the sea and raced toward the finishing line at the marina Zea’s shore.

The swimming venue has greatly improved since then. At the 1900 Olympic Games in Paris, the Seine River was the venue for the swimming events. In 1908 the swimming competitors raced in a 100-m pool within a running track. The 100-m event that began exclusively for Greek sailors in 1896 has now evolved into multiple men’s and women’s events in state-of-the-art aquatic facilities. Women’s swimming entered the Olympic Games in 1912.

## OVERVIEW

The indoor competition pool is 50metres long and is divided into eight 2.5-metre lanes. Each stroke has its own regulations regarding proper starts, leg and arm movements during the races and how the swimmer must touch the wall at the end of each length. For all strokes except backstroke, the race begins with a dive from a starting block. Backstroke events start in the water. Any swimmer who leaves the starting block or wall prior to the starting signal is disqualified.

In all swimming events, the individual or team with the fastest time wins.

Each race has a maximum of eight swimmers. Preliminary heats lead to semifinals and/or finals based on the fastest times. Note not all distances are included in all championships as programs may vary.

## FREESTYLE

**Events:** 50-m, 100-m, 200-m, 400-m, 800-m , and 1,500-m. The freestyle events are those in which the swimmer may swim any stroke, with the exception of the freestyle segments in the individual medley and medley relay events where freestyle means any swimming stroke other than backstroke, breaststroke or butterfly. Some part of the swimmer’s body must touch the end wall at the end of each length and at the finish, while some part of the body must break the surface throughout the race except at the start and turn.

## BACKSTROKE

**Events:** 50-m, 100-m and 200-m. Swimmers must remain on their backs throughout the race except during the turn. The normal on-the-back position may include a body roll movement that does not exceed 90 degrees from the horizontal. Some part of the body must break the surface of the water throughout the race except for after the start and during and after the turn, when the body may be completely submerged (for a distance of no more than 15 m in both cases).

## BREASTSTROKE

**Events:** 50-m, 100-m and 200-m. Breaststroke is a complex swimming style that demands perfect coordination of arm and leg movements. Unlike freestyle and backstroke, in breaststroke the arms and legs move simultaneously on the same horizontal plane. Swimmers must remain in synch and touch the wall with both hands during the turn.

## BUTTERFLY

**Events:** 50-m, 100-m and 200-m. In the butterfly, both arms move simultaneously in a circular pattern while the legs move with an up-and-down dolphin kick. A common cause for disqualification is when the competitor touches the wall with one hand during the turn, or moves his or her legs contrary to the regulations.

## INDIVIDUAL MEDLEY

**Events:** 200-m and-400 m. The individual medley is made up of equal distances of the four swimming strokes in the following order: butterfly, backstroke, breaststroke and freestyle. Each leg must begin and end in accordance with the rules applicable to the particular stroke.

## RELAYS

**Events:** [4x100-m freestyle](#), [4x100-m medley](#), [4x200-m freestyle](#). Four swimmers from the same team compete together in a relay event, each using one of the four swimming strokes. The order of the medley relay is backstroke, breaststroke, butterfly and freestyle. Once the first relay member touches the wall, the next relay member dives in. The third and fourth members follow this pattern. Relay changeovers are only valid when the feet of the outgoing swimmer detach from the starting blocks at least 0.03 seconds after the fingers of the incoming swimmer touch the wall. If the outgoing swimmer moves too early, his or her team is disqualified.

## OPEN WATER SWIMMING

**Events:** [5-km](#), [10-km](#), [25-km](#), [5-km team event](#). Open water swimmers are the marathon runners of swimming. The 10-km event joined the Olympic program in 2012, and Canada’s Richard Weinberger brought a bronze medal home from London. The following year Eric Hedlin captured a 5-km silver medal at the FINA World Championships in Barcelona. The program at world championships also includes a 5-km team event in which two males and one female from each country swim together. Open water swimmers are forced to contend with many variables outside the controlled environment of the pool. They battle fellow competitors in packs, which can lead to intense physical contact and missed turn buoys. Water conditions and visibility can vary, with everything from wildlife to pollution potentially playing a role.

# LE SPORT DE LA NATATION

## HISTOIRE

Même si elle ne faisait pas partie des anciens Jeux olympiques, la natation, sous la forme d’une course à obstacles sousmarine, était incluse dans l’entraînement des anciens soldats grecs et romains. C’était aussi une activité compétitive ou de loisir en Europe médiévale. Au Japon, des compétitions de natation ont eu lieu aussi tôt qu’en 36 av J-C. L’intérêt japonais pour la natation remonte à un édit impérial qui rendait la natation une portion obligatoire du curriculum scolaire en 1603.

Aux premiers Jeux olympiques modernes à Athènes en 1896, les compétitions de natation ont eu lieu dans la marina de bateaux à Zea (le Pyrée). Les nageurs ont monté dans un bateau qui les a conduits dans les eaux froides du golfe de Saronique, où ils ont plongé dans la mer et ont nagé vers la ligne d’arrivée sur la rive de la marina de Zea.

L’installation de natation s’est grandement améliorée depuis. Aux Jeux olympiques de 1900 à Paris, la rivière de la Seine a été l’installation pour les épreuves de natation. En 1908, les concurrents de natation ont nagé dans une piscine de 100m à l’intérieur d’une piste de course. L’épreuve de 100m qui a débuté exclusivement pour les marins grecs en 1896 était maintenant devenue plusieurs épreuves masculines et féminines dans des installations aquatiques ultra-modernes. Les épreuves féminines de natation ont fait leur entrée aux Jeux olympiques en 1912.

## APERÇU

La piscine de compétition intérieure mesure 50mètres de longueur et est divisée en huit couloirs de 2,5 mètres. Chaque style a ses propres règlements concernant les bons départs, les mouvements des jambes et des bras pendant les courses et comment le nageur doit toucher au mur à la fin de chaque longueur. Pour tous les styles sauf le dos, la course commence avec un plongeon depuis un bloc de départ. Les épreuves de dos débutent dans l’eau. Un nageur qui quitte le bloc ou le mur avant le signal de départ est disqualifié.

Dans toutes les épreuves de natation, la personne ou l’équipe ayant le temps le plus rapide gagne.

Chaque course a un maximum de huit nageurs. Les rondes préliminaires précèdent les demi-finales et/ou les finales en fonction des temps les plus rapides. Prenez note que ce ne sont pas toutes les distances qui sont incluses dans tous les championnats puisque les programmes peuvent varier.

## STYLE LIBRE

**Épreuves:** [50m](#), [100m](#), [200m](#), [400m](#), [800m](#) et [1500m](#). Les épreuves de style libre sont celles dans lesquelles le nageur peut nager n’importe quel style sauf les sections de style libre dans les quatre nages individuel et les relais quatre nages où le style libre signifie un style de natation autre que le dos, la brasse ou le papillon. Une portion du corps du nageur doit toucher au mur d’extrémité à chaque longueur et à la fin, tandis qu’une portion du corps doit briser la surface pendant toute la course sauf lors du départ et des virages.

## DOS

**Épreuves:** [50m](#), [100m](#) et [200m](#). Les nageurs doivent demeurer sur leur dos pendant toute la course sauf pour les virages. La position normale sur le dos peut inclure un roulement du corps qui ne dépasse pas 90 degrés par rapport à l’horizontale. Une portion du corps doit briser la surface de l’eau pendant toute la course sauf après le départ et après les virages, quand le corps peut être complètement sous l’eau (pour une distance d’au plus 15 m dans les deux cas).

## BRASSE

**Épreuves:** [50m](#), [100m](#) et [200m](#). La brasse est un style de nage complexe qui exige une coordination parfaite des mouvements des bras et des jambes. Contrairement au style libre et au dos, à la brasse les bras et les jambes bougent simultanément dans le même plan horizontal. Les nageurs doivent demeurer synchronisés et toucher au mur avec les deux mains pendant le virage.

## PAPILLON

**Épreuves:** [50m](#), [100m](#) et [200m](#). Au papillon, les deux bras bougent simultanément dans un mouvement circulaire tandis que les jambes bougent avec un battement du dauphin de haut en bas. Une cause fréquente de disqualification est quand le concurrent touche au mur avec une main pendant le virage ou bouge ses jambes contrairement aux règlements.

## QUATRE NAGES INDIVIDUEL

**Épreuves:** [200m](#) et [400m](#). Le quatre nages individuel est composé de distances égales des quatre styles de natation dans l’ordre suivant: papillon, dos, brasse et style libre. Chaque portion doit commencer et se terminer selon les règlements applicables au style particulier.

## RELAIS

**Épreuves:** [4x100m libre](#), [4x100m QN](#), [4x200m libre](#). Quatre nageurs de la même équipe nagent ensembles dans un relais, chacun utilisant un des quatre styles de natation. L’ordre du quatre nages est le dos, la brasse, le papillon et le style libre. Quand le premier nageur du relais touche au mur, le membre suivant du relais plonge. Les troisième et quatrième membres suivent ce modèle. Les changements dans le relais ne sont valides que quand les pieds du nageur qui part se détachent du bloc au moins 0,03 de seconde après que les doigts du nageur qui arrive touchent au mur. Si le nageur qui part bouge trop tôt, son équipe est disqualifiée.

## NATATION EN EAU LIBRE

**Épreuves:** [5km](#), [10km](#), [25km](#), [5km par équipe](#). Les nageurs en eau libre sont les coureurs de marathon de la natation. Le 10km a été ajouté au programme olympique en 2012 et le Canadien Richard Weinberger a rapporté une médaille de bronze de Londres. L’année suivante, Eric Hedlin a remporté la médaille d’argent du 5km aux championnats du monde de la FINA à Barcelone. Le programme aux championnats du monde inclut aussi un 5km par équipe dans lequel deux hommes et une femme de chaque pays nagent ensembles. Les nageurs en eau libre doivent affronter plusieurs éléments variables en dehors de l’environnement contrôlé de la piscine. Ils affrontent d’autres concurrents en peloton, ce qui peut conduire à des contacts physiques intenses et des virages de bouées ratés. Les conditions de l’eau et la visibilité peuvent varier avec tout, de la vie sauvage à la pollution, qui joue potentiellement un rôle.

# PARA-SWIMMING AND CLASSIFICATION

Para-swimming is competitive swimming for persons with impairments. There are three categories of impairments that fall under the classification system of IPC Swimming: physical impairments, visual impairments or intellectual impairments.

A system of classification has been created to ensure competition is fair and equal, and all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able-bodied athletes.

This process of classification and its purpose is to minimize the impact of impairments on the activity (sport discipline). Having the impairment thus is not sufficient, the impact on the sport must be proved. In each Paralympic sport, the criteria of grouping athletes by the degree of activity limitation resulting from the impairment are named ‘Sport Classes’. Through Paralympic swimming categories - or classification - it is determined which athletes are eligible to compete in a sport and how athletes are grouped together for competition. This, to a certain extent, is similar to grouping athletes by age, gender or weight.

**CLASSIFICATION** – Each swimmer based on their impairment will undergo the process of classification to determine their place inside their impairment category. The classification process focuses on a swimmer’s ability and how it impacts their sport participation, not their impairment.

•**PI Classification** – testing is done by a doctor or physiotherapist and a swimming technical expert. Classification is composed of three parts: Physical Assessment (medical testing), Technical Assessment and Observation during competition. All three parts must be completed for a classification to be complete.

•**VI Classification** – Assessment is done by ophthalmologist

•**ID Classification** - Assessment is done by psychologist or psychiatrist and a technical expert

## SPORT CLASSES

The sport class names in Swimming consist of a prefix “S”, “SM”, or “SB” and a number. The prefixes stand for the event and the number indicates the sport class the athlete competes in the respective event.

The prefixes stand for:

•S: Freestyle, Butterfly and Backstroke events

•SB: Breaststroke

•SM: Individual Medley

## SPORT CLASSES 1-10: PHYSICAL IMPAIRMENT

There are ten different sport classes for athletes with physical impairment, numbered 1-10. A lower number indicates a more severe activity limitation than a higher number.

Athletes with different impairments compete against each other. The impact of their impairment on swim performance, however, is similar.

The following gives a few examples for impairments described in each sport class profile:

## S1 SB1 SM1

Swimmers in this sport class have a significant loss of muscle power or control in their legs, arms and hands. Some athletes also have limited trunk control, as it may occur with tetraplegia. These impairments may be caused by spinal-cord injuries or polio. Swimmers in this class usually use a wheelchair in daily life.

## S2 SB1 SM2

Swimmers in this sport class are able to use their arms with no use of their hands, legs or trunk or have severe co-ordination problems in four limbs. As in sport class S1 SB1 SM1, athletes mostly only compete in backstroke events.

## S3 SB2 SM3

This sport class includes athletes with amputations of all four limbs. Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe co-ordination problems in all limbs are also included in this sport class.

## S4 SB3 SM4

Swimmers who can use their arms and have minimal weakness in their hands, but cannot use their trunk or legs. Athletes with amputations of three limbs also swim in this sport class.

## S5 SB4 SM5

Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this sport class.

## S6 SB5 SM6

This sport class includes swimmers with short stature, amputations of both arms or moderate co-ordination problems on one side of their body.

## S7 SB6 SM7

This profile is designated for athletes with one leg and one arm amputation on opposite sides, double leg amputations or a paralysis of one arm and one leg on the same side. Moreover, swimmers with full control over arms and trunk and some leg function can compete in this class.

## S8 SB7 SM8

Swimmers who have lost either both hands or one arm are eligible to compete in this sport class. Also, athletes with severe restrictions in the joints of the lower limbs could compete in this sport class.

## S9 SB8 SM9

Athletes in this sport class swim with joint restrictions in one leg, double below-the-knee amputations or an amputation of one leg.

## S10 SB9 SM10

This class describes the minimal impairments of eligible swimmers with physical impairment. Eligible impairments would be the loss of a hand or both feet and a significantly limited function of one hip joint.

## SPORT CLASSES 11-13: VISUAL IMPAIRMENT

Swimmers with visual impairment compete in the sport classes 11-13, with 11 meaning a complete or nearly complete loss of sight and 13 describing the minimum eligible visual impairment. Athletes in sport class 11 compete with blackened goggles.

## SPORT CLASS 14: INTELLECTUAL IMPAIRMENT

Swimmers with intellectual impairment who also meet the sport-specific criteria compete in sport class 14.

# LA PARANATATION ET LA CLASSIFICATION

La paranatation est de la natation compétitive pour les personnes ayant des déficiences. Il y a trois catégories de déficiences qui tombent dans le système de classification de la natation du IPC: déficience physique, déficience visuelle ou déficience intellectuelle.

Un système de classification a été créé pour assurer que la compétition est juste et égale et tous les sports paralympiques ont un système en place qui assure que la victoire est déterminée par l’habileté, le conditionnement, la puissance, l’endurance, la capacité tactique et la concentration mentale, les mêmes facteurs qui comptent pour le succès dans le sport pour les athlètes sans handicap.

Cette procédure de classification et son but sont de minimiser l’impact des déficiences sur l’activité sportive (discipline sportive). Avoir la déficience n’est donc pas suffisant, l’impact sur le sport doit être prouvé. Dans chaque sport paralympique, les critères pour regrouper les athlètes par degré de limite d’activité résultant de la déficience sont nommés ‘classes sportives’. Par les catégories de natation paralympique - ou classification – il est déterminé quels athlètes sont admissibles pour concourir dans un sport et comment les athlètes sont regroupés ensembles pour la compétition. Cela, jusqu’à un certain point, est semblable au regroupement des athlètes par âge, genre ou poids.

**CLASSIFICATION** – Chaque nageur, selon sa déficience, subira la procédure de classification pour déterminer sa place dans la catégorie de déficience. La procédure de classification se concentre sur la capacité d’un nageur et comment cela a un impact sur sa participation sportive, pas sa déficience.

•**Classification PI** – un test est effectué par un médecin ou un physiothérapeute et un expert technique de la natation. La classification est composée de trois parties: évaluation physique (test médical), évaluation technique et observation en compétition. Les trois parties doivent être complétées pour qu’une classification soit complétée.

•**Classification VI** – l’évaluation est effectuée par un ophtalmologue

•**Classification ID** – l’évaluation est effectuée par un psychologue ou un psychiatre et un expert technique

## CLASSES SPORTIVES

Les noms des classes sportives en natation se composent d’un préfixe “S”, “SM”, ou “SB” et d’un chiffre. Les préfixes désignent l’épreuve et le chiffre indique la classe sportive à laquelle l’athlète participe dans l’épreuve respective.

Les préfixes signifient:

•S: les épreuves de style libre, papillon et dos

•SB: brasse

•SM: QNI



**CLASSES SPORTIVES 1-10: DÉFICIENCE PHYSIQUE**

Il y a 10 classes sportives différentes pour les athlètes ayant une déficience physique, numérotées de 1 à 10. Un chiffre plus bas indique une limite d’activité plus grave qu’un chiffre plus haut.

Les athlètes ayant différentes déficiences participent les uns contre les autres. L’impact de leur déficience sur la performance pour nager, toutefois, est semblable.

Ce qui suit donne des exemples pour les déficiences décrites dans chaque portrait de classe sportive:

**S1 SB1 SM1**

Les nageurs dans cette classe sportive ont une perte importante de puissance musculaire ou de contrôle dans leurs jambes, leurs bras et leurs mains. Des athlètes ont aussi un contrôle limité du tronc, comme cela peut se produire avec la tétraplégie. Ces déficiences peuvent être causées par des blessures à la moelle épinière ou la polio. Les nageurs dans cette classe utilisent habituellement un fauteuil roulant dans la vie quotidienne.

**S2 SB1 SM2**

Les nageurs dans cette classe sportive sont capables d’utiliser leurs bras sans leurs mains, leurs jambes ou leur tronc ou ont de graves problèmes de coordination dans les quatre membres. Comme dans la classe sportive S1 SB1 SM1, les athlètes participent principalement seulement dans les épreuves de dos.

**S3 SB2 SM3**

Cette classe sportive inclut les athlètes avec des amputations dans les quatre membres. Les nageurs avec des mouvements raisonnables de bras mais qui n’utilisent pas leurs jambes ou leur tronc et les nageurs ayant de graves problèmes de coordination dans tous les membres sont aussi inclus dans cette classe sportive.

**S4 SB3 SM4**

Les nageurs qui peuvent utiliser leurs bras et qui ont une faiblesse minimale dans leurs mains, mais qui ne peuvent pas utiliser leur tronc ou leurs jambes. Les athlètes avec des amputations dans trois membres nagent aussi dans cette catégorie sportive.

**S5 SB4 SM5**

Les nageurs de petite stature et une autre déficience, avec la perte de contrôle d’un côté de leur corps (hémip légie) ou avec de la paraplégie participent à cette classe sportive.

**S6 SB5 SM6**

Cette classe sportive inclut les nageurs de petite stature, les amputations aux deux bras ou des problèmes modérés de coordination d’un côté de leur corps.

**S7 SB6 SM7**

Ce portrait est conçu pour les athlètes avec une amputation d’une jambe et d’un bras de côtés opposés, une double amputation des jambes ou une paralysie d’un bras et d’une jambe d’un même côté. De plus, les nageurs avec un plein contrôle des bras et du tronc et une certaine fonction des jambes peuvent participer dans cette classe.

**S8 SB7 SM8**

Les nageurs qui ont perdu soit les deux mains soit un bras sont admissibles pour participer dans cette classe sportive. Aussi, les athlètes avec de graves restrictions dans les articulations des membres inférieurs peuvent participer dans cette classe sportive.

**S9 SB8 SM9**

Les athlètes dans cette classe sportive avec des restrictions dans les articulations dans une jambe, une double amputation sous le genou ou une amputation d’une jambe.

**S10 SB9 SM10**

Cette classe décrit les déficiences minimales des nageurs admissibles avec une déficience physique. Les déficiences admissibles seraient la perte d’une main ou des deux pieds et une fonction limitée importante d’une articulation de la hanche.

**CLASSES SPORTIVES 11-13: DÉFICIENCE VISUELLE**

Les nageurs avec une déficience visuelle participent dans les classes sportives 11-13, avec 11 signifiant une perte complète ou presque complète de la vue et 13 décrivant une déficience visuelle admissible minimale. Les athlètes dans la classe sportive 11 participent avec des lunettes noircies.

**CLASSE SPORTIVE 14: DÉFICIENCE INTELLECTUELLE**

Les nageurs ayant une déficience intellectuelle qui respectent aussi les critères spécifiques au sport participent dans la classe sportive 14.

**ABOUT SWIMMING CANADA**

Swimming Canada serves as the national governing body of competitive swimming. We inspire Canadians through world leading performances to embrace a lifestyle of swimming, sport, fitness and health. Canadians are global leaders in high performance swimming and development for both able-bodied swimmers and swimmers with a disability. Swimming is recognized as one of the most celebrated and successful Canadian summer Olympic and Paralympic sports.

**CORE VALUES**

Deriving from the same set of values that our athletes and coaches are expected to adhere to, Swimming Canada has adopted key corporate values which will define and crystallize its approach and behavior. These values are described as follows:

**EXCELLENCE & PROFESSIONALISM**

Everyone delivers peak performance and proactively seizes the opportunities that come from change in the quest for continuous improvement. It is not only up to the national coaching staff or the national centres or the athletes to win medals and go for gold. Everyone shares in this responsibility, including the Board, staff, volunteers, clubs, provinces and territories. We must all strive for excellence with a “no excuses” policy.

**RESPECT**

We value respect as integral to our culture. By collaborating, proactively communicating and cooperating with our swimming community and stakeholders, we promote and build on this value for the betterment of our sport, our people and our society.

**INTEGRITY**

Swimming Canada is committed to honest and honourable delivery of its programs, services and activities.

**COMMITMENT**

Commitment is emotional, intellectual and requires a steadfast purpose. It is the alignment of our personal goals with those of the organization that will make us successful. We bring energy, passion and a commitment to win so that the organization will be successful; everyone contributes 100%.

**ACCOUNTABILITY**

We are all accountable and directed towards peak performance. We each take responsibility, are open to systemic evaluation and live up to our commitments.

À PROPOS DE NATATION CANADA

Natation Canada fait office d’organe directeur de la natation compétitive au pays. Nous inspirons les Canadiens et les Canadiennes par nos performances de calibre mondial à adopter un mode de vie sain par le biais de la natation, le sport, la condition physique et la santé. La fédération comprend 75 000 membres et 400 clubs de natation partout au pays. Les Canadiens sont des chefs de file mondiaux au niveau de la nage de haute performance et du développement d’athlètes réguliers et d’athlètes avec un handicap. La natation est l’un des sports olympiques et paralympiques d’été canadiens les plus appréciés et les plus médaillés.

VALEURS DE BASE

Découlant du même ensemble de valeurs qu’on s’attend à ce que nos athlètes et entraîneurs respectent, Natation Canada a adopté des valeurs corporatives importantes qui définiront et cristalliseront son approche et son comportement. Ces valeurs sont décrites ci-dessous :

EXCELLENCE ET PROFESSIONNALISME

Tous fournissent une performance maximale et saisissent les occasions qu’apporte le changement dans le but de sans cesse s’améliorer. Il ne revient pas seulement au personnel entraîneur de l’équipe nationale, aux centres nationaux ou aux athlètes de remporter des médailles et de viser l’or. La responsabilité incombe à chacun, tant les membres du conseil d’administration, le personnel, les o ciels, les bénévoles et les clubs, que les provinces et les territoires. Nous devons tous nous efforcer d’atteindre l’excellence et adopter une politique n’admettant aucune excuse.

RESPECT

Nous accordons une grande importance au respect qui fait partie intégrante de notre culture. Par notre collaboration, notre communication proactive et notre coopération avec la communauté et les intervenants de la natation, nous promouvons cette valeur et la mettons de l’avant pour améliorer notre sport, nos gens et notre société.

INTÉGRITÉ

Nous sommes engagés à offrir des programmes, services et activités de façon honnête et responsable.

ENGAGEMENT

Nous estimons que l’engagement, tant sur le plan tant émotionnel qu’intellectuel, exige des buts stables. Nous réussirons si nous parvenons à harmoniser nos objectifs personnels avec les buts de l’organisation. Nous offrons notre dynamisme, notre passion et notre détermination à gagner pour que l’organisation connaisse un franc succès; tous contribuent à 100%.

RESPONSABILISATION

Nous sommes tous redevables et devons viser une performance maximale. Chacun de nous doit assumer ses responsabilités, être ouvert à une évaluation systémique et respecter ses engagements.

COMMONWEALTH GAMES EVENT ORDER  
L’ORDRE DES ÉPREUVES  
AUX JEUX DU COMMONWEALTH

APRIL 5 AVRIL DAY   JOUR 1	APRIL 6 AVRIL DAY   JOUR 2	APRIL 7 AVRIL DAY   JOUR 3
PRELIM 10:30AM	PRELIM 10:30AM	PRELIM 10:30AM
W 400 IM M 400 FR W 200 FR W S7 50 BU M 50 BU W 50 BR M 100 BA W 100 BU M 200 BR W 4x100 FR	M 200 FR W 50 FR M 100 BR W 100 BA M 400 IM W S9 100 BA M S9 100 FR M 4x100 FR	M 200 BU W 200 BR M S8 100 BR W S10 200 IM M 50 BA W 50 BU M 100 FR W 4x200 FR
FINALS 7:30PM	FINALS 7:30PM	FINALS 7:30PM
W 400 IM FINAL M 400 FR FINAL W 200 FR FINAL M S14 200 FR FINAL W S7 50 BU FINAL M 50 BU SEMI W 50 BR SEMI M 100 BA SEMI W 100 BU SEMI M 200 BR FINAL W 4x100 FR FINAL	M 50 BU FINAL W 50 BR FINAL M 200 FR FINAL W 50 FR SEMI M 100 BR SEMI W S9 100 BA FINAL M S9 100 FR FINAL W 100 BA SEMI M 400 IM FINAL M 100 BA FINAL W 100 BU FINAL M 4x100 FR FINAL	M 200 BU FINAL W 50 FR FINAL M 100 BR FINAL W 100 BA FINAL M 50 BA SEMI W 50 BU SEMI M 100 FR SEMI W 200 BR FINAL M S8 100 BR FINAL W S10 200 IM FINAL W 4x200 FR FINAL
APRIL 8 AVRIL DAY   JOUR 4	APRIL 9 AVRIL DAY   JOUR 5	APRIL 10 AVRIL DAY   JOUR 6
PRELIM 10:30AM	PRELIM 10:30AM	PRELIM 10:30AM
W 200 BA M 50 BR W 100 FR M SM8 200 IM W S9 100 FR W 200 IM M 100 BU W 100 BR W 800 FR M 4x200 FR	M 200 BA W 50 BA M 50 FR W SB9 100 BR M S7 50 FR W 200 BU M 1500 FR	W 400 FR M S9 100 BA W S8 50 FR M 200 IM W 4x100 MD M 4x100 MD
FINALS 7:30PM	FINALS 7:30PM	FINALS 7:30PM
W 200 BA FINAL M 100 FR FINAL W 100 FR SEMI M 50 BR SEMI M SM8 200 IM FINAL W S9 100 FR FINAL M 100 BU SEMI W 100 BR SEMI W 200 IM FINAL M 50 BA FINAL W 50 BU FINAL M 4x200 FR FINAL	M 200 BA FINAL W 800 FR FINAL M S7 50 FR FINAL W SB9 100 BR FINAL M 50 FR SEMI W 50 BA SEMI M 50 BR FINAL W 100 BR FINAL W 200 BU FINAL W 100 FR FINAL M 100 BU FINAL	W 400 FR FINAL M 50 FR FINAL W 50 BA FINAL M 200 IM FINAL W S8 50 FR FINAL M S9 100 BA FINAL M 1500 FR FINAL W 4x100 MD FINAL M 4x100 MD FINAL

Local Time | Heure Locale

BU-Butterfly BA-Backstroke BR-Breastroke FR-Freestyle IM-Individual Medley MD-Medley  
M-Men W-Women

COMMONWEALTH GAMES EVENT ENTRIES  
LES INSCRIPTIONS AUX JEUX DU COMMONWEALTH

FEMALE					
SWIMMER	ENTRY TIME	DATE	SWIMMER	ENTRY TIME	DATE
50 FREESTYLE					
Sanchez, Kayla	:25:29	Thursday, December 14, 2017	Kisil, Yuri	:22:11	Friday, August 4, 2017
Oleksiak, Penny	:25:38	Sunday, February 4, 2018	Gaziev, Ruslan	:22:46	Friday, August 25, 2017
Smith, Rebecca	:25:50	Sunday, April 9, 2017			
100 FREESTYLE					
Oleksiak, Penny	:52:94	Thursday, July 27, 2017	Kisil, Yuri	:48:21	Wednesday, July 26, 2017
Ruck, Taylor	:52:96	Saturday, December 16, 2017	Thormeyer, Markus	:49:13	Friday, April 7, 2017
Sanchez, Kayla	:54:44	Sunday, August 27, 2017	Gaziev, Ruslan	:49:99	Saturday, August 26, 2017
200 FREESTYLE					
Ruck, Taylor	1:56:94	Thursday, December 14, 2017	Bagshaw, Jeremy	1:48:56	Saturday, August 5, 2017
Oleksiak, Penny	1:57:79	Sunday, February 4, 2018	Olafson, Carson	1:49:32	Saturday, August 5, 2017
			Belanger, Samuel	1:50:09	Saturday, August 5, 2017
400 FREESTYLE					
Harvey, Mary-Sophie	4:09:74	Sunday, July 23, 2017	Bagshaw, Jeremy	3:48:82	Sunday, July 23, 2017
800 FREESTYLE					
no entries					
1500 FREESTYLE					
no entries					
50 BACKSTROKE					
Masse, Kylie	:27:64	Wednesday, July 26, 2017	no entries		
Hannah, Jade	:27:93	Sunday, August 27, 2017			
Zevnik, Alexia	:28:58	Sunday, August 6, 2017			
100 BACKSTROKE					
Masse, Kylie	:58:10	Tuesday, July 25, 2017	Thormeyer, Markus	:54:80	Sunday, August 20, 2017
Ruck, Taylor	:59:23	Thursday, August 24, 2017			
Hannah, Jade	:59:62	Thursday, August 24, 2017			
200 BACKSTROKE					
Masse, Kylie	2:05:97	Friday, July 28, 2017	Thormeyer, Markus	1:59:76	Friday, August 4, 2017
Caldwell, Hilary	2:07:15	Saturday, July 29, 2017	Binnema Josiah	2:00:74	Friday, August 4, 2017
Ruck, Taylor	2:06:87	Saturday, December 16, 2017			
50 BREASTSTROKE					
Nicol, Rachel	:30:49	Saturday, July 29, 2017	Wall, Eli	:28:42	Thursday, August 24, 2017
Knelson, Faith	:30:91	Thursday, August 24, 2017			
100 BREASTSTROKE					
Smith, Kierra	1:06:62	Monday, July 24, 2017	Wall, Eli	1:01:27	Sunday, August 20, 2017
Nicol, Rachel	1:07:03	Monday, July 24, 2017			
Knelson, Faith	1:07:47	Saturday, August 26, 2017			
200 BREASTSTROKE					
Smith, Kierra	2:22:23	Monday, July 24, 2017	Wall, Eli	2:13:29	Tuesday, August 22, 2017
Harvey, Mary-Sophie	2:25:37	Wednesday, August 9, 2017			
Darcel, Sarah	2:27:74	Thursday, April 6, 2017			
50 BUTTERFLY					
Oleksiak, Penny	:25:62	Saturday, July 29, 2017	Binnema, Josiah	:24:50	Sunday, July 23, 2017
Smith, Rebecca	:26:22	Saturday, August 26, 2017	Darragh, Mack	:24:92	Saturday, August 5, 2017
100 BUTTERFLY					
Oleksiak, Penny	:56:74	Monday, July 24, 2017	Binnema, Josiah	:53:10	Friday, July 28, 2017
Smith, Rebecca	:58:07	Monday, August 28, 2017	Darragh, Mack	:54:06	Sunday, August 6, 2017
Zavaros, Mabel	:59:29	Friday, May 5, 2017			
200 BUTTERFLY					
Zavaros, Mabel	2:09:79	Thursday, August 24, 2017	Darragh, Mack	1:56:87	Monday, August 7, 2017
200 IND MEDLEY					
Seltenreich-Hodgson, Erika	2:10:97	Sunday, April 9, 2017	Darragh, Mack	2:01:14	Sunday, August 6, 2017
Darcel, Sarah	2:12:32	Sunday, August 6, 2017	Cote, Tristan	2:05:18	Friday, January 12, 2018
Sanchez, Kayla	2:12:64	Saturday, August 26, 2017			
400 IND MEDLEY					
Darcel, Sarah	4:39:99	Saturday, August 5, 2017	Cote, Tristan	4:17:40	Friday, April 7, 2017
Harvey, Mary-Sophie	4:36:48	Saturday, June 24, 2017			
Seltenreich-Hodgson, Erika	4:39:64	Sunday, June 18, 2017			

Note - times in grid are best times within the qualification period  
Qualification period: April 5, 2017 - April 5, 2018

COMMONWEALTH GAMES EVENT ENTRIES  
LES INSCRIPTIONS AUX JEUX DU COMMONWEALTH

FEMALE			MALE		
SWIMMER	ENTRY TIME	DATE	SWIMMER	ENTRY TIME	DATE
S7 50 FREESTYLE					
no entries			Lavalliere, Jean-Michel	:31:13	Friday, August 4, 2017
S8 50 FREESTYLE					
Bird, Morgan	:31:88	Friday, August 4, 2017	no entries		
Tripp, Abigail	:32:24	Tuesday, October 3, 2017			
S9 100 FREE					
Roxon, Katarina	1:06:20	Wednesday, October 4, 2017	Vachon, Philippe	1:02:87	Wednesday, October 4, 2017
Tripp, Abigail	1:09:07	Wednesday, October 4, 2017			
Bird, Morgan	1:09:95	Sunday, April 2, 2017			
S9 100 BACKSTROKE					
Tripp, Abigail	1:24:13	Tuesday, October 3, 2017	no entries		
SB8 100 BREASTSTROKE					
no entries			Vachon, Philippe	1:32:25	Saturday, March 11, 2017
SB9 100 BREASTSTROKE					
Roxon, Katarina	1:23:64	Monday, August 7, 2017	no entries		
Girard, Sarah	1:22:78	Tuesday, October 3, 2017			
Tripp, Abigail	1:36:16	Wednesday, October 4, 2017			
S7 50 BUTTERFLY					
Mehain, Sarah	:36:86	Saturday, August 5, 2017	no entries		
Routliffe, Tess	:39:93	Monday, October 2, 2017			
SM8 200 INDIVIDUAL MEDLEY					
no entries			Vachon, Philippe	2:36:31	Wednesday, October 4, 2017
			Zona, Zachary	2:42:89	Sunday, August 6, 2017
SM10 200 INDIVIDUAL MEDLEY					
Roxon, Katarina	2:42:56	Friday, June 9, 2017	no entries		
Rivard, Aurelie	2:28:93	Wednesday, October 4, 2017			
Ryan, Samantha	2:44:64	Thursday, April 7, 2016			

Note - times in grid are best times within the qualification period  
Qualification period: April 5, 2017 - April 5, 2018





# COMMONWEALTH GAMES ATHLETES

## CWG 2018

# LES ATHLÈTES DES JEUX DU COMMONWEALTH



## JEREMY BAGSHAW

**BIRTHDATE | DATE DE NAISSANCE:** 1992-04-21

**HEIGHT | TAILLE:** 180 cm

**HOMETOWN | VILLE NATALE:** Victoria, BC

**RESIDENCE | RÉSIDENCE:** Victoria, BC

**CLUB:** High Performance Centre - Victoria

**COACH | ENTRAÎNEUR:** Ryan Mallette

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:**

Randy Bennett, Yuri Sugiyama, Dave Durden,  
Greg Meehan, Neil Harvey

- At the 2017 Canadian Swimming Trials, Bagshaw earned himself a gold and silver medal in the 400-m and 200-m freestyle events. His performances in Victoria qualified him for the FINA World Championships in Budapest, Hungary and the Summer Universiade in Taipei City, Chinese Taipei.

- He finished 16th in the 400 free in Budapest in a personal best time, then went on to finish 6th at Universiade

- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Bagshaw competed in the 200-m freestyle (34th) and 400-m freestyle (21st). Both freestyle events were in personal best times for Bagshaw. He was also a member of 4x50-m medley relay (10th) and 4x200-m freestyle relay (12th).

- At the 2016 Canadian Swimming Championships in Edmonton, Bagshaw brought home gold medals in both the 200-m and 400-m freestyle events.

- Bagshaw earned himself a bronze medal in the 4x200-m freestyle at the Toronto 2015 Pan Am Games with teammates Ryan Cochrane, Stefan Milosevic, and Alec Page.

- In Toronto, Bagshaw raced in the 200-m and 400-m freestyle where he finished seventh and fifth.
- At the 2015 FINA World Championships, Bagshaw competed in the 200-m and 400-m freestyle, finishing 24th and 25th.
- At the 2015 Team Canada Trials, he won the 200-m freestyle and second to Ryan Cochrane in the 400-m freestyle in 3:49.76, becoming the fourth Canadian to go under the 3:50 mark in the event.
- He was born in Singapore and moved to Canada as a child. He speaks three languages – English, French and Mandarin.
- His National Development Team Program experience includes a bronze medal in the 200-m freestyle at the 2010 Youth Olympic Games in Singapore.

- Aux Essais canadiens de natation 2017, Bagshaw a remporté l'or et l'argent au 400 m et 200 m libre. Ses performances lui ont permis de se qualifier pour les Championnats du monde FINA à Budapest et les FISU à Taipei.

- Aux Championnats du monde 2017 à Budapest, Bagshaw a pris le 16e rang au 400 m libre avec un meilleur temps personnel, puis a pris le 6e rang à la même épreuve aux Universiades

- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, Bagshaw a participé au 200 m libre (34e) et au 400 m libre (21e). Bagshaw a établi un nouveau meilleur temps personnel pour ces deux épreuves de libre. Il a aussi participé au relais 4x50 m quatre nages (10e) et au relais 4x200 m libre (12e).

- Aux Championnats canadiens de natation 2016 à Edmonton, Bagshaw a décroché l'or aux 200 m et 400 m libre.

- Il a remporté la médaille de bronze au relais 4x200 m libre avec ses coéquipiers Ryan Cochrane, Stefan Milosevic et Alec Page aux Jeux panaméricains 2015, Toronto

- Il a aussi participé au 200 m et 400 m libre où il a pris la 7e et 5e position respectivement.

- Aux Championnats du monde FINA 2015 à Kazan, il a pris part au 200 m et 400 m libre où il a terminé en 24e et 25e

- Jeremy Bagshaw a été une des grosses histoires aux essais d'Équipe Canada 2015. Il a gagné le 200m libre et terminé deuxième derrière Ryan Cochrane au 400m libre en 3:49,76, devenant le quatrième Canadien à descendre sous la marque de 3:50 dans cette épreuve.

- Il est né à Singapour et a déménagé au Canada quand il était enfant. Il parle trois langues – anglais, français et mandarin.

- Son expérience avec le programme de l'équipe nationale de développement inclut une médaille de bronze au 200m libre aux Jeux olympiques de la jeunesse 2010 à Singapour.

## QUICK FACTS | EN BREF

**INSTAGRAM:** @jbagshaw

**TWITTER:** @jeremybagshaw

**FAVOURITE MOVIE | FILM FAVORI:** The Notebook

**FAVOURITE BOOK | LIVRE FAVORI:** Harry Potter Series

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Friends

**FAVOURITE BAND | GROUPE FAVORI:** Backstreet Boys



# SAMUEL BELANGER

**BIRTHDATE | DATE DE NAISSANCE:** 1997-01-04  
**HEIGHT | TAILLE:** 189 cm  
**HOMETOWN | VILLE NATALE:** Quebec City, QC  
**RESIDENCE | RÉSIDENCE:** Quebec City, QC  
**CLUB:** Rouge et Or / Université Laval Natation  
**COACH | ENTRAÎNEUR:** Nicholas Perron  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Nicholas Perron

- At the 2017 Canadian Swimming Championships, Belanger placed fourth in the 200-m freestyle and eighth in 400-m freestyle.
- Belanger took part in the Relay Takeoff Camp in April 2017. This camp identified future national team members, 100 and 200-m freestyle swimmers, in preparation for Tokyo 2020.
- Belanger was part of the 4x200-m freestyle relay team alongside Markus Thormeyer, Carson Olafson, and Javier Acevedo that finished fifth at the 2015 FINA World Junior Swimming Championships.

- Aux Championnats canadiens de natation 2017, Belanger a pris le 4e rang du 200 m libre et le 8e rang du 400 m libre.
- Belanger a fait partie du Camp Envol de relais en avril 2017. Ce camp servait à identifier des nageurs de 100 m et 200 m libre comme futurs membres de l'équipe nationale en préparation pour Tokyo 2020.
- Belanger a fait partie du relais 4x200 m libre avec Markus Thormeyer, Carson Olafson, et Javier Acevedo qui a terminé en 5e place aux Championnats du monde juniors FINA en 2015.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @sam200to400  
**FAVOURITE MOVIE | FILM FAVORI:** Batman (Christopher Nolan)  
**FAVOURITE BOOK | LIVRE FAVORI:** Le parfum, Patrick Süskind  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Westworld  
**FAVOURITE BAND | GROUPE FAVORI:** Kaleo



# JOSIAH BINNEMA

**BIRTHDATE | DATE DE NAISSANCE:** 1997-11-08  
**HEIGHT | TAILLE:** 188 cm  
**HOMETOWN | VILLE NATALE:** Prince George, BC  
**RESIDENCE | RÉSIDENCE:** Edmonton, AB  
**CLUB:** High Performance Centre - Vancouver  
**COACH | ENTRAÎNEUR:** Tom Johnson  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** -

- At the 2017 Canadian Swimming Trials, Josiah Binnema made his first World Championship and FISU Universiade teams by winning a gold medal in the 100-m butterfly. He also earned a silver medal in the 50-m butterfly, both in personal best times.
- At the 2017 worlds in Budapest his best result was 34th in the 100 fly. He went on to finish 16th in the 100 fly at the Universiade in Taipei.
- At the 2016 Canadian Swimming Championships, he brought home a bronze medal in the 100-m butterfly and a gold medal where he swam the butterfly lap in the 4x100-m medley relay.
- In 2015, Binnema swam the 50-m butterfly (18th) and the 100-m butterfly (11th) at the FINA World Junior Championships in Singapore. At the same event he swam the butterfly lap in the 4x100-m medley where they finished 6th.

# QUICK FACTS | EN BREF

**FAVOURITE BOOK | LIVRE FAVORI:** Eragon  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Breaking Bad  
**OTHER SPORT | AUTRE SPORT:** Rowing  
**GUILTY PLEASURE | PLAISIR COUPABLE:** Skittles

- Aux Essais canadiens de natation 2017, Josiah Binnema s'est qualifié pour ses premiers Championnats du monde et FISU en remportant l'or au 100 m papillon. Il a aussi remporté l'argent au 50 m papillon, réalisant ses meilleurs temps personnels lors des deux épreuves.
- Aux Championnats du monde 2017 à Budapest, son meilleur résultat fut une 34e place au 100 m papillon. Aux Universiades de Tapei, il a pris la 16e place au 100 m papillon.
- Aux Championnats canadiens 2016, il a remporté le bronze au 100 m papillon et l'or au relais 4x100 m QN dans lequel il a nagé le papillon.
- En 2015, Binnema a nagé le 50 m papillon (18e) et le 100 m papillon (11e) aux Championnats du monde junior à Singapour. À la même compétition, il a nagé le papillon dans le relais 4x100 m QN qui a terminé en 6e position.





# MORGAN BIRD

**BIRTHDATE | DATE DE NAISSANCE:** 1993-09-06

**HEIGHT | TAILLE:** 163 cm

**HOMETOWN | VILLE NATALE:** Calgary, AB

**RESIDENCE | RÉSIDENCE:** Calgary, AB

**CLUB:** Cascade Swim Club

**COACH | ENTRAÎNEUR:** Wendy Johnson

**PAST COACH | ANCIEN ENTRAÎNEUR :** Kristina Crook, Chris Tobin, Karen Fahrni

**SPORT CLASS:** S8SB8SM8

- At the Rio 2016 Paralympic Games, Bird made the finals in two events, her best result being a 5th-place finish in the 100-m freestyle.
- Bird also competed in the 50-m freestyle (7th), 200-m individual medley (10th) and the 400-m freestyle (10th).
- Her time in the 50 free was also a Canadian record.
- She contributed to 5th-place finishes in the 4x100-m medley relay and 34pts 4x100-m freestyle relay, both in Canadian record time.
- At the 2016 Olympic & Para-swimming Trials she qualified for her second Paralympic Games by posting a time that ranked her fourth in the world in the S8 50-m freestyle. At the Trials she finished second in the 50-m, 100-m and 400-m multi-class freestyle events, and third in the 100-m butterfly.
- Named Alberta’s female para-swimmer of the year in 2015
- Won gold in the 50-m and 400-m freestyle and silver in 100-m freestyle at the 2015 Parapan Am Games.
- Swam four individual events and two relays at 2015 IPC Swimming World Championships in Glasgow, Scotland. Her best results were a 4th in 100-m freestyle and 5th in 100-m butterfly.
- At the 2014 Pan Pacific Para- swimming Championships in Pasadena, Calif. Bird collected a silver in the 50-m freestyle and bronze in the 100-m freestyle.
- Bird made her international podium breakthrough at

the 2013 IPC World Championships in Montreal. She competed in five events, earning two silver medals and reaching the finals in the other three. Bird took second in the 50-m freestyle and helped Canada to a surprise runner-up finish in the 4x100 freestyle relay. She was also fourth in the 100-m freestyle, fifth in the 400-m freestyle and sixth in the 100-m butterfly.

- Bird was part of Canada’s impressive youth movement at the London 2012 Paralympic Games. She reached finals in three of her four individual events
- She assured her spot on the 2012 Paralympic team with several strong performances at the trials including a national mark in the 400-m freestyle.
- Canadian Record Long Course holder in Womens S8 50-m, 100-m, 200-m and 400-m freestyle and the 50-m and 100-m Butterfly.
- She was born with cerebral palsy, the condition affects the left side of her body

•Aux Jeux paralympiques de Rio 2016, Bird a participé à deux finales, son meilleur résultat fut une 5e place au 100 m libre.

•Bird a aussi participé au 50 m libre (7e), au 200 m QNI (10e) et au 400 m libre (10e).

•Elle a abaissé le record canadien au 50 m libre.

•Elle a participé à la 5e place du relais QN et du relais libre 34 points, les deux ayant abaissé le record canadien.

•Lors des Essais olympiques et de paranatation 2016, Mogan s’est qualifiée sur sa 2e équipe paralympique en établissant le 4e meilleur temps du monde au 50 m libre S8. Aux Essais, elle a terminé 2e au 50 m, 100 m et 400 m libre multicatégories et 3e au 100 m papillon.

•Elle a remporté l’or au 50 m et 400 m crawl, l’argent au 100 m dos et le bronze au 200m QNI et au 100 m brasse aux championnats parapanaméricains.

•Elle a disputé quatre épreuves individuelles et deux relays aux championnats du monde IPC 2015 à Glasgow en Écosse. Son meilleur résultat a été une 4e place au 100 m libre et une 5e au 100 m papillon.

•Bird a récolté une médaille d’argent au 50 m libre et une de bronze au 100 m libre.

•Bird a décroché son billet pour les deux compétitions en terminant deuxième au 50 m libre et au 100 m papillon aux championnats Can-Am de paranatation Speedo en mars.

•Bird a fait sa percée internationale aux championnats du monde de l’IPC 2013 à Montréal. Elle a participé à cinq épreuves, méritant deux médailles d’argent et se qualifiant pour les finales dans les trois autres. Bird a terminé deuxième au 50 m libre et a aidé le Canada à obtenir une deuxième place surprise au relais 4x100 libre. Elle a aussi terminé quatrième au 100 m libre, cinquième au 400 m libre et sixième au 100 m papillon. Sauf au 400 m libre, toutes les courses ont été des records canadiens.

•Elle s’est assuré sa place dans l’équipe paralympique de 2012 avec plusieurs solides performances aux essais, incluant une marque nationale au 400 m libre.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @birdie\_993

**TWITTER:** @Birdie993

**FAVOURITE MOVIES | FILMS FAVORIS:** Titanic, Crazy Stupid Love

**FAVOURITE BOOKS | LIVRES FAVORIS:** La trilogie Hunger Games Trilogy

**FAVOURITE TV SHOWS | ÉMISSIONS DE TÉLÉVISION FAVORITES:** Grey’s Anatomy, Scandal, Castle

**FAVOURITE ACTOR | ACTEUR FAVORI:** Ryan Reynolds





## HILARY CALDWELL

**BIRTHDATE | DATE DE NAISSANCE:** 1991-03-13

**HEIGHT | TAILLE:** 172 cm

**HOMETOWN | VILLE NATALE:** White Rock, BC

**RESIDENCE | RÉSIDENCE:** Victoria, BC

**CLUBS:** High Performance Centre - Victoria

**COACH | ENTRAÎNEUR:** Ryan Mallette

**PAST COACHES | ANCIENS ENTRAÎNEURS:**

Randy Bennett, Brad Dingey

- At her second Olympic Games, Caldwell won a bronze medal in the 200-m backstroke. She finished behind American Maya DiRado and Hungary's Katinka Hosszu in Rio to earn her first Olympic medal.
- At the 2017 FINA World Championships in Budapest, Caldwell finished sixth in the 200-m backstroke and 12th in the 100 back.
- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Caldwell's best event was the 200-m backstroke where she finished in 4th. Caldwell also competed in the 50-m backstroke (28th) and the 100-m backstroke (18th). Her 100-m backstroke was in a personal best time of 57.84.
- At the same competition, Caldwell swam during the prelims of the 4x100-m medley relay that later won a silver medal.
- At the Toronto 2015 Pan Am Games, Caldwell earned herself a gold medal in the 200-m backstroke. She got to stand beside fellow Canadian Dominique Bouchard (silver) as the national anthem played in Toronto. Her time set a Pan American Games record.
- At the 2015 FINA World Championships in Kazan, Russia, she earned herself a seventh-place finish in the 200-m backstroke. She also made the semifinals of the 100-m backstroke where she placed 12th.
- Caldwell's 2015 achievements are even more impressive considering the difficult year she and her teammates faced due to the death of High Performance Centre - Victoria head coach Randy Bennett in April.

- In 2013, she made waves by winning a bronze medal in the 200-m backstroke at the 2013 FINA World Championships, lowering the Canadian record in each of the three rounds
- Following the worlds Caldwell lowered the national short-course record in the 200 back at the FINA World Cup circuit.
- Her performance earned Caldwell a Swimming Canada Big Splash Award as the OMEGA Female Swimmer of the Year for 2013.
- Caldwell finished second to Sinead Russell at the Olympic Trials in Montreal, earning a spot on Canada's team heading to the 2012 Games. She finished 18th in London.
- Caldwell's international breakthrough came at the 2011 World University Games where she won silver in the 200 back.

- À ses deuxièmes Jeux olympiques en 2016, Caldwell a remporté la médaille de bronze au 200 m dos. Elle a terminé derrière l'Américaine Maya Dirado et la Hongroise Katinka Hosszu pour ainsi remporter sa première médaille olympique.
- Aux Championnats du monde FINA 2017 à Budapest, Caldwell a terminé 6e au 200 m dos et 12e au 100 dos.
- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, la meilleure épreuve de Caldwell était celle du 200 m dos, où elle a terminé 4e. Caldwell a aussi participé au 50 m dos (28e) et au 100 m dos (18e). Elle a établi un meilleur temps personnel de 84 au 100 m dos.
- Pendant cette même compétition, Caldwell a nagé dans les rondes préliminaires du relais 4x100 m quatre nages, gagnant la médaille d'argent.
- Elle a remporté la médaille d'or au 200 m dos aux Jeux panaméricains 2015 à Toronto. Sa compatriote, Dominique Bouchard, l'accompagnait sur le podium alors que l'hymne canadien résonnait à la piscine. Elle a établi une nouvelle marque des Jeux panaméricains.
- Elle a terminé 7e au 200 m dos et 12e lors de la demi-finale du 100 m dos aux Championnats du monde FINA 2015 à Kazan.
- Les réalisations de Caldwell en 2015 sont encore plus impressionnantes en tenant compte de l'année difficile qu'elle et ses coéquipiers ont connue à la suite du décès de l'entraîneur-chef du Centre de haute performance – Victoria, Randy Bennett, en avril.
- Caldwell a fait des vagues en gagnant une médaille de bronze aux 200m dos aux championnats du monde de la FINA 2013, abaissant le record canadien dans chacune des trois rondes.
- Sa performance a valu à Caldwell un prix du Grand Splash de Natation Canada en tant que nageuse de l'année OMEGA pour 2013.
- Caldwell a terminé deuxième derrière Sinead Russell aux essais olympiques à Montréal, obtenant une place dans l'équipe du Canada pour les Jeux de 2012. Elle a terminé 18e à Londres.
- Caldwell a fait sa première percée internationale aux Jeux mondiaux universitaires de 2011 en remportant une médaille d'argent au 200 dos.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @hilcaldwell

**TWITTER:** @hilcaldwell

**FAVOURITE TV SHOWS | ÉMISSIONS DE TÉLÉVISION FAVORITES:** Friends, Downton Abbey, Top Gear

**FAVOURITE BAND | GROUPE FAVORI:** Red Hot Chili Peppers

**FAVOURITE PLACE TO VISIT | ENDROIT FAVORI À VISITER:** Morocco

**GUILTY PLEASURE | PLAISIR COUPABLE:** Reading teen fiction | Lire de la fiction adolescente



## TRISTAN COTE

**BIRTHDATE | DATE DE NAISSANCE:** 1995-12-14

**HEIGHT | TAILLE:** 193 cm

**HOMETOWN | VILLE NATALE:** Mississauga, ON

**RESIDENCE | RÉSIDENCE:** Mississauga, ON

**CLUB:** Etobicoke Swim Club, U of Calgary

**COACH | ENTRAÎNEUR:** Mike Blondal

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** -

- At the 2017 Canadian Swimming Trials, Cote made his first World Championship team by winning a gold medal in the 400-m individual medley in a personal best time.

- Cote also qualified for the Summer Universiade in Taipei City, Chinese Tapei, his second time representing Canada at the world university games.

- He finished 17th in the 400 IM at worlds in Budapest, and ninth at Universiade.

- At the 13th FINA World Swimming Championships (25-m) in Windsor, Ont. Cote competed in the 400-m medley where he finished 21st in a personal best time.

- At the 2016 Canadian Swimming Championships in Edmonton, Cote finished with two silver medals in the 800-m freestyle and 400-m IM.

- At the 2016 Olympic & Para-swimming Trials in Toronto, Cote finished with a silver medal in the men's 400-m IM.

- Cote took part in the 2015 Summer Universiade in Gwangju, South Korea, where he finished 11th in the 400-m IM.

- At the 2015 Canadian Swimming Trials in Toronto, Cote finished with a bronze medal in the 400-m IM.

- Finished 4th in the men's 4x200-m freestyle relay at the 2014 Junior Pan Pacific Championships in Maui.

- At the 2014 Canadian Swimming Championships in Saskatoon, Cote finished with a silver medal in the 400-m IM.

- At the 2013 World Junior Championships in Dubai, Cote was a part of the 4x200-m freestyle relay that just missed the podium, finishing in 4th.

- Aux Essais canadiens de natation 2017, Côté s'est qualifié pour ses premiers Championnats du monde et deuxièmes Jeux FISU en remportant l'or au 400 m QNI avec un meilleur temps personnel.

- Côté s'est aussi qualifié pour les Universiades d'été Taipei, sa 2e présence aux Jeux mondiaux universitaires.

- Aux Championnats du monde 2017 à Budapest, il a pris le 17e rang au 400 m QNI.

- Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, Cote a participé au 400 m quatre nages où il a terminé 21e grâce à un meilleur temps personnel.

- Aux Championnats canadiens 2016 à Edmonton, Cote a remporté deux médailles d'argent, au 800 m libre et au 400 m QNI

- Aux Essais olympiques et de paranatation 2016 à Toronto, Cote a remporté l'argent au 400 m QNI.

- Il a participé aux Universiades 2015 à Gwangju en Corée du Sud, où il a terminé 11e au 400 m QNI.

- Aux Essais canadiens de natation 2015, Coté a décroché le bronze au 400 m QNI

- Il a terminé en 4e place au relais 4x200 m libre lors des Championnats Pan pacifiques juniors 2014 à Maui.

- Aux Championnats canadiens de natation 2014 à Saskatoon, Coté a obtenu l'argent au 400 m QNI.

- Aux Championnats du monde juniors 2013 à Dubai, Cote faisait parti du relais 4x200 m libre qui a terminé au pied du podium.

## QUICK FACTS | EN BREF

**FAVOURITE MOVIE | FILM FAVORI:** The Dark Knight

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Breaking Bad, Suits

**FAVOURITE BAND | GROUPE FAVORI:** Drake



## SARAH DARCEL

**BIRTHDATE | DATE DE NAISSANCE:** 1999-05-25

**HEIGHT | TAILLE:** 169 cm

**HOMETOWN | VILLE NATALE:** Grande Cache, AB

**RESIDENCE | RÉSIDENCE:** Victoria, BC

**CLUB:** Island Swimming, HPC-Victoria

**COACH | ENTRAÎNEUR:** Ryan Mallette

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Brad Dingey

- Darcel made two finals at the 2017 Summer Universiade in Taipei, finishing 4th in the 400-m individual medley and 5th in the 200 IM.

- At the 2016 Ontario Junior International, Darcel brought home an impressive eight medals. Individually she had two gold, two silver and a bronze medal, setting new personal best times in every event she medaled. She also was a member of three relays that all won gold.

- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Darcel competed in all three individual medley events. She finished 10th in the 100-m medley, 6th in the 200-m medley and 10th in the 400-m medley.

- At the same competition, Darcel swam in the prelims of the 4x50-m freestyle that later won a gold medal.

- At the 2016 Junior Pan Pacific Championships in Maui, Darcel won gold in the 400-m individual medley.

- She also finished the meet with three silver medals, contributing to all three relays.

- At the 2016 Canadian Swimming Championships in Edmonton, Darcel earned silver in the 200-m IM and bronze in the 400-m IM. She was also part of the 4x100-m freestyle and 4x200-m freestyle that both won gold medals.

- At the 2016 Arena Pro Swim Series stop in Santa Clara, Darcel earned herself a bronze medal in the 400-m IM.

- At the 2016 Olympic & Para-swimming Trials in Toronto, Darcel's best finish was fourth place in the 200-m IM.

- Darcel a participé à deux finales lors des Universiades d'été Taipei en 2017, prenant le 4e rang au 400 m QNI et le 5e au 200 m QNI.

- Au Ontario Junior International 2016, Darcel a remporté huit médailles, ce qui est un nombre impressionnant. Elle a gagné deux médailles d'or, deux médailles d'argent et une médaille de bronze individuellement, établissant de meilleurs temps personnels dans toutes les épreuves pour lesquelles elle a gagné une médaille. Elle a aussi participé à trois relais, qui ont tous gagné la médaille d'or.

- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, Darcel a participé aux trois épreuves de quatre nages individuelles. Elle a terminé 10e au 100 m quatre nages, 6e au 200 m quatre nages et 10e au 400 m quatre nages.

- Pendant cette même compétition, Darcel a nagé aux rondes préliminaires du 4x50 m libre, gagnant une médaille d'or.

- Aux Championnats Pan pacifiques juniors 2016 à Maui, Darcel a remporté la médaille d'or au 400 m QNI.

- Elle a aussi remporté trois médailles d'argent, ayant participé aux trois relais.

- Aux Championnats canadiens 2016 à Edmonton, Darcel a remporté l'argent au 200 m QNI et le bronze au 400 m QNI. Elle faisait partie des relais 4x100 m libre et 4x200 m libre qui ont remporté la médaille d'or.

- Au Arena Pro Swim Series de Santa Clara, Darcel a remporté le bronze au 400 m QNI.

- Aux Essais olympiques et de paranatation 2016 à Toronto, son meilleur résultat fut une 4e position au 200 m QNI.

## QUICK FACTS | EN BREF

**INSTAGRAM:**@sarah\_darcel      **TWITTER:** @sarahdarcel

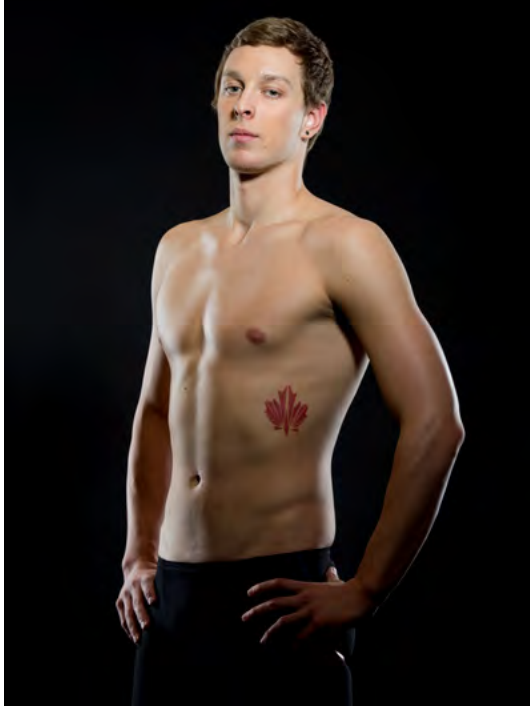
**FAVOURITE MOVIE | FILM FAVORI:** Black Panther

**FAVOURITE BOOK | LIVRE FAVORI:** The Hitchhiker's Guide to the Galaxy

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** The 100

**FAVOURITE BAND | GROUPE FAVORI:** The Lumineers





# MACK DARRAGH

**BIRTHDATE | DATE DE NAISSANCE:** 1993-12-08

**HEIGHT | TAILLE:** 185 cm

**HOMETOWN | VILLE NATALE:** Mississauga, ON

**RESIDENCE | RÉSIDENCE:** Mississauga, ON

**CLUB:** Oakville Aquatic Club

**COACH | ENTRAÎNEUR:** John Pontz

**PAST COACHES | ANCIENS ENTRAÎNEURS:**

Sean Baker, Alex Wallingford

•At the Rio 2016 Olympic Games, Mack swam the butterfly leg of the men’s 4x100-m medley relay that finished 16th.

•At the 13th FINA World Swimming Championships (25-m) in Windsor, Ont. Darragh competed in the 50-m butterfly (46th), 100-m butterfly (28th) and 200-m butterfly (18th), all in personal best time.

•Darragh swam the butterfly laps in both the 4x50-m and 4x100-m medley relay that both finished in 10th.

•In 2017 he set a Canadian record to win the 200-m butterfly at Canadian Swimming Championships

•At the 2016 Canadian Olympic & Para-Swimming Trials, Darragh earned two gold medals in both the 100-m and 200-m butterfly, as well as a bronze medal in the 200-m IM.

•Darragh represented the University of Missouri at the 2015 Men’s NCAA Division I Championships, where he established school records in the 200-yard butterfly and 200-yard IM. Darragh also advanced to the A-final in the 200-yard butterfly, finishing in 7th place.

•Darragh represented Canada at the 2014 Pan Pacific Championships, where he earned a 6th-place finish in the 200-m butterfly.

•At the 2014 Canadian Swimming Trials, Darragh captured a silver medal in the 200-m breaststroke and a bronze in the 200-m butterfly, as well as a 6th-place finish in the 400-m IM.

•At the FINA 3rd World Youth Championships in 2011, Darragh earned a bronze medal in the 200-m butterfly, and established a Canadian age group record in the 15-17 category.

•Darragh began following the progression of Michael Phelps when he was 12 years old, and has cited Phelps as his inspiration.

•Darragh started swimming because of his asthma when he was a child; his mother enrolled him in lessons to help with his breathing, and he fell in love with the sport immediately.

•Aux Jeux olympiques de Rio 2016, Mack a nagé le papillon dans le relais 4x100 m QN qui a terminé en 16e position.

•Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, Darragh a participé au 50 m papillon (46e), au 100 m papillon (28e), et au 200 m papillon (18e), pour lesquels il a établi de meilleurs temps personnels.

•Darragh a nagé le papillon dans les relais 4x50 m et 4x100 m quatre nages (10e pour tous les deux).

•En 2017, Darragh a abaissé le record canadien du 200 m papillon lors des Championnats canadiens de natation.

•Il a remporté le 100 m et le 200 m papillon aux Essais olympiques et de paranatation 2016 à Toronto. Il a aussi terminé 3e au 200 m QNI.

•Il a représenté l’université du Missouri aux championnats du NCAA division 1 en 2015. Il a établi un record de son école au 200 y papillon et au 200 y QNI. Il a terminé au 7e rang du 200 y papillon.

•Aux Essais canadiens 2014, il a obtenu l’argent au 200 m brasse, le bronze au 200 m papillon ainsi qu’une 6e place au 400 m QNI.

•Aux 3es championnats du monde jeunesse en 2011, il a remporté la médaille de bronze au 200 m papillon en établissant un record canadien 15-17 ans.

•Il a commencé à suivre la progression de Michael Phelps lorsqu’il avait 12 ans et le cite parmi ses inspirations.

•Il a commencé à nager parce qu’il souffrait d’asthme lorsqu’il était enfant. Sa mère l’a inscrit à des cours pour l’aider avec sa respiration et il a tout de suite aimé le sport.

# QUICK FACTS | EN BREF

**TWITTER:** @mackdarragh

**HOBBIES | PASSETEMPS:** Playing video games, watching movies, playing basketball, volleyball and hanging out with friends and family

**OFF-SEASON INTERESTS | INTÉRÊTS LORSQU’IL NE NAGE PAS:** Travel, vacation, snowboard

**ROLE MODEL | MODÈLE:** Six-time Olympic gold medal sprinter Usain Bolt, Jamaica



# RUSLAN GAZIEV

**BIRTHDATE | DATE DE NAISSANCE:** 1999-08-16

**HEIGHT | TAILLE:** 190 cm

**HOMETOWN | VILLE NATALE:** Moscow, Russia

**RESIDENCE | RÉSIDENCE:** Toronto, ON

**CLUB:** Markham Aquatic Club

**COACH | ENTRAÎNEUR:** Robert Novak

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** -

•At the FINA World Junior Championships in Indianapolis, Gaziev won two gold medals in the mixed 4x100-m freestyle and 4x100 medley relay. Gaziev also finished sixth in the 50-m freestyle.

•At the 2017 Canadian Junior Championships, Gaziev earned two medals, a silver in the 50-m freestyle and a bronze in the 100-m freestyle.

•Aux Championnats du monde juniors FINA à Indianapolis, Gaziev a décroché deux médailles d’or aux relais mixtes 4x100 libre et QN. Il a aussi terminé 6e au 50 m libre.

•Aux Championnats canadiens juniors 2017, Gaviez a remporté deux médailles individuelles, le bronze au 100 m libre et l’argent au 50 m libre.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @ruslangaziev

**TWITTER:** @ruslangaziev99

**FAVOURITE MOVIE | FILM FAVORI:** Fast and Furious Tokyo Drift

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Game of Thrones

**FAVOURITE ACTOR | ACTRICE FAVORITE:** Leonardo DiCaprio

**MUSIC BEHIND THE BLOCK | MUSIQUE DERRIÈRE LES BLOCS:** XXXTentacion





# SARAH GIRARD

**BIRTHDATE | DATE DE NAISSANCE:** 1998-02-08  
**HEIGHT | TAILLE:** 160 cm  
**HOMETOWN | VILLE NATALE:** Montreal, QC  
**RESIDENCE | RÉSIDENCE:** Montreal, QC  
**CLUB:** Club de Natation Neptune  
**COACH | ENTRAÎNEUR:** Jeremy Bruggeman  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** -  
**SPORT CLASS:** NESB9NE

- At the 2017 Can Am Para-swimming Championships, Girard placed first in the 100-m breaststroke event.
- 2015 was Girard’s first time on the national team. She secured her spot by winning the 2015 Speedo Can Am Para-swimming Championships in the SB9 100-m breaststroke to qualify for both the 2015 IPC Swimming World Championships Glasgow, Scotland and the 2015 Parapan Am Games in Toronto.
- Girard was 7th in the 100-m breaststroke at the 2015 IPC Swimming World Championships in Glasgow, Scotland.
- She then followed that up with a bronze medal in the 100-m breaststroke at the 2015 Toronto Parapan Am Games.
- When she first began swimming, Girard preferred training to competing.
- Her biggest influences range from Benoit Huot to Michael Phelps to her mother, Sylvie.

# QUICK FACTS | EN BREF

**INSTAGRAM:**@sarah\_girard98      **TWITTER:** @Sarah1998swim  
**FAVOURITE MOVIE | FILM FAVORI:** Lion  
**FAVOURITE BOOK | LIVRE FAVORI:** Divergent  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Suits  
**FAVOURITE ACTRESS | ACTRICE FAVORITE:** Meghan Markle

- Away from the pool she enjoys shopping with friends and watching movies.

- Aux Championnats Can-Am de paranatation 2017, Girard a remporté l’or 100 m brasse.

- 2015 était la première fois de Girard dans l’équipe nationale. Elle a assuré sa place en gagnant le 100m brasse aux championnats Can-Am de paranatation Speedo 2015 pour se qualifier pour les championnats du monde de natation du CIP 2015 à Glasgow, en Écosse, et les Jeux parapanaméricains de Toronto 2015.

- À ses premiers championnats du monde, elle a terminé en 7e position au 100 m brasse à l’IPC 2015 à Glasgow en Écosse.

- Elle a remporté la médaille de bronze au 100 m brasse aux Jeux parapanaméricains 2015 à Toronto.

- Ses modèles vont de Benoit Huot et Michael Phelps à sa mère, Sylvie.

- Lorsqu’elle n’est pas à la piscine, elle aime magasiner avec ses amis et regarder des films.

- Quand elle a commencé à nager Sarah Girard préférerait l’entraînement à la compétition.

- Ses plus grandes influences vont de Benoît Huot à Michael Phelps à sa mère, Sylvie, qui est juge.

- En dehors de la piscine elle aime magasiner avec ses amies et regarder des films.



# JADE HANNAH

**BIRTHDATE | DATE DE NAISSANCE:** 2002-01-24  
**HEIGHT | TAILLE:** 176 cm  
**HOMETOWN | VILLE NATALE:** Halifax, NS  
**RESIDENCE | RÉSIDENCE:** Victoria, BC  
**CLUB:** Island Swimming, HPC-Victoria  
**COACH | ENTRAÎNEUR:** Ryan Mallette  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Brad Dingey

- At the 2017 FINA World Junior Championships in Indianapolis, Hannah won two gold medals in the 50-m backstroke and she swam the backstroke leg of the mixed 4x100-m medley relay. Hannah also added a bronze medal in the 100-m backstroke.
- At the 2017 Canadian Swimming Championships, Hannah swam the butterfly leg for women’s 4x100-m medley relay team that won the gold medal.
- At the 2017 Canadian Swimming Trials in Victoria, Hannah claimed the bronze medal in the 50-m backstroke.

- Aux Championnats du monde juniors FINA 2017 à Indianapolis, Hannah a remporté deux médailles d’or, une au 50 m dos, et une deuxième au relais mixte 4x100 m QN. Hannah a aussi décroché le bronze au 100 m dos.
- Aux Championnats canadiens de natation 2017, Hannah a nagé le papillon dans le relais 4x100 m quatre nages qui a remporté une médaille d’or.
- Aux Essais canadiens de natation 2017, Hannah a remporté la médaille de bronze au 50 m dos.



# QUICK FACTS | EN BREF

**INSTAGRAM:**@jadeshannah      **TWITTER:** @jadeshannah  
**FAVOURITE MOVIE | FILM FAVORI:** The Heat  
**FAVOURITE BOOK | LIVRE FAVORI:** The Golden Rules  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Gilmore Girls  
**FAVOURITE ACTRESS | ACTRICE FAVORI:** Melissa McCarthy





# MARY-SOPHIE HARVEY

**BIRTHDATE | DATE DE NAISSANCE:** 1999-08-11  
**HEIGHT | TAILLE:** 177 cm  
**HOMETOWN | VILLE NATALE:** Trois-Rivières, QC  
**RESIDENCE | RÉSIDENCE:** Montreal, QC  
**CLUB:** Club de Natation Neptune  
**COACH | ENTRAÎNEUR:** Tom Rushton  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:**

- At the 2017 FINA World Championships in Budapest, Harvey finished eighth as part of the women’s 4x200-m freestyle relay. She also placed 14th in the 200 free.
- At the 2017 Canadian Swimming Trials, Harvey qualified for her first FINA World Championships with her silver-medal performances in the 200-m freestyle and 400-m individual medley. She set new personal bests in both events.
- She won the 400-m IM at both the Mesa and Austin Pro Swim Series events in 2017, and collected six other top-three finishes
- At the 2016 Junior Pan Pacific Championships in Kihei, Maui, Harvey individually earned a gold medal in the 200-m IM along with a bronze medal in the 400.
- At the same event, she was a member of the 4x100-m freestyle relay that won a silver medal with a time of 3:42.84. She also swam in the prelims of the 4x100-m medley relay that later won a silver medal.

# QUICK FACTS | EN BREF

**FAVOURITE MOVIE | FILM FAVORI:** Harry Potter  
**FAVOURITE BOOK | LIVRE FAVORI:** The Book Thief  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** One Tree Hill  
**PLACE TO VISIT | ENDROIT À VISITER:** Greece | Grèce  
**SUPERHERO | SUPER HÉRO:** Superman

- She earned herself two silvers (200-m medley, women’s 4x200-m), and a bronze (women’s 4x100-m freestyle) at the 2015 FINA World Championships in Singapore.
- Harvey has represented Canada in the 2013 FINA World Junior Championships, 2014 Australian Age Group Championships, 2014 Junior Pan Pacific Championships and the 2015 FINA World Junior Championships.
- Both of Harvey’s parents swam at the national level and she wanted to follow in their path from a young age.

- Aux Championnats du monde FINA 2017 à Budapest, Harvey a terminé 8e comme membre du relais 4x200 m libre et 14e au 200 libre.
- Aux Essais canadiens de natation 2017, Harvey s’est qualifiée pour ses premiers Championnats du monde en remportant l’argent au 200 m libre et au 400 m QNI. Elle a réalisé ses meilleurs temps personnels dans les deux épreuves.
- Elle a remporté le 400 m QNI aux Pro Swim Series de Mesa et d’Austin en 2017, en plus d’obtenir six autres Top 3.
- Aux Championnats panpacifiques juniors 2016 à Kihei, Maui, Harvey a remporté l’or au 200 m QNI et le bronze au 400 m QNI.

- À la même compétition, elle a pris part au relais 4x100 m libre qui a décroché l’argent avec un temps de 3:42,84. Elle a aussi nagé dans les préliminaires du relais 4x100 m QN qui a plus tard remporté l’argent.
- Elle a remporté deux médailles d’argent (200 m quatre nages, relais 4x200 m libre dames) et une médaille de bronze (relais 4x100 m libre dames) aux Championnats du monde juniors de Singapour.
- Elle a représenté le Canada aux Championnats du monde juniors FINA 2013, aux Championnats groupes d’âge d’Australie de 2014, aux Championnats Pan Pacifique juniors 2014 et aux Championnats du monde juniors FINA 2015.

- Les parents de Harvey ont tous les deux nagé au niveau national et très jeune, elle voulait suivre leurs pas.







## YURI KISIL

**BIRTHDATE | DATE DE NAISSANCE:** 1995-09-18

**HEIGHT | TAILLE:** 200 cm

**HOMETOWN | VILLE NATALE:** Calgary, AB

**RESIDENCE | RÉSIDENCE:** Vancouver, BC

**CLUBS:** High Performance Centre - Vancouver

**COACH | ENTRAÎNEUR:** Tom Johnson

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:**

Dave Johnson

- At the Rio 2016 Olympic Games, Kisil made it to the semifinals of the 100-m freestyle where he finished 10th in a new personal best time. He also swam the second leg of the 4x100-m freestyle relay that finished 7th.

- At the 2017 FINA World Championships in Budapest, Kisil won bronze in the mixed 4x100-m freestyle relay and the 4x100 medley relay. He also placed 10th in the 100-m freestyle and he was a member of the eighth place 4x100-m freestyle relay team.

- Kisil won Swimming Canada's Co-Male Swimmer of the Year award for his 2017 performances.

- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont., Kisil individually set two new personal bests in the 50-m and 100-m freestyle events that had him finish 17th and 11th.

- At the same competition, Kisil swam in four relays including the 4x50-m mixed relay that earned a bronze medal and a new Canadian record. Other relays include the 4x50-m freestyle (10th), 4x100-m freestyle (7th) and 4x50-m medley relay (10th).

- At the Toronto 2015 Pan Am Games, Kisil swam the final leg of the 4x100-m freestyle relay, winning a silver with teammates Santo Condorelli, Karl Krug and Evan Van Moerkerke.

- In Toronto, he competed in the morning sessions of the 4x200-m freestyle which later won bronze. He also competed in the 4x100-m medley with teammates Russell Wood, Richard Funk and Santo Condorelli, earning a bronze medal.

- Individually in Toronto, Kisil finished fifth in the 100-m freestyle.

- At the 2015 FINA World Championships in Kazan, Russia, Kisil earned himself a 23rd-place finish in the 100-m freestyle.

- In Kazan, Kisil was a part of the inaugural 4x100-m mixed relay with teammates Santo Condorelli, Chantal Van Landeghem and Sandrine Mainville, which earned a bronze medal and new Canadian record.

- Made his first senior national teams at the 2014 Canadian Swimming Trials, winning the 100-m freestyle in Victoria to become the youngest Canadian male to ever to swim under the 50-second barrier.

- Aux Jeux olympiques de Rio 2016, Kisil s'est rendu en demi-finale du 100 m libre, terminant en 10e position avec un nouveau meilleur temps personnel. Il a aussi été le deuxième relayeur du 4x100 m libre qui a terminé en 7e position.

- Aux Championnats du monde FINA 2017 à Budapest, Kisil a remporté deux médailles de bronze au relais mixte 4x100 m libre et au relais mixte 4x100 m QN. Kisil a terminé 10e au 100 m libre en plus d'être membre du relais 4x100 m libre masculin qui a terminé 8e.

- Kisil a remporté le titre de co-nageur de l'année de Natation Canada pour 2017

- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, Kisil a établi deux meilleurs temps personnels individuellement, dans les épreuves de 50 m et de 100 m libre où il a terminé 17e et 11e.

- Pendant cette même compétition, Kisil a nagé dans quatre relays, y compris le relais 4x50 m mixte pour lequel il a gagné la médaille de bronze et établi un nouveau record canadien. Il a aussi participé au relais 4x50 m libre (10e), 4x100 m libre (7e) et 4x50 m quatre nages (10e).

- Il a remporté le 50 m libre et a terminé 2e au 100 m libre pour se qualifier sur l'équipe de Rio lors des Olympiques et de paranaatation 2016 à Toronto. Il a aussi décroché le bronze au 200 m libre.

- Aux Jeux panaméricains 2015 à Toronto, il a été le dernier relayeur du 4x100 m libre qui a remporté la médaille d'argent avec Santo Condorelli, Karl Krug et Evan Van Moerkerke.

- Il a nagé dans la session des préliminaires du 4x200 m libre qui, plus tard, a remporté le bronze. Il a aussi nagé dans le relais 4x100 m QN avec Russell Wood, Richard Funk et Santo Condorelli qui a aussi remporté la médaille de bronze.

- Il a terminé en 5e position du 100 m libre, à Toronto.

- Il a terminé en 23e position au 100 m libre aux Championnats du monde FINA 2015 à Kazan.

- À Kazan, il a aussi pris part au relais 4x100 m libre avec Santo Condorelli, Chantal Van Landeghem et Sandrine Mainville, qui, en plus de remporter le bronze, a établi une nouvelle marque canadienne.

- A fait ses premières équipes nationales seniors aux essais canadiens de natation 2014, gagnant le 100m libre à Victoria pour devenir le plus jeune Canadien de l'histoire à nager sous la barrière des 50 secondes.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @yuri\_kisil    **TWITTER:** @Yuri\_Kisil

**FAVOURITE MOVIE | FILM FAVORI:** Lord of the Rings or Deadpool

**FAVOURITE BOOK | LIVRE FAVORI:** Romancing Mr. Bridgerton

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Rick and Morty

**FAVOURITE ACTOR | ACTEUR FAVORI:** Viggo Mortensen



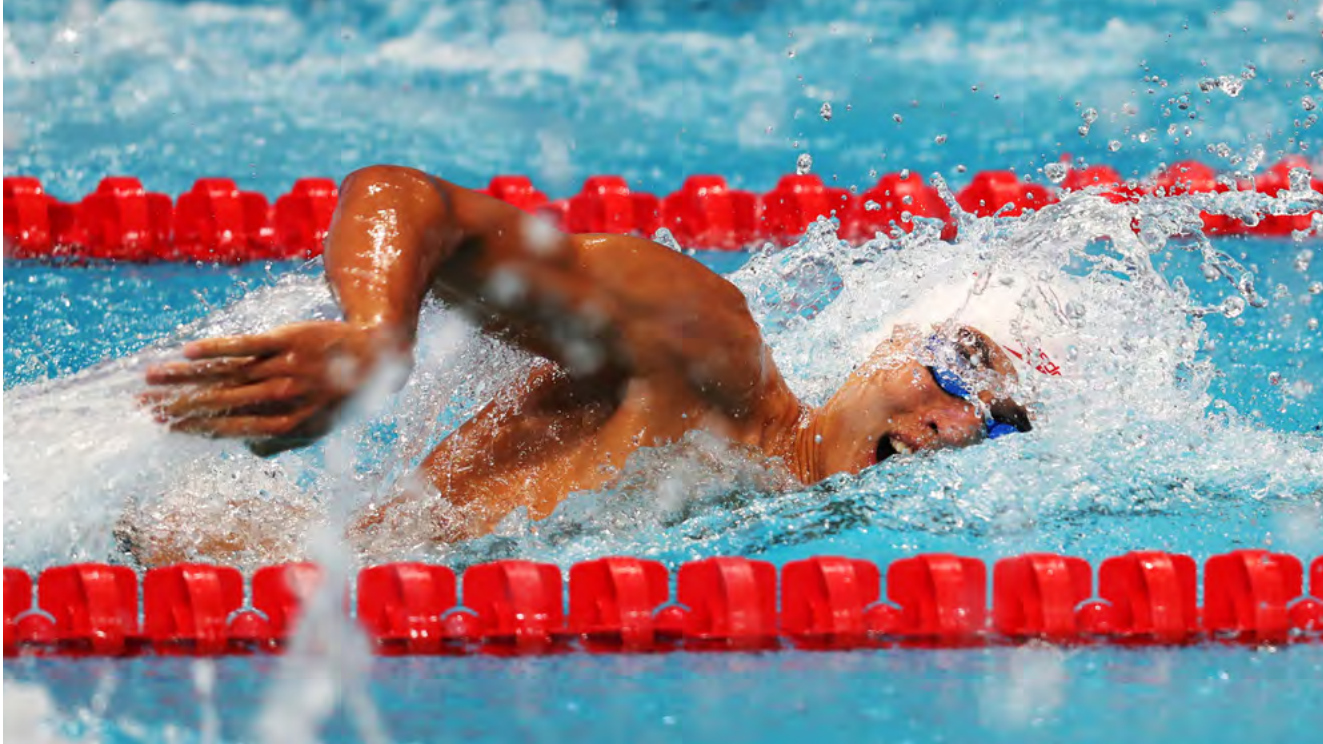


# FAITH KNELSON

**BIRTHDATE | DATE DE NAISSANCE:** 2001-09-09  
**HEIGHT | TAILLE:** 175 cm  
**HOMETOWN | VILLE NATALE:** Ladysmith, BC  
**RESIDENCE | RÉSIDENCE:** Victoria, BC  
**CLUB:** Island Swimming, HPC-Victoria  
**COACH | ENTRAÎNEUR:** Ryan Mallette  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Brad Dingey

- At the 2017 FINA World Junior Championships in Indianapolis, Knelson won gold in the women’s 4x100-m medley relay. She also added a pair of silver medals in the 50-m and 100-m breaststroke.
- At the 2017 Canadian Swimming Championships, Knelson was strong in the breaststroke events, winning gold in the 50-m, silver in the 100-m and bronze in the 200-m. She was also a member of the women’s 4x100-m medley relay team that took home the gold medal.
- At the 2017 Canadian Swimming Trials, Knelson claimed a silver in the 50-m breaststroke and a bronze in the 100-m breast.

- Aux Championnats du monde juniors FINA à Indianapolis, Knelson a remporté l’or au relais 4x100 m QN. Elle a aussi remporté deux médailles d’argent au 50 m et au 100 m brasse.
- Aux Championnats canadiens de natation 2017, Knelson a remporté l’or au 50 m brasse, l’argent au 100 m brasse et le bronze au 200 m brasse. Elle était membre du relais 4x100 m quatre nages qui a gagné la médaille d’or.
- Aux Essais canadiens de natation 2017, Knelson a décroché l’argent au 50 m brasse et le bronze au 100 m brasse.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @faithknelson    **TWITTER:** @KnelsonFaith  
**FAVOURITE BOOK | LIVRE FAVORI:** Big Little Lies  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Jane the Virgin  
**FAVOURITE BAND | GROUPE FAVORI:** Fleetwood Mac  
**OTHER SPORT | AUTRE SPORT:** Hockey





# JEAN-MICHEL LAVALLIÈRE

**BIRTHDATE | DATE DE NAISSANCE:** 1990-12-10  
**HEIGHT | TAILLE:** 173 cm  
**HOMETOWN | VILLE NATALE:** Québec, QC  
**RESIDENCE | RÉSIDENCE:** Montréal, QC  
**CLUB:** CHP-Québec  
**COACH | ENTRAÎNEUR:** Mike Thompson  
**PAST COACH | ANCIEN ENTRAÎNEUR :** Pierre Lamy, Marc-Andre Pelletier  
**SPORT CLASS:** S7SB7SM7

- At the Rio 2016 Paralympic Games, Lavallière swam in three events. His best finish was 10th in both the 50-m freestyle and the 50-m butterfly. He finished 12th in the 100-m freestyle.
- He contributed to a Canadian record in the 34pts 4x100-m medley relay, which finished 7th.
- Lavallière strong performances at the 2016 Canadian Para-swimming Trials were highlighted with a gold medal in the multi-class 50-m butterfly, on top of three other top-10 finishes.
- Won four individual and two relay silver medals at the 2015 Toronto Parapan Am Games. Was second in the 50-m freestyle, 200-m IM, 100-m freestyle, 50-m butterfly, 4x100-m 34 pt freestyle relay and 4x100 34 pt medley relay. He set a Canadian record in the 100-m backstroke.
- He finished 6th in the 200-m IM at the 2015 IPC Swimming World Championships in Glasgow, Scotland.
- At the 2015 Speedo Can Am Para-swimming Championships, he won gold in the 100-metre and 400-m freestyle plus was second in the 50-m free and 200-m individual medley.
- At the Pan Pacific Para-swimming Championships in 2014, Lavallière earned silver medals in the 50-m freestyle and 100-m freestyle and bronze in the 50-m butterfly.

- At the 2014 Can Am Championships, Lavallière lowered Canadian records in the 50-m butterfly, 100-m butterfly, 50-m breaststroke and the 200-m individual medley.
- At the 2013 IPC World Championships in Montreal, his time in the 50-m fly was both a Canadian and Pan American record.
- In 2011, he won a bronze medal at the Pan Pacific Para-swimming Championships in the 50-m freestyle.
- In 2009, Lavallière made his international debut at the IPC short course world championships in Rio de Janeiro.
- Sports management student at Université Laval.

- Aux Jeux paralympiques de Rio 2016, Lavallière a participé à trois épreuves. Son meilleur résultat dut une 10e place au 50 m libre et au 50 m papillon. Il a terminé en 12e position au 100 m libre.
- Il a contribué au relais 4x100 m QN de 34 points qui a réalisé un record canadien et terminé en 7e place.
- Les solides performances de Lavallière aux essais canadiens de paranatation 2016 ont eu comme faits saillants une médaille d’or au 50 m papillon multicatégories en plus de trois autres résultats parmi les 10 premiers
- Il a remporté six médailles d’argent aux Jeux parapanaméricains 2015 à Toronto, quatre en individuel et deux en relais. Il a terminé deuxième au 50 m libre, 200 m QNI, 100 m libre, 50 m papillon, 4x100 m libre de 34 points et 4x100 m QN de 34 points. Il a établi un record canadien au 100 m dos.
- Il a terminé 6e au 200 m QNI aux championnats du monde IPC 2015 à Glasgow en Écosse.
- Il a gagné la médaille d’or aux 100 m et 400 m libre, en plus de terminer deuxième aux 50 m libre et 200 m QNI aux championnats Can-Am de paranatation Speedo 2015.
- Lavallière a connu son plus grand succès international en 2014 avec trois médailles aux championnats pan-pacifiques de paranatation. Lavallière a obtenu des médailles d’argent aux 50 m libre et 100 m libre et une de bronze au 50 m papillon.
- Aux championnats Can-Am 2014, Lavallière a abaissé les records canadiens des 50 m papillon, 100 m papillon, 50 m brasse et 200 m QNI.
- Aux championnats du monde de l’IPC à Montréal en 2013 son temps au 50 m papillon a été un record canadien et panaméricain.
- En 2011, il a gagné une médaille de bronze aux championnats para-pan-pacifiques au 50 m libre.
- En 2009, Lavallière a fait ses débuts internationaux aux championnats du monde de l’IPC en petit bassin à Rio de Janeiro.
- Étudiant en administration sportive à l’Université Laval.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @jmlavalliere  
**PRE-RACE RITUAL | RITUEL PRÉ-COURSE:** Always wipes his block at least three times before a race  
**FAVOURITE THING TO DO AWAY FROM POOL | CHOSE FAVOURITE À FAIRE EN DEHORS DE LA PISCINE:** Spend time with friends who aren’t swimmers



# KYLIE MASSE

**BIRTHDATE | DATE DE NAISSANCE:** 1996-01-18  
**HEIGHT | TAILLE:** 176 cm  
**HOMETOWN | VILLE NATALE:** Windsor, ON  
**RESIDENCE | RÉSIDENCE:** Toronto, ON  
**CLUB:** Windsor Essex Swim Team, U of Toronto  
**COACH | ENTRAÎNEUR:** Linda Kiefer, Byron MacDonald  
**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Andrei Semenov

- Pronounced MOSS
- At the 2017 FINA World Championships in Budapest, Masse won gold and set a world record in the women’s 100-m backstroke to become Canada’s first ever female world champion in swimming.
- At the same competition, Masse swam the backstroke leg of the mixed 4x100-m medley relay that claimed bronze and broke the Canadian record.
- At the Rio 2016 Olympic Games, Masse brought home her first Olympic bronze medal in the 100-m backstroke when she tied with Tuanhui Fu of China. She was also the lead-off swimmer in the 4x100-m medley relay that finished 5th in Canadian record time.
- Masse won Swimming Canada’s 2017 Female Swimmer of the Year award.
- At the 2017 Canadian Swimming Trials, Masse earned gold medals in all three backstroke events to qualify for FINA World Championships. She set new personal best times in the 100-m and 200-m backstroke events, with the 100 lowering her own Canadian record.
- At the 13th FINA World Swimming Championships (25-m) in Windsor, Ont. Masse competed in four events including two relays. Individually, she earned a silver medal in the 100-m backstroke in a Canadian record time. She also competed in the 50-m backstroke where she finished 8th setting a new Canadian record.

- At the same event, Masse along with teammates Rachel Nicol, Katerine Savard and Penny Oleksiak earned a silver medal and set a new Canadian record in the 4x100-m medley relay. Masse swam in the 4x50-m medley relay that during the prelims, set a new Canadian record but later fell just short of the podium, in 4th
- At the 2016 Canadian Olympic & Para-Swimming Trials, Masse collected a gold medal in the 100-m backstroke to make the Olympic team, breaking the Canadian record in both prelims and finals. She also earned a bronze medal in the 200-m IM and a 4th-place finish in the 200-m backstroke.
- In 2015-16 she received the BLG Award as the CIS Female Athlete of the Year.

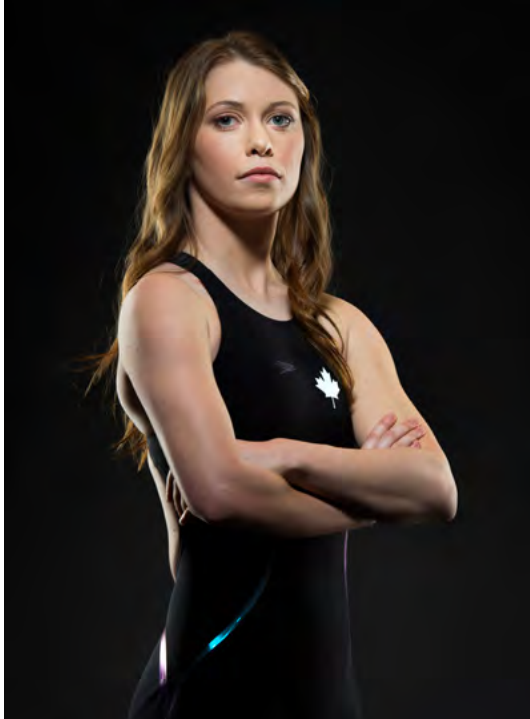
- Prononcé MOSS
- Aux Championnats du monde FINA 2017 à Budapest, Masse a remporté la médaille d’or en abaissant le record mondial au 100 m dos et est devenue la première Canadienne championne du monde de natation.
- À la même compétition, Masse a nagé le dos du relais 4x100 m QN mixte qui a remporté le bronze et abaissé le record canadien.
- Aux Jeux olympiques de Rio 2016, Masse a remporté sa première médaille olympique, une de bronze, au 100 m dos, a égalité avec la Chinoise Tuanhui Fu. Elle a aussi nagé la portion de dos du relais 4x100 m QN qui a terminé en 5e position avec un nouveau record canadien.
- Masse a remporté le titre de nageuse de l’année de Natation Canada 2017
- Aux Essais canadiens de natation 2017, Masse a remporté l’or dans les trois épreuves de dos et s’est qualifiée pour les Championnats du monde FINA. Elle a réalisé ses meilleurs temps personnels aux 100 m et 200 m dos et abaissé son record canadien au 100 m.
- Aux 13es Championnats du monde FINA (25 m) à Windsor, Ont., Masse a participé à quatre épreuves, dont deux relais. Individuellement, elle a gagné la médaille d’argent au 100 m dos en 56.02, un record canadien. Elle a aussi participé au 50 m dos, où elle a terminé 8e et établi un nouveau record canadien.
- Pendant ce même événement, Masse et coéquipières Rachel Nicol, Katerine Savard et Penny Oleksiak ont gagné la médaille d’argent et établi un nouveau record canadien au relais 4x100 m quatre nages. Masse a nagé au relais 4x50 m quatre nages, établissant un nouveau record canadien pendant les rondes préliminaires. Ce record était malheureusement insuffisant pour monter sur le podium, et le relais a terminé en 4e
- Masse a remporté la médaille d’or au 100 m dos et s’est taillée une place sur l’équipe olympique lors Essais olympiques et de paranatation 2016 à Toronto. Elle a abaissé le record canadien lors des préliminaires et une fois de plus en finale. Elle a remporté le bronze au 200 m QNI et a terminé 4e au 200 m dos.
- À sa deuxième année universitaire, Kylie a remporté le titre d’athlète féminine de l’année du sport interuniversitaire canadien.



# QUICK FACTS | EN BREF

**FAVOURITE TV SHOWS | ÉMISSIONS DE TÉLÉVISION FAVORITES:** Hawaii Five-O, Grey’s Anatomy  
**FAVOURITE SINGER | ARTISTE FAVORI:** Beyonce  
**MUSIC BEHIND THE BLOCKS | MUSIQUE DERRIÈRE LE BLOC:** Rap, Dancehall  
**FAVOURITE PLACE TO VISIT | ENDROIT À VISITER:** Europe  
**GUILTY PLEASURE | PLAISIR COUPABLE:** Cheesecake, Chocolate





## SARAH MEHAIN

**BIRTHDATE | DATE DE NAISSANCE:** 1995-01-12

**HEIGHT | TAILLE:** 165 cm

**HOMETOWN | VILLE NATALE:** Vernon, BC

**RESIDENCE | RÉSIDENCE:** Montreal, QC

**CLUB:** McGill University

**COACH | ENTRAÎNEUR:** Peter Carpenter,

**PAST COACHES | ENTRAÎNEURS ANTÉRIEURS:**

Renate Terpstra, Bruce Melton

**SPORT CLASS:** S7SB7SM7

•At the Rio 2016 Paralympic Games, Mehain competed in five events, making the finals in three of them.

•Mehain made the finals in the 50-m butterfly (4th), 200-m individual medley (5th) and 50-m freestyle (7th). She also competed in the 100-m breaststroke (10th) and the 100-m backstroke (11th).

•Mehain won four medals at the Parapan Am Games: gold in the 50-m butterfly, and silver in the 50-m freestyle, 100-m freestyle, and 100-m backstroke.

•She won bronze medals in the 50-m butterfly at the 2015 IPC Swimming World Championships in Glasgow, Scotland. She also finished 4th in the 200-m IM and 5th in 100-m breaststroke, 100-m backstroke and 50-m freestyle.

•Mehain continued her progress on the international stage in 2014 as a member of Team Canada at the 2014 Pan Pacific Para-swimming Championships in Pasadena, Calif. She won a bronze medal in the 100-m breaststroke and was fourth in the 50-m freestyle, 50-m butterfly, 200-m individual medley and 100-m backstroke.

•Mehain was Canada's busiest swimmer at the 2013 IPC World Championships in Montreal, competing in six individual events. The highlight was a bronze medal, her first major international podium finish, in the 100-m backstroke. She set four personal bests including a Canadian record in the 100-m breaststroke.

•Mehain enjoyed a successful first Paralympic Games in London in 2012. She reached the final in four of her six events placing sixth in the 50-m butterfly and seventh in the 50-m freestyle, 100-m breaststroke and 200-m individual medley.

•Mehain has cerebral palsy and is hemiplegic. It has left one side of her body weaker than the other, and not as coordinated.

•Aux Jeux paralympiques de Rio 2016, Mehain a participé à 5 épreuves, atteignant la finale dans trois de ses cinq épreuves.

•Mehain a fait la finale au 50 m papillon (4e), 200 m QNI (5e) et 50 m libre (7e). Elle a aussi participé au 100 m brasse (10e) et au 100 m dos (11e).

•Son meilleur résultat aux Essais olympiques et de paranatation 2016 a été une 2e place au 50 m papillon multicatégories avec un temps la classant 6e au monde dans la catégorie S7 la qualifiant pour ses 2es Jeux paralympiques.

•Elle a remporté une médaille d'or et trois médailles d'argent aux Jeux parapanaméricains. Elle a enlevé la première place au 50 m papillon, la seconde place au 50 m libre, au 100 m libre et au 100 m dos.

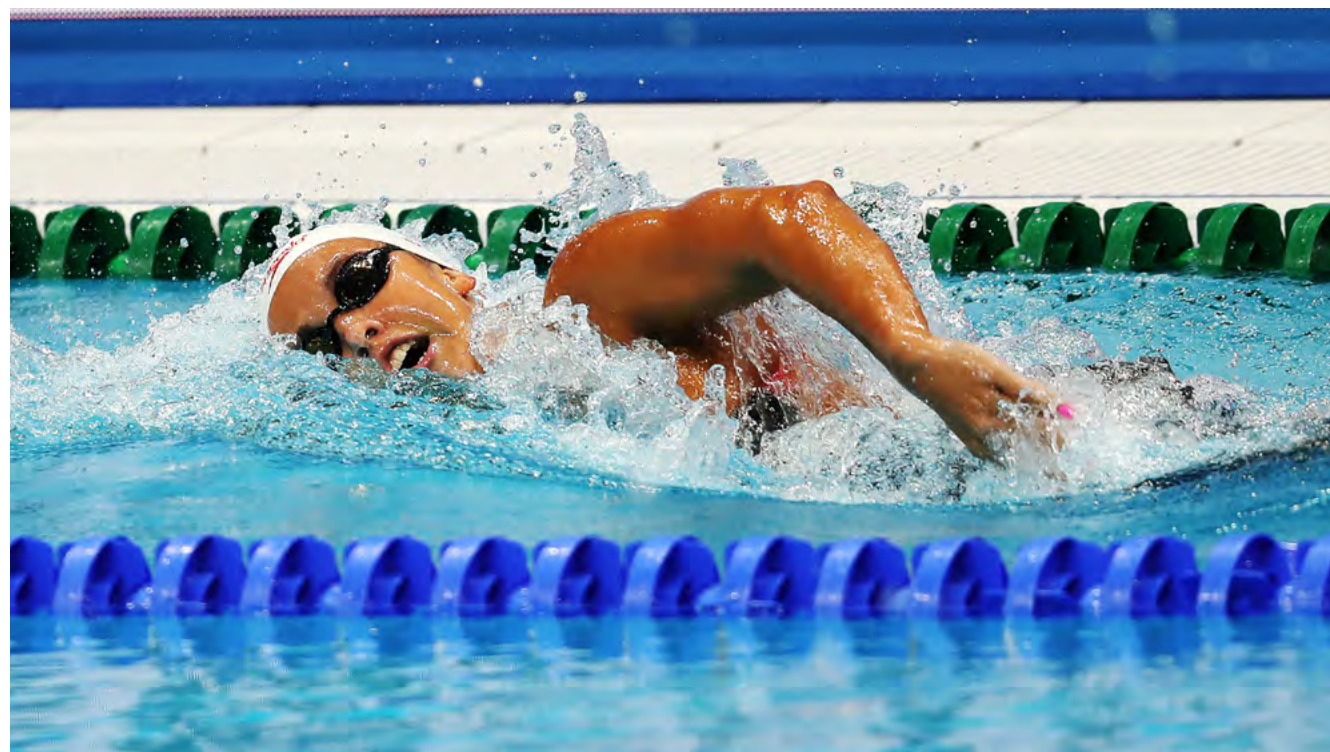
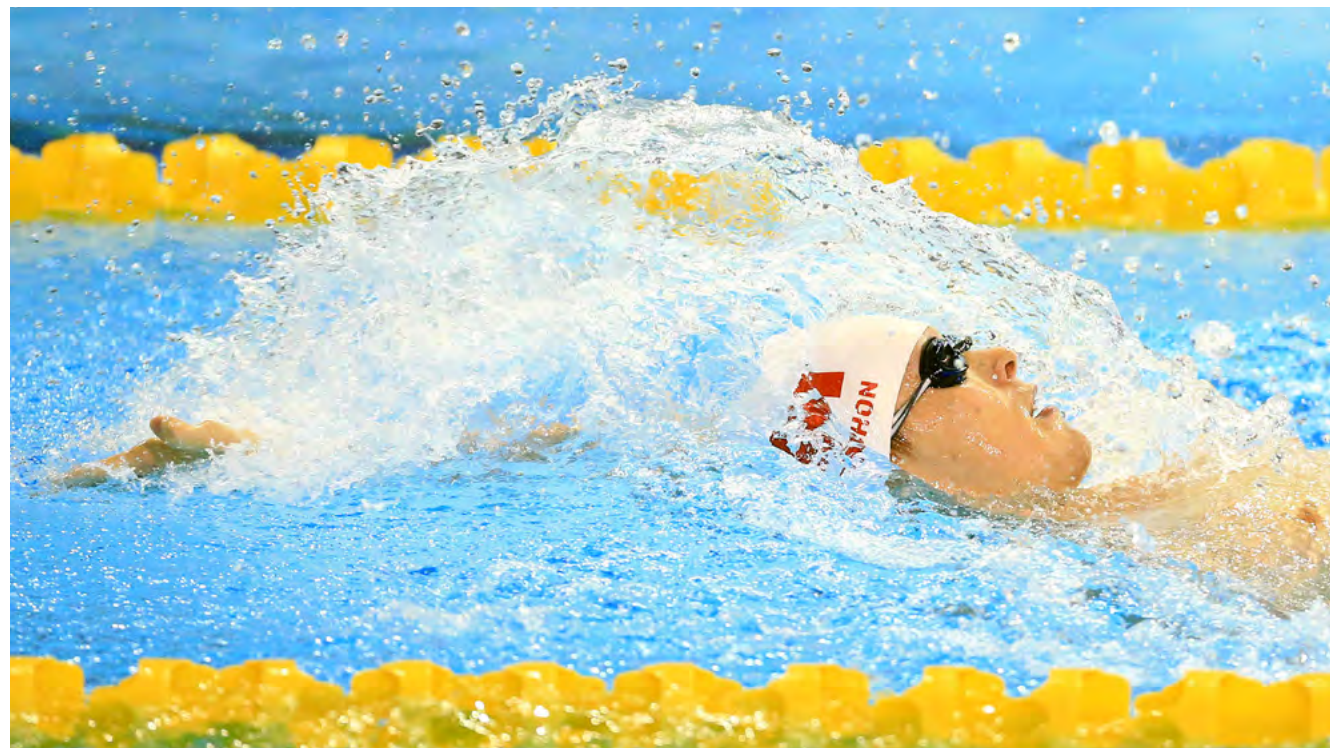
•Aux championnats du monde IPC 2015 à Glasgow en Écosse, elle a obtenu la médaille de bronze au 50 m papillon. Elle a aussi terminé 4e au 200 m QNI et 5e au 100 m brasse, 100 m dos et 50 m libre.

•Mehain a poursuivi sa progression sur la scène internationale en 2014 comme membre d'Équipe Canada aux championnats pan-pacifiques de paranatation 2014 à Pasadena, en Californie. La versatile nageuse a gagné une médaille de bronze au 100 m brasse et a terminé quatrième aux 50 m libre, 50 m papillon, 200 m QNI et 100 m dos.

•Mehain a été la nageuse la plus occupée du Canada aux championnats du monde de l'IPC de 2013 à Montréal en participant à six épreuves individuelles. Le fait saillant a été une médaille de bronze, son premier podium international majeur, au 100m dos.

•Mehain a connu des premiers Jeux paralympiques couronnés de succès à Londres en 2012. Elle s'est qualifiée pour quatre finales dans ses six épreuves, se classant sixième au 50 m papillon et septième aux 50 m libre, 100 m brasse et 200 m QNI.

•Mehain a un état congénital appelé hémiplégie. Cela a laissé un côté de son corps plus faible que l'autre et pas aussi coordonné.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @smee95

**FAVOURITE BOOK | LIVRE FAVORI:** Pride and Prejudice

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** How to Get Away with Murder

**FAVOURITE TYPE OF MUSIC | TYPE DE MUSIQUE FAVORITE:** Indie

**FAVOURITE SONG BEHIND THE BLOCKS | MUSIQUE DERRIÈRE LES BLOCS:** 300 Violin Orchestra by | par Jorge Quintero





# RACHEL NICOL

**BIRTHDATE | DATE DE NAISSANCE:** 1993-02-16

**HEIGHT | TAILLE:** 161 cm

**HOMETOWN | VILLE NATALE:** Lethbridge, AB

**RESIDENCE | RÉSIDENCE:** Lethbridge, AB

**CLUB:** LA Swim Club

**COACH | ENTRAÎNEUR:** Peter Schori

**PAST COACHES | ANCIENS ENTRAÎNEURS:**

Steve Collins, Brad Mori

- At the Rio 2016 Olympic Games, Nicol finished 5th in the 100-m breaststroke. She also swam the breaststroke leg of the 4x100-m medley relay that finished 5th in Canadian record time.
- At the 2017 FINA World Championships in Budapest, Nicol placed eighth in the 50-m breaststroke with a personal best time and 10th in the 100 breast.
- At the 2017 Canadian Swimming Trials in Victoria, Nicol qualified for her second FINA World Championships with gold medals in the 50-m and 100-m breaststroke events.
- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Nicol competed in two individual events and a relay. Nicol made the final of the 100-m breaststroke where she finished 8th in a personal best time. She also made the semifinals in the 50-m breaststroke where she finished 10th, also in a personal best time of 30.38.
- At the same competition, she swam the breaststroke leg of the 4x100-m medley relay and with her teammates Kylie Masse, Katherine Savard and Penny Oleksiak, won a silver medal.
- At the Toronto 2015 Pan Am Games, Nicol earned a bronze medal in the 100-m breaststroke. She followed up by swimming the 4x100-m medley relay that won a silver medal, along with teammates Dominique Bouchard, Noemie Thomas and Chantal Van Landeghem.
- At the 2015 FINA World Championships in Kazan, Russia, Nicol made it to semifinals in the 50-m and 100-m breaststroke where she finished 10th and 11th.

- In Kazan, Nicol swam the 4x100-m medley alongside teammates Dominique Bouchard, Katherine Savard and Sandrine Mainville, finishing sixth.
- In 2014-15 she received both All-Conference Honors and All-American Honors for her swimming performances.
- In 2010, Nicol won the gold medal in the 50-m breaststroke and added two bronze at the inaugural Youth Olympic Games in Singapore.
- Her father Chris was a competitive swimmer in his native Scotland before coming to Canada to compete for Queen's University.
- Her mother Lorraine was president of the Lethbridge Club for four years and a member of the board for six.

- Aux Jeux olympiques de Rio 2016, Nicol a terminé en 5e position au 100 m brasse. Elle a aussi nagé la portion de brasse du relais 4x100 m QN qui a terminé en 5e position et qui a abaissé le record canadien.
- Aux Championnats du monde FINA 2017 à Budapest, Nicol a terminé 8e au 50 m brasse avec un record personnel et 10e au 100 m brasse.
- Aux Essais canadiens de natation 2017 à Victoria, Nicol s'est qualifiée pour ses deuxièmes Championnats du monde en remportant l'or au 50 m et 100 m brasse.
- Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016 Nicol a participé à deux épreuves individuelles et un relais. Nicol est montée aux finales du 100 m brasse, terminant 8e et établissant un meilleur temps personnel de 1:05.15. Elle a aussi atteint la demi-finale du 50 m brasse, terminant 10e avec un meilleur temps personnel.
- Pendant cette même compétition, elle a nagé le brasse avec ses coéquipières Kylie Masse, Katherine Savard et Penny Oleksiak au relais 4x100 m quatre nages, gagnant la médaille d'argent.
- Médaillée de bronze au 100 m brasse aux Jeux panaméricains 2015 à Toronto, elle a aussi participé au relais 4x100 m QN complété par Dominique Bouchard, Noemie Thomas et Chantal Van Landeghem, qui a remporté la médaille d'argent.
- Aux Championnats du monde FINA 2015 à Kazan, elle a atteint les demi-finales du 50 m et 100 m brasse où elle a terminé en 10e et 11e position
- Elle a aussi contribué au relais 4x100 m QN avec ses coéquipières Dominique Bouchard, Katerinê Savard et Sandrine Mainville. Elles ont terminé en 6e
- En 2014-15 elle a reçu l'honneur de l'équipe d'étoiles de la conférence et de l'équipe d'étoiles américaines pour ses performances en natation.
- En 2010, Nicol a gagné la médaille d'or au 50m brasse et a ajouté deux médailles de bronze aux tout premiers Jeux olympiques de la jeunesse à Singapour.
- Son père Chris a été un nageur compétitif dans son Écosse natale avant de venir au Canada pour concourir pour l'Université Queen's.
- Sa mère Lorraine a été présidente du Lethbridge Club pendant quatre ans et membre du conseil d'administration pendant six ans.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @cheetah\_345

**FAVOURITE MOVIE | FILM FAVORI:** Gladiator

**FAVOURITE BOOK | LIVRE FAVORI:** East

**FAVOURITE TV SHOWS | ÉMISSIONS DE TÉLÉVISION FAVORITES:** Friends, Sherlock, Game of Thrones

**FAVOURITE ACTOR | ACTEUR FAVORI:** Viggo Mortensen





# CARSON OLAFSON

**BIRTHDATE | DATE DE NAISSANCE:** 1997-03-28  
**HEIGHT | TAILLE:** 190 cm  
**HOMETOWN | VILLE NATALE:** Chilliwack, BC  
**RESIDENCE | RÉSIDENCE:** Vancouver, BC  
**CLUB:** UBC Dolphins, HPC-Vancouver  
**COACH | ENTRAÎNEUR:** Tom Johnson  
**PAST COACHES | ENTRAÎNEURS ANTÉRIEURS:** -

- At the 2017 FINA World Championships in Budapest, Olafson was a member of the 8th place 4x100-m freestyle relay team.
- At the 2017 Canadian Swimming Trials in Victoria, BC, Carson Olafson won bronze medals in the 100-m and 200-m freestyle events to qualify for FINA World Championships. He set a new personal best in the 200.
- At the 2016 Canadian Swimming Championships in Edmonton, AB, Olafson brought home a silver and two bronze medals in the 100-m, 200-m and 400-m freestyle events. His 400-m freestyle was a personal best. He was also a member of the 4x100-m and 4x200-m freestyle relays that took home gold medals.
- At the 5th World Junior Championships in Singapore, Olafson swam the 200-m butterfly (34th), 400-m freestyle (22nd) and the 800-m freestyle (27th). He also swam in the 4x100-m freestyle (6th) and the 4x200-m freestyle (5th) relays.

# QUICK FACTS | EN BREF

**INSTAGRAM:** @carsonolafson  
**FAVOURITE MOVIE | FILM FAVORI:** Lord of the Rings  
**FAVOURITE BOOK | LIVRE FAVORI:** Game of Thrones  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Game of Thrones  
**FAVOURITE PLACE TO VISIT | ENDROIT À VISITER:** Hawaii

- Aux Championnats du monde FINA à Budapest, Olafson était membre du relais 4x100 m libre masculin qui a terminé 8e.
- Aux Essais canadiens de natation 2017, Carson Olafson a remporté le bronze aux 100 m et 200 m libre et s’est qualifié pour les Championnats du monde FINA. Il a réalisé un meilleur temps personnel au 200 m libre.
- Aux Championnats canadiens 2016 à Edmonton, Olafson a remporté une médaille d’argent et deux médailles de bronze aux 100 m, 200 m et 400 m libre. Il a réalisé un meilleur temps personnel au 400 m libre. Il était membre des relais 4x100 m libre et 4x200 m libre qui ont remporté l’or.
- Aux 5es Championnats du monde juniors à Singapour, Olafson a nagé le 200 m papillon (34e), le 400 m libre (22e) et le 800 m libre (27e). Il a aussi participé au relais 4x100 m libre (6e) et au relais 4x200 m libre (5e).







## PENELOPE OLEKSIK

**BIRTHDATE | DATE DE NAISSANCE:** 2000-06-13

**HEIGHT | TAILLE:** 186 cm

**HOMETOWN | VILLE NATALE:** Toronto, ON

**RESIDENCE | RÉSIDENCE:** Toronto, ON

**CLUBS:** Toronto Swim Club

**COACH | ENTRAÎNEUR:** Bill O'Toole

**PAST COACHES | ANCIENS ENTRAÎNEURS:**

Ben Titley, Gary Nolden

- At the Rio 2016 Olympic Games Penny Oleksiak won four medals including a gold in the 100-m freestyle, making her the first Olympic champion born in the 2000s. Her time was an Olympic record, Canadian record, and World Junior record

- Oleksiak is the first Canadian summer Olympian to win four medals at a single Games.

- Oleksiak also won a silver in the 100-m butterfly and two bronze medals as the anchor of the 4x100-m and 4x200-m freestyle relays. These were all Canadian records.

- Oleksiak was selected as the flag bearer for Team Canada at the closing ceremonies for the Rio 2016 Olympic Games.

- Penny Oleksiak was awarded the CP Female Athlete of the Year and the 2016 Lou Marsh Award, for her incredible feats in 2016.

- At the 2017 FINA World Junior Championships in Indianapolis, Oleksiak brought home five relay gold medals, which include the women's 4x100-m medley, 4x100 free and 4x200 free as well as the mixed 4x100 free and 4x100 medley.

- Oleksiak now has 11 total world junior championship medals and she is the second most decorated athlete at the competition.

- At the 2017 FINA World Championships in Budapest, Oleksiak was a member of the mixed 4x100-m freestyle and 4x100-m medley relay teams that won bronze in a Canadian record time.

- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont., Individually, Oleksiak earned a bronze medal in the 100-m freestyle in a Canadian record time.

- At the same competition, Oleksiak finished with two golds (4x50-m freestyle, 4x200-m freestyle) and a silver (4x100-m medley relay). Oleksiak, along with her teammates set new Canadian records in both the 4x50-m freestyle and 4x200-m freestyle relays..

- At the 2016 Canadian Olympic & Para-Swimming Trials Oleksiak was honoured as female swimmer of the meet, and was the youngest swimmer to qualify for the Olympic team at age 15.

- At the 2015 FINA World Junior Championships, Oleksiak won six medals – one gold (mixed 4x100-m freestyle relay), four silver (100-m freestyle, 50-m butterfly, 100-m butterfly and 4x200-m freestyle relay), and one bronze (4x100-m freestyle relay).

- Aux Jeux olympiques de Rio 2016, Penny Oleksiak a remporté quatre médailles, dont l'or au 100 m libre. Elle est devenue la première championne olympique née en 2000. Son temps lui a permis d'abaisser le record olympique, le record canadien et le record de monde junior.

- Elle est devenue la première championne olympique née dans les années 2000.

- Oleksiak est la première Olympienne canadienne des Jeux d'été à remporter 4 médailles en une édition des Jeux.

- Oleksiak a aussi remporté l'argent au 100 m papillon et deux médailles de bronze aux relais 4x100 m libre et 4x200 m libre. Ces trois épreuves étaient aussi des records canadiens.

- Elle a été nommée porte-drapeau pour l'équipe canadienne à la cérémonie de clôture des Jeux olympiques de Rio 2016.

- Penny Oleksiak a été la récipiendaire du Trophée Lou Marsh et a aussi été nommée athlète féminine de l'année 2016 par La Presse canadienne.

- Aux Championnats du monde juniors FINA 2017 à Indianapolis, Oleksiak a remporté cinq médailles aux épreuves de relais, incluant les relais 4x100 m QN et libre et le 4x200 libre, ainsi que les relais mixtes 4x100 libre et QN.

- Oleksiak a maintenant 11 médailles aux Championnats du monde juniors, et elle est maintenant la deuxième athlète la plus décorée de cette compétition.

- Aux championnats du monde FINA 2017, Oleksiak était membre du relais mixte 4x100 m libre et 4x100 m quatre nages qui ont remporté le bronze et abaissé les records canadiens.

- Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, Oleksiak a gagné la médaille de bronze pour le 100 m libre, établissant un nouveau record canadien de 52.01.

- Pendant cette même compétition, Oleksiak a gagné deux médailles d'or (4x50 m libre, 4x200 m libre) et une médaille d'argent (relais 4x100 m quatre nages). Oleksiak et ses coéquipiers ont établi de nouveaux records canadiens aux relais 4x50 m libre et 4x200 m libre.

- Aux Essais olympiques et de paranatation 2016, elle a été nommée athlète féminine de la rencontre et, à 15 ans, est la plus jeune qualifiée sur l'équipe olympique.

- Elle a participé aux championnats du monde juniors FINA 2015 et a remporté 6 médailles : 1 or (relais 4x100 m libre mixte), 4 argents (100 m libre, 50 m papillon, 100 m papillon, relais 4x200 m libre) et 1 bronze (relais 4x100 m libre).



## QUICK FACTS | EN BREF

**INSTAGRAM:** @typicalpen

**TWITTER:** @OleksiakPenny

**FAVOURITE MOVIE | FILM FAVORI:** Little Mermaid

**FAVOURITE BOOK | LIVRE FAVORI:** Milk and Honey

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Bob's Burgers

**ATHLETIC FAMILY | FAMILLE SPORTIVE:** Brother Jamie is an NHL defenceman and sister Hayley is an NCAA rower



# AURÉLIE RIVARD

**BIRTHDATE | DATE DE NAISSANCE:** 1996-05-14  
**HEIGHT | TAILLE:** 170 cm  
**HOMETOWN | VILLE NATALE:** St-Jean-Sur-Richelieu, QC  
**RESIDENCE | RÉSIDENCE:** Montreal, QC  
**CLUB:** CHP-Québec  
**COACH | ENTRAÎNEUR:** Mike Thompson  
**PAST COACH | ANCIEN ENTRAÎNEUR :**  
France Latendresse  
**SPORT CLASS:** S10SB9SM10

- At the Rio 2016 Paralympic Games, Rivard impressed the world with three golds and a silver medal.
- Rivard brought home gold medals in the 50-m, 100-m, and 400-m freestyle. Her silver medal was in the 200-m individual medley.
- All four times were Canadian records, including two world records (50 free, 400 free), and a Paralympic record (100 free).
- She contributed to 5th-place finishes in the 4x100-m medley relay and 34pts 4x100-m freestyle relay, both in Canadian record time.
- Rivard was Canada’s flag-bearer for the closing ceremonies of the Paralympic Games.
- Aurelie Rivard was amongst the finalists for the Lou Marsh Award that included Penny Oleksiak, Sidney Crosby, Andre De Grasse, Milos Raonic, Brooke Henderson and Dereck Drouin.
- At the 2017 Para-swimming Canadian Open, Rivard broke her own Canadian record in the 200-m individual medley.
- At the 2017 Berlin World Para Swimming World Series, Rivard set a world record in the S10 200-metre freestyle.
- At the 2017 Can Am Para-swimming Championships in Windsor, Rivard came first in the 50-m and 100-m freestyle.
- Rivard won a record seven medals, six of them gold, and set a world record in the 100-m freestyle at the Toronto 2015 Parapan Am Games. She also broke two Americas records. Rivard’s success continued with gold in the 100-m freestyle, 100-m butterfly (Canadian record), 50-m freestyle, 400-m freestyle, 200-m IM, 100-m backstroke, and silver in the 100-m breaststroke.

- She earned two gold medals and set a pair of Canadian records at the 2015 IPC Swimming World Championships in Glasgow, Scotland, winning the 50-m freestyle and 400-m freestyle. She also finished second in the 200-m IM and the 100-m freestyle.
- At the 2013 IPC World Championships in Montreal, Rivard was the only Canadian swimmer to win five medals (three silver and two bronze.) She took silver in the 200-m individual medley, 400-m freestyle and the 4x100-m freestyle relay. She was third in the 50-m freestyle and 100-m freestyle.
- Rivard made her first major international breakthrough at the 2012 Paralympic Games in London, at age 16. She won the silver medal in the 400-metre freestyle and reached finals in four other events.

- Aux Jeux paralympiques de Rio 2016, Rivard a impressionné le monde en remportant trois médailles d’or et une médaille d’argent.
- Elle est montée sur la plus haute marche du podium au 50 m, 100 m et 400 m libre.
- Sa médaille d’argent est venue au 200 m QNI.
- Ces quatre courses étaient des records canadiens. Elle a également battu deux records du monde (50 m et 400 m libre) et un record paralympique (100 m libre).
- Elle a participé à la 5e place du relais QN et du relais libre 34 points, les deux ayant abaissé le record canadien.
- Rivard était la porte-drapeau du Canada à la cérémonie de clôture des Jeux paralympiques.
- Aurélié Rivard était parmi les finalistes pour le Trophée Lou Marsh qui incluait Penny Oleksiak, Sidney Crosby, Andre De Grasse, Milos Raonic, Brooke Henderson et Dereck Drouin.

- À l’Open du Canada de paranatation, Rivard a battu son propre record canadien au 200 m QNI.
- À la Série mondiale de paranatation de Berlin 2017, Rivard a établi un record du monde au 200 mètres libre S10.
- Aux Championnats Can-Am de paranatation 2017 à Windsor, Rivard a remporté le 50 m libre et le 100 m libre.
- Elle a récolté un record de sept médailles, dont six d’or, en plus d’établir un record du monde au 100 m libre aux Jeux parapanaméricains. Elle a également battu deux records des Amériques. Elle a décroché l’or au 100 m libre, 100 m papillon (record canadien), 50 m libre, 400 m libre, 200 m QNI et 100 m dos, ainsi que l’argent au 100 m brasse.
- Elle a obtenu deux médailles d’or et établi deux records canadiens aux championnats du monde IPC 2015 à Glasgow en Écosse. Elle a remporté le 50 m et 400 m libre. Elle a terminé au deuxième rang au 200 m QNI et 100 m libre.

- Aux championnats du monde de l’IPC 2013 à Montréal, Rivard a été la seule nageuse canadienne à remporter cinq médailles (trois d’argent et deux de bronze.) Elle a obtenu des médailles d’argent aux 200 m QNI, 400 m libre et relais 4x100m libre. Elle a terminé troisième au 50 m libre et 100m libre.
- Rivard a effectué sa première percée internationale majeure aux Jeux paralympiques de 2012 à Londres à l’âge de 16 ans. Elle a gagné la médaille d’argent au 400 m libre et s’est qualifiée pour les finales dans quatre autres épreuves.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @aurelierivard  
**FAVOURITE MOVIE | FILM FAVORI:** The Incredibles  
**FAVOURITE BOOK | LIVRE FAVORI:** The Girl on the Train  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** One Tree Hill  
**FAVOURITE BANDS | GROUPES FAVORIS:** Queen, AC/DC





# TESS ROUTLIFFE

**BIRTHDATE | DATE DE NAISSANCE:** 1998-09-28

**HEIGHT | TAILLE:** 129 cm

**HOMETOWN | VILLE NATALE:** Caledon, ON

**RESIDENCE | RÉSIDENCE:** Montreal, QC

**CLUB:** CHP-Québec

**COACH | ENTRAÎNEUR:** Mike Thompson

**PAST COACH | ANCIEN ENTRAÎNEUR :**

Pierre Lambert, Courtney Desjardins

**SPORT CLASS:** S7SB7SM7

- At the Rio 2016 Paralympic Games, Routliffe brought home her first Paralympic medal, a silver in the 200-m individual medley in Canadian record time.
- She made the finals in four other events: 100-m breaststroke (4th), 50-m freestyle (5th), 100-m freestyle (6th) and 50-m butterfly (7th).
- The times in the 100 breast, 50 free, and 100 free were all Canadian records.
- She also finished 10th in the 100-m backstroke.
- She contributed to a 5th-place finish in the 34pts 4x100-m freestyle relay, in Canadian record time.
- 2015 was a breakout year, as Routliffe won four gold medals and one silver at the Parapan Am Games Toronto. She took gold in the 50-m freestyle, 100-m freestyle, 100-m breaststroke and 100-m backstroke, with the silver in the 200-m IM.
- In 2015 she won a silver medal in the 200-m IM, earned four 4th-place finishes, and set Canadian records in the 100-m freestyle and 100-m backstroke competing in her first IPC Swimming World Championships in Glasgow, Scotland.
- Routliffe, who is short of stature, showed her versatility by winning six medals at the 2015 Speedo Can Am Para-swimming Championships in Toronto. She placed second in the 50-metre, 100-m and 400-m freestyle, plus the 200-m individual medley and 100-m breaststroke. She was third in the 100-m backstroke.
- At the 2014 Pan Pacific Para-swimming Championships she reached the final in six individual

events at age 16. The highlight was a silver medal in the 100-m breaststroke. She also posted four fifth-place finishes and a sixth.

- Routliffe earned her first berth on a Canadian national senior team, following solid performances at the 2014 Can Am Para-swimming Championships in Miami, where she won four gold medals and set seven personal best times.
- Leading up to 2014, her most memorable career highlight was a victory in the 50-m breaststroke at the 2013 Speedo Can Am Para-swimming Championships, which was her first career win in international competition.

- Aux Jeux paralympiques de Rio 2016, Routliffe a remporté sa première médaille paralympique, l'argent au 200 m QNI, avec un nouveau record canadien.
- Elle a participé à quatre autres finales : 100 m brasse (4e), 50 m libre (5e), 100 m libre (6e) et 50 m papillon (7e).
- Elle a abaissé les records canadiens aux 100 m brasse, 50 m libre et 100 m libre.
- Elle a aussi terminé en 10e place au 100 m dos.
- Elle a participé à la 5e place du relais libre 34 points, ayant abaissé le record canadien.
- 2015 fut une année remarquable pour Routliffe. Elle a remporté quatre médailles d'or et une médaille d'argent aux Jeux parapanaméricains. Elle a obtenu l'or au 50 m libre, 100 m libre, 100 m brasse et 100 m dos ainsi que l'argent au 200 QNI..
- Aux championnats du monde IPC 2015 à Glasgow en Écosse, elle a récolté la médaille d'argent au 200 m QNI et a terminé au pied du podium à quatre reprises, en plus d'établir deux nouveaux records canadiens au 100 m libre et au 100 dos.
- Routliffe, une naine, a montré sa versatilité en gagnant six médailles aux championnats Can-Am de paranatation Speedo à Toronto. Elle a terminé deuxième des 50 mètres, 100m et 400m libre, en plus des 200m QNI et 100m brasse. Elle a terminé troisième au 100m dos.
- Routliffe a montré son vaste potentiel aux championnats pan-pacifiques de paranatation 2014 en se qualifiant pour les finales dans six épreuves individuelles à 16 ans. Le fait saillant a été une médaille d'argent au 100m brasse. Elle a aussi terminé quatre fois quatrième et une fois sixième.
- Routliffe a obtenu sa première place dans une équipe nationale canadienne senior, à la suite de solides performances aux championnats Can-Am à Miami. Elle a gagné quatre médailles d'or et établi sept records personnels.
- Elle s'est qualifiée sur sa première équipe nationale sénior à la suite de solides performances aux Championnats Can-Am 2014 à Miami où elle avait remporté 4 médailles d'or et réalisé 7 meilleures performances à vie.
- Avant 2014, son fait saillant le plus mémorable en carrière a été une victoire au 50m brasse aux championnats Can-Am 2013, ce qui a été sa première victoire en carrière en compétition internationale



# QUICK FACTS | EN BREF

**INSTAGRAM:** @tessroutliffe

**FAVOURITE MOVIE | FILM FAVORI:** Divergent

**FAVOURITE BOOK | LIVRE FAVORI:** Water for Elephants

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Grey's Anatomy

**FAVOURITE ACTOR | ACTEUR FAVORI:** Jim Carrey





# KATARINA ROXON

**BIRTHDATE | DATE DE NAISSANCE:** 1993-04-05

**HEIGHT | TAILLE:** 160 cm

**HOMETOWN | VILLE NATALE:** Kippens, NL

**RESIDENCE | RÉSIDENCE:** Kippens, NL

**CLUB:** Aqua Aces Swim Club

**COACH | ENTRAÎNEUR:** Leonard Roxon

**PAST COACHES | ENTRAÎNEURS ANTÉRIEURS:**

Aaron Dahl

**SPORT CLASS:** S9SB8SM9

- At the Rio 2016 Paralympic Games, Roxon brought home her first Paralympic medal, a gold in the 100-m breaststroke in Canadian record time.
- She also made the finals in the 200-m individual medley where she finished in 7th and Roxon also swam in the 400-m freestyle (11th), 100-m freestyle (14th) and 100-m butterfly (16th).
- She contributed to 5th-place finishes in the 4x100-m medley relay and 34pts 4x100-m freestyle relay, both in Canadian record time.
- Roxon won six medals at the 2015 Parapan Am Games Toronto: Gold in the 100-m breaststroke, silver in the 50-m freestyle, 400-m freestyle and 200-m IM, and bronze in the 100-m backstroke and 100-m freestyle.
- She won bronze and set a Canadian record in the SB8 100-m breaststroke at the 2015 IPC Swimming World Championships. Roxon also finished sixth in the SM8 200-m IM.
- Set a short-course world record in the S9 200-m butterfly at an the Short Course East Coast Championships in Mount Pearl Nfld February 22, 2015.
- Roxon successfully defended her SB8 100-m breaststroke title at the 2014 Pan Pacific Para-swimming Championships in Pasadena, Calif. She also won a silver in the SM9 200-m individual medley.
- At the 2013 IPC Swimming World Championships Montreal, Roxon helped Canada to silver in the

women's 4x100-m freestyle relay. Roxon placed fourth in the 100-m breaststroke with a Canadian record.

- Roxon competed at her second Paralympic Games in London 2012. The highlight was a fifth-place finish in the 100-metre breaststroke and helping Canada to seventh place in both women's relays.
- Born with her left arm missing below her elbow, she got involved in swimming at age five because her parents thought that swimming was an essential skill to learn.
- She has competed in numerous other international meets, including world championships, the 2007 Parapan Am Games, 2010 and 2014 Commonwealth Games and 2011 Para Pan Pacs.

- Aux Jeux paralympiques de Rio 2016, Roxon a décroché sa première médaille paralympique, une d'or au 100 m brasse avec un nouveau record canadien.
- Elle a aussi fait la finale au 200 m QNI où elle a terminé en 7e place et a participé au 400 m libre (11e), au 100 m libre (14e) et au 100 m papillon (16e).
- Elle a participé à la 5e place du relais QN et du relais libre 34 points, les deux ayant abaissé le record canadien.
- Elle a remporté six médailles aux Jeux parapanaméricains 2015 à Toronto : l'or au 100 m brasse, l'argent au 50 m libre, 400 m libre et 200 m QNI et le bronze au 100 m dos et 100 m libre.
- Elle a décroché la médaille de bronze au 100 m brasse, en plus de réaliser une nouvelle marque canadienne aux championnats du monde IPC 2015 à Glasgow en Écosse. Elle a également terminé en 6e position au 200 m QNI.
- Elle a battu le record du monde en petit bassin au 200 m papillon plus tôt dans la saison 2015.
- Roxon a défendu avec succès son titre du 100 m brasse aux championnats pan-pacifiques de paranatation 2014 à Pasadena, Calif. Elle a aussi gagné une médaille d'argent au 200m QNI.
- Aux championnats du monde de l'IPC 2013, Roxon a aidé le Canada à obtenir la médaille d'argent au relais 4x100m libre féminin. Roxon s'est classée quatrième au 100 m brasse avec un record canadien.
- Roxon a participé à ses deuxièmes Jeux paralympiques en 2012. Les faits saillants ont été une cinquième place au 100 mètres brasse et aider le Canada à terminer septième dans les deux relais féminins.
- Née avec le bras gauche manquant sous le coude, elle a été impliquée dans la natation à cinq ans parce que ses parents ont pensé que nager était une habileté essentielle à apprendre.
- Elle a participé à plusieurs autres compétitions internationales, dont les championnats du monde, les Jeux parapanaméricains de 2007, les Jeux du Commonwealth de 2010 et 2014 et les championnats para-pan-pacifiques de 2011.



# QUICK FACTS | EN BREF

**INSTAGRAM:** @katarinamirabelle

**TWITTER:** @Katarina\_Roxon

**FAVOURITE MOVIE | FILM FAVORI:** Deadpool

**FAVOURITE AUTOR | AUTEUR FAVORI:** Nicholas Sparks

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Friends

**MUSIC BEHIND THE BLOCKS | MUSIQUE DERRIÈRE LES BLOCS:** Toca



# TAYLOR RUCK

**BIRTHDATE | DATE DE NAISSANCE:** 2000-05-28

**HEIGHT | TAILLE:** 183 cm

**HOMETOWN | VILLE NATALE:** Kelowna, BC

**RESIDENCE | RÉSIDENCE:** Scottsdale, Arizona

**CLUB:** High Performance Centre - Ontario

**COACH | ENTRAÎNEUR:** Ben Titley

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Kevin Zacher

- At her first Olympic Games in 2016, Ruck swam in both the 4x100-m and 4x200-m freestyle relays where she won bronze medals for both events, breaking both Canadian records in the process.
- At the 2017 FINA World Junior Championships in Indianapolis, Ruck brought home five relay gold medals, which include the women’s 4x100-m medley, 4x100 free and 4x200 free as well as the mixed 4x100 free and 4x100 medley.
- At the same competition, Ruck won a sixth gold in the 200-m freestyle and a silver in the 100-m backstroke.
- Ruck became the most decorated athlete at the World Junior Championships with 13 total medals.
- At the 2017 Canadian Junior Championships, Ruck won gold and set a new age group record (15-17) in the 200-m backstroke.
- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Ruck took part in six events including four relays. Individually she earned a bronze medal in the 200-m freestyle in a Canadian record time. She also finished 14th in the 400-m freestyle in a personal best time.
- At the same competition, she was a member of the gold medal winning 4x50-m and 4x200-m freestyles that both set new Canadian records. She also swam in the prelims of the 4x100-m medley relay that later won a silver medal.

- At the 2015 FINA World Junior Championships, Ruck collected three gold medals in the 100-m freestyle, 200-m freestyle and mixed 4x100-m freestyle relay. Her time in the 100-m freestyle set a Canadian age group record in the 15-17 age category.
- At the same competition, she served in the anchor position for the silver-medal winning 4x200-m freestyle relay, and earned two more bronze medals in the 200-m backstroke and 4x100-m freestyle relay.

- À ses premiers Jeux olympiques en 2016, Ruck a participé aux relais 4x100 m et 4x200 m libre où elle a remporté le bronze en plus de deux records canadiens dans ses deux épreuves.
- Aux Championnats du monde juniors FINA 2017 à Indianapolis, Ruck a remporté cinq médailles aux épreuves de relais, incluant les relais 4x100 m QN et libre et le 4x200 libre, ainsi que les relais mixtes 4x100 libre et QN.
- À la même compétition, Ruck a remporté l’or au 200 m libre et l’argent au 100 dos.
- Avec 13 médailles totales, Ruck est maintenant l’athlète la plus décorée des Championnats du monde juniors.
- Aux Championnats canadiens juniors 2017, Ruck a remporté la médaille d’or au 200 m dos en abaissant le record canadien groupe d’âge (15-17).

- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, Ruck a participé à six épreuves dont quatre relais. Individuellement, elle a gagné la médaille de bronze au 200 m libre, établissant un nouveau record canadien. Elle a aussi terminé 14e au 400 m libre avec un meilleur temps personnel.
- Pendant cette même compétition, elle a participé au 4x50 m libre et au 4x200 m libre, gagnant la médaille d’or et établissant de nouveaux records canadiens. Elle a aussi nagé aux rondes préliminaires du relais 4x100 m quatre nages, gagnant la médaille d’argent.
- Aux championnats juniors FINA 2015, elle a décroché 3 médailles d’or (100 m libre, 200 m libre, relais 4x100 m libre mixte). Elle a établi un record canadien 15-17 ans au 100 m libre.
- À cette même compétition, elle était la 4e relayeuse du 4x200 m qui a décroché la médaille d’argent. Elle a aussi remporté le bronze au 200 m dos et au relais 4x100 m libre.



# QUICK FACTS | EN BREF

**TWITTER:** @taylor\_ruck

**NICKNAME | SURNOM:** T-Ruck

**HOBBIES | PASSETEMPS:** Relaxing at home, making art, and playing with my pug

**OFF-SEASON INTERESTS | INTÉRÊTS LORSQU'ELLE NE NAGE PAS:** Visiting family in Kelowna, BC, hike with friends and family, running, paddle-boarding





# SAMANTHA RYAN

**BIRTHDATE | DATE DE NAISSANCE:** 1994-05-24

**HEIGHT | TAILLE:** 167 cm

**HOMETOWN | VILLE NATALE:** Saskatoon, SK

**RESIDENCE | RÉSIDENCE:** Saskatoon, SK

**CLUB:** CHP-Québec

**COACH | ENTRAÎNEUR:** Mike Thompson

**PAST COACH | ANCIEN ENTRAÎNEUR :** Geoff Waugh,

Carlie Spooner, Jeff Sazansky, Steve Hitchings

**SPORT CLASS:** S10SB9SM10

- At the Rio 2016 Paralympic Games, Ryan made her first Paralympic final in the 100-m butterfly, finishing 5th in Canadian record time.
- Ryan also swam in the 100-m freestyle and 50-m freestyle, finishing 17th and 18th.
- Won the multi-class 100-m butterfly at the 2016 Olympic & Para-swimming Trials with a time that ranked seventh in the world in the S10 class to qualify for her first Paralympic Games.
- Ryan swam in seven events, winning silver in the 100-m butterfly competing in the 2105 Parapan Am Games Toronto.
- 5th in the 100-m butterfly at the 2015 IPC Swimming World Championships in Glasgow, Scotland.
- At the 2015 Speedo Can Am Para-swimming Championships in Toronto, Ryan reached the podium three times. She was second in the 200-metre individual medley (SM10) and 100-m butterfly (S10) and third in the 100-m freestyle.

# QUICK FACTS | EN BREF

**INSTAGRAM:** @samm.ryan

**FAVOURITE BOOK | LIVRE FAVORI:** The Fault in our Stars

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** House | Dr. House

**FAVOURITE ACTOR | ACTEUR FAVORI:** Johnny Depp

**FAVOURITE BAND | GROUPE FAVORI:** Passenger

- At age 15, Ryan was the youngest member on Team Canada at the 2014 Pan Pacific Para-swimming Championships in Pasadena, Calif. She collected bronze medals in the 100-m butterfly and 200-m individual medley in addition to reaching five other finals.
- In 2013, Ryan won five medals in the multiclass events for Team Saskatchewan at the Canada Games in Sherbrooke, Que. She earned gold in the 100-m butterfly and 50-m freestyle and silver in the 400-m freestyle, 50-m backstroke and 100-m backstroke.
- Ryan has a condition known as drop foot, which makes it difficult for her to fully control her feet.
- Born in Staffordshire, UK.

- Aux Jeux paralympiques de Rio 2016, Ryan a participé à sa première finale paralympique au 100 m papillon où elle a terminé en 5e place et abaissé le record canadien.
- Ryan a aussi nagé le 100 m libre et le 50 m libre, terminant 17e et 18e respectivement.
- Elle a remporté le 100 m papillon multicatégories lors des Essais olympiques et de paranatation 2016. Cette performance la classe 7e au monde dans la catégorie S10 et elle se qualifie pour ses premiers Jeux paralympiques.
- Elle a disputé sept épreuves et a remporté l'argent au 100 m papillon aux Jeux parapanaméricains.
- Elle a terminé au 5e rang du 100 m papillon aux championnats du monde IPC 2015 à Glasgow en Écosse.
- Aux championnats Can-Am de paranatation Speedo à Toronto, Ryan est montée trois fois sur le podium. Elle a terminé deuxième aux 200m QNI et 100 m papillon. Elle s'est aussi classée troisième au 100 m papillon.
- À 15 ans, Samantha Ryan a été la plus jeune membre d'Équipe Canada aux championnats pan-pacifiques de paranatation 2014 à Pasadena, en Californie. Elle a récolté des médailles de bronze aux 100 m papillon et 200 m QNI en plus de se qualifier pour cinq autres finales.
- En 2013, Ryan a gagné cinq médailles pour Équipe Saskatchewan aux Jeux du Canada à Sherbrooke, au Québec. Elle a obtenu des médailles d'or aux 100 m papillon et 50 m libre et d'argent aux 400 m libre, 50 m dos et 100 m dos.
- Samantha Ryan a un état connu comme pied tombant ce qui rend difficile pour elle de contrôler complètement ses pieds.
- Née à Staffordshire, R.-U.



# KAYLA SANCHEZ

**BIRTHDATE | DATE DE NAISSANCE:** 2001-04-07

**HEIGHT | TAILLE:** 168 cm

**HOMETOWN | VILLE NATALE:** Scarborough, ON

**RESIDENCE | RÉSIDENCE:** Scarborough, ON

**CLUB:** High Performance Centre - Ontario

**COACH | ENTRAÎNEUR:** Ben Tittley

**PAST COACHES | ENTRAÎNEURS ANTÉRIEURS:** -

- Pronounced KIE-lah
- At the 2017 FINA World Junior Championships in Indianapolis, Sanchez won two gold medals in the women's 4x100-m and 4x200-m freestyle relay. She also added two individual medals including a silver in 200-m individual medley and a bronze in the 100-m freestyle.
- At the 2017 FINA World Championships in Budapest, Sanchez was a member of the women's 4x100-m freestyle relay that finished fourth. She also swam the preliminaries for the women's 4x200-m freestyle.
- At the 2017 Canadian Swimming Trials in Victoria, Kayla Sanchez earned a spot on her first national team with a bronze medal finish in the 200-m freestyle in a personal best time.
- At the Indianapolis stop of the 2017 Arena Pro Swim Series, Sanchez finished second in the 200-m freestyle.

# QUICK FACTS | EN BREF

**INSTAGRAM:** @kaylasanchez\_

**FAVOURITE MOVIE | FILM FAVORI:** Tangled

**FAVOURITE BOOK | LIVRE FAVORI:** Divergent

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Bob's Burgers

**FAVOURITE BAND | GROUPE FAVORI:** Migos

- During the Austin leg of the 2017 Arena Pro Swim Series, she had three top-three finishes, including second in the 100-m freestyle
- At the 2016 Junior Pan Pacific Championships in Kihei, Maui, Sanchez was a member of the 4x100-m freestyle relay team that won a silver medal.

- Prononcé KIE-lah
- Aux Championnats du monde juniors FINA 2017 à Indianapolis, Sanchez a remporté deux médailles d'or au relais 4x100 m et 4x200 m libre. Elle a aussi remporté deux médailles individuelles, incluant l'argent au 200 m QN et le bronze au 100 m libre.
- Aux championnats du monde FINA 2017, Sanchez était membre du relais 4x100 m libre qui a terminé quatrième. Elle a aussi nagé les préliminaires du relais 4x200 m libre.
- Aux Essais canadiens de natation 2017, Kayla Sanchez a gagné sa place sur sa première équipe nationale sénior en remportant le bronze au 200 m libre grâce à un meilleur temps personnel.
- À l'étape d'Indianapolis du Arena Pro Series 2017, Sanchez a terminé 2e au 200 m libre.
- À l'étape d'Austin, elle a atteint trois fois le Top 3, incluant une 2e place au 100 m libre.
- Aux Championnats panpacifiques juniors 2016 à Kihei, Maui, Sanchez a fait partie du relais 4x100 m libre médaillé d'argent.





# ERIKA SELTENREICH-HODGSON

**BIRTHDATE | DATE DE NAISSANCE:** 1995-04-24  
**HEIGHT | TAILLE:** 175 cm  
**HOMETOWN | VILLE NATALE:** Ottawa, ON  
**RESIDENCE | RÉSIDENCE:** Vancouver, BC  
**CLUBS:** Greater Ottawa Kingfish, HPC - Vancouver  
**COACH | ENTRAÎNEUR:** Tom Johnson  
**PAST COACHES | ANCIENS ENTRAÎNEURS:** Jozsef Nagy, Scott Faithfull

- In her first Olympic Games in 2016, Seltenreich-Hodgson made it to the semifinals in the 200-m individual medley where she finished 14th.
- At the 2017 FINA World Championships in Budapest, Seltenreich-Hodgson finished 11th in the 200-m individual medley.
- At the 2017 Canadian Swimming Trials, Seltenreich-Hodgson qualified for her second FINA World Championships with her silver medal in the 200-m individual medley in a personal best time.
- At the 2016 Canadian Olympic & Para-Swimming Trials, Seltenreich-Hodgson won a silver medal and Olympic berth in the 200-m IM. Her success came after a tough year in which she sought treatment for depression that slowed her 2015 season.
- At the Toronto 2015 Pan Am Games, Seltenreich-Hodgson earned herself a fifth place finish in the 200-m medley. She also swam the morning session of the 4x200-m freestyle, which later on won a bronze medal.

## QUICK FACTS | EN BREF

**INSTAGRAM:** @erikash24      **TWITTER:** @erika\_salt  
**FAVOURITE BOOKS | LIVRES FAVORIS:** Séries Harry Potter Series  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Gossip Girl  
**FAVOURITE ACTRESS | ACTRICE FAVORITE:** Emma Watson  
**FAVOURITE BAND | GROUPE FAVORI:** Taylor Swift

- In 2014 she was a member of both the Commonwealth Games and Pan Pacific Championships teams, with two top-five finishes at the Games.
- At the 2013 FINA World Championships in Barcelona, she advanced to the semifinal in the 200-m individual medley, finishing 16th overall and was also 19th in the 400-m IM.
- She represented Canada at the 2011 World Junior Championships where she took home a bronze in the 200-m IM.
- At the 2012 Junior Pan Pacific Championships she won bronze in the 4x100-m free relay, and gold in the 200-m IM.

- À ses premiers Jeux olympiques en 2016, Seltenreich-Hodgson s’est rendue en demi-finale du 200 m QNI où elle a terminé en 14e place.
- Aux Championnats du monde FINA 2017 à Budapest, Seltenreich-Hodgson a terminé 11e au 200 m QN.
- Aux Essais canadiens de natation 2017, s’est qualifiée pour ses deuxièmes Championnats du monde en décrochant la médaille d’argent au 200 m QNI avec un meilleur temps personnel.
- Aux Essais olympiques et de paranatation 2016 à Toronto, elle a remporté l’argent au 200 m QNI et a donc été sélectionnée sur sa première équipe olympique. Ce succès arrivait après une année difficile où elle a été traitée pour une dépression, ce qui a ralenti sa saison 2015.

- Elle a pris le 5e rang du 200 m QNI lors des Jeux panaméricains 2015. Elle a nagé lors des préliminaires du 4x200 m libre qui a remporté la médaille de bronze en finale.
- Elle a obtenu une place dans l’équipe canadienne pour les Jeux panaméricains en 2015 avec une deuxième place au 200m QNI et une troisième au 400m QNI aux essais d’Équipe Canada.
- En 2014 elle a été membre des deux équipes des Jeux du Commonwealth et des championnats pan-pacifiques avec deux résultats parmi les cinq premières aux Jeux.
- Aux championnats du monde de la FINA à Barcelone, elle s’est qualifiée pour les demi-finales au 200m QNI, terminant 16e en tout et aussi 19e au 400m QNI.
- Elle a représenté le Canada aux championnats du monde juniors 2011 où elle a gagné une médaille de bronze au 200m QNI.
- Aux championnats pan-pacifiques juniors 2012, elle a gagné la médaille de bronze au relais 4x100m libre et celle d’or au 200m QNI.



# REBECCA SMITH

**BIRTHDATE | DATE DE NAISSANCE:** 2000-03-14  
**HEIGHT | TAILLE:** 180 cm  
**HOMETOWN | VILLE NATALE:** Red Deer, AB  
**RESIDENCE | RÉSIDENCE:** Toronto, ON  
**CLUB:** High Performance Centre - Ontario  
**COACH | ENTRAÎNEUR:** Ben Titley  
**PAST COACH | ANCIEN ENTRAÎNEUR :** -

- At the 2017 FINA World Junior Championships in Indianapolis, Smith won two gold medals in the women’s 4x100-m and 4x200-m freestyle relay. She also added a pair of individual medals including silver in the 100-m butterfly and bronze in the 50 fly.
- At the 2017 FINA World Championships in Budapest, Smith swam the butterfly leg in preliminaries for the mixed 4x100-m medley relay team that won the bronze medal. Smith received a medal for her efforts, a first medal at long-course worlds for Smith.
- At the same competition, Smith also swam the preliminary of the 4x100-m and the 4x200 freestyle relay that finished eighth.
- At the 2017 Canadian Swimming Trials in Victoria, Rebecca Smtih qualified for her first senior national team with a fourth-place finish in the 200-m freestyle. She also earned a bronze medal in the 100-m butterfly in personal best time.
- At the 2016 Junior Pan Pacific Championships in Kihei, Maui, Smith earned three individual silver medals in the 100-m freestyle, 200-m freestyle and 100-m butterfly.

## QUICK FACTS | EN BREF

**INSTAGRAM:** @rebecca.smith14      **TWITTER:** @rebeccasmith14t  
**FAVOURITE MOVIE | FILM FAVORI:** You Again  
**FAVOURITE BOOK | LIVRE FAVORI:** And Then There Were None  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Grey’s Anatomy  
**FAVOURITE BAND | GROUPE FAVORI:** Ed Sheeran

- At the same event she was a member of the 4x100-m freestyle and 4x100-m medley relays that both won silver medals to bring her total to five.
- Smith has represented Canada at the 2015 Australian Age Group Championships and the 2015 FINA World Junior Championships.
- At the 2015 FINA World Junior Championships in Singapore, she earned herself a silver and bronze in the 4x100-m freestyle relay and 4x200-m freestyle relay.
- At the 2015 Australian Age Group Championships, she brought home an impressive six medals, one gold, two silver and three bronze.
- No relation to Kierra Smith

- Aux Championnats du monde juniors FINA à Indianapolis, Smith a remporté deux médailles d’or au relais 4x100 m et 4x200 m libre. Elle a aussi remporté deux médailles individuelles incluant l’argent au 100 m papillon et le bronze au 50 m papillon.
- Aux championnats du monde FINA 2017, Smith a nagé le papillon aux préliminaires du relais mixte 4x100 m quatre nages qui a remporté la médaille de bronze. Smith a reçu une médaille pour sa performance, une première aux championnats du monde pour Smith.
- À la même compétition, Smith a nagé les préliminaires du relais 4x100 m et du relais 4x200 m qui a terminé en huitième position.
- Aux Essais canadiens de natation 2017, Rebecca Smith s’est qualifiée pour sa première équipe sénior grâce à une quatrième place au 200 m libre. Elle a aussi décroché le bronze au 100 m papillon avec un meilleur temps personnel.
- Aux Championnats panpacifiques juniors 2016 à Kihei, Maui, Smith a remporté trois médailles d’argent individuelles aux 100 m libre, 200 m libre et 100 m papillon.
- À la même compétition, elle a participé aux relais 4x100 m libre et 4x100 m QN qui ont remporté les médailles d’argent, amenant son total à cinq médailles.
- Elle a représenté le Canada aux Championnats groupes d’âge d’Australie de 2015 et aux Championnats du monde juniors FINA 2015.
- Elle a remporté une médaille d’argent au relais 4x100 m libre dames et une médaille de bronze au relais 4x200 m libre dames aux Championnats du monde juniors de Singapour.
- Elle a récolté un total impressionnant de six médailles aux Championnats groupes d’âge d’Australie de 2015, une d’or, deux d’argent et trois de bronze.
- N’est pas parente avec Kierra Smith



## KIERRA SMITH

**BIRTHDATE | DATE DE NAISSANCE:** 1994-02-01

**HEIGHT | TAILLE:** 172 cm

**HOMETOWN | VILLE NATALE:** Kelowna, BC

**RESIDENCE | RÉSIDENCE:** Kelowna, BC

**CLUB:** Liquid Lightning Swim Club

**COACH | ENTRAÎNEUR:** Emil Dimitrov

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Kelly Kremer

- At her first Olympic Games in 2016, Smith swam in both the 100-m and 200-m breaststroke. Smith made her first Olympic final in the 200-m breaststroke where she finished 7th. In the 100-m breaststroke Smith finished 19th.
- At the 2017 FINA World Championships in Budapest, Smith finished fifth in the 200-m breaststroke and sixth in the 100 breast, setting a best time in both events. Smith also swam the breaststroke leg of the women's 4x100-m medley that finished fourth.
- At the 13th FINA World Swimming Championships (25-m) in Windsor, Ont. Smith competed in three individual events. She made the finals of the 200-m breaststroke where she finished 5th. She also made the semifinals of the 100-m breaststroke where she finished 12th and finally finished 28th in the 50-m breaststroke, both in personal best times.
- At the Toronto 2015 Pan Am Games, Smith earned herself a gold medal and a new Pan Am Games record after an impressive 200-m breaststroke swim. She got to celebrate on the podium with teammate Martha McCabe as they finished 1-2.
- At the 2015 FINA World Championships in Kazan, Russia, Smith raced to a eighth-place finish and set a new personal best in the 200-m breaststroke.
- At 2015 Team Canada Trials, Smith initially won the 200-m breaststroke but was disqualified due to a stroke violation. She came back strong a day later

to finish a close second to Rachel Nicol in the 100-m breaststroke and meet the standards to earn a berth on both the Pan Am Games and FINA World Championships teams.

- She got her first taste of senior international success by swimming the heats of the 4x100-m medley relay to contribute to a bronze medal for Canada at the 2014 Commonwealth Games. Individually she finished fourth in the 200-m breaststroke and seventh in the 100, setting personal bests in both events.
- At the 2014 Pan Pacific Championships in Gold Coast, Australia, Smith once again contributed to a medley relay bronze. She also set a new personal best with a fourth-place finish in the 200-m breaststroke and matched her personal best for a seventh-place finish in the 100.

- À ses premiers Jeux olympiques, Smith a nagé les 100 m et 200 m brasse. Smith a participé à sa première finale olympique au 200 m brasse où elle a fini 7e. Elle a terminé 19e au 100 m brasse.
- Aux Championnats du monde FINA à Budapest, Smith a terminé 5e au 200 m brasse et 6e au 100 m brasse avec deux records personnels. Elle a aussi nagé la brasse au relais 4x100 m QN qui a terminé 4e.
- Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, Smith a participé à trois épreuves individuelles. Elle s'est trouvé à la finale du 200 m brasse, terminant 5e. Elle s'est aussi trouvé à la demi-finale du 100 m brasse, terminant 12e, et elle a terminé 28e au 50 m brasse, établissant un nouveau meilleur temps personnel dans les deux épreuves.
- Elle a remporté la médaille d'or aux Jeux panaméricains 2015, en plus d'établir une nouvelle marque des Jeux panaméricains, grâce à un 200 m brasse impressionnant. Elle a célébré sur le podium avec sa coéquipière Martha McCabe.
- Elle a pris le 8e rang du 200 m brasse en réalisant un nouveau record personnel aux Championnats du monde FINA 2015 à Kazan.
- Aux essais d'Équipe Canada 2015, Smith a d'abord gagné le 200m brasse, mais a été disqualifiée à cause d'une faute de style. Elle est revenue en force le lendemain pour terminer proche deuxième derrière Rachel Nicol au 100m brasse et réussir le critère de qualification et obtenir des places dans les deux équipes pour les Jeux panaméricains et les championnats du monde de la FINA.

- Smith a goûté au succès international senior en nageant dans la ronde préliminaire du relais 4x100m QN pour contribuer à une médaille de bronze pour le Canada aux Jeux du Commonwealth en 2014. Individuellement elle a terminé quatrième au 200m brasse et septième au 100, établissant des records personnels dans les deux épreuves.

- Aux championnats pan-pacifiques 2014 à Gold Coast, en Australie, Smith a de nouveau contribué à une médaille de bronze au relais QN.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @kierrasmith

**TWITTER:** @kierras

**FAVOURITE MOVIE | FILM FAVORI:** Pitch Perfect

**FAVOURITE BOOK | LIVRE FAVORI:** Yes, please!

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Gossip Girl

**FAVOURITE ACTRESS | ACTRICE FAVORITE:** Beyonce





## MARKUS THORMEYER

**BIRTHDATE | DATE DE NAISSANCE:** 1997-08-25

**HEIGHT | TAILLE:** 198 cm

**HOMETOWN | VILLE NATALE:** Delta, BC

**RESIDENCE | RÉSIDENCE:** Vancouver, BC

**CLUB:** High Performance Centre - Vancouver

**COACH | ENTRAÎNEUR:** Tom Johnson

**PAST COACH | ENTRAÎNEUR ANTÉRIEUR:** Ben Keast

- At the Rio 2016 Olympic Games, Thormeyer swam the third leg in the 4x100-m freestyle relay that finished 7th.
- At the 2017 FINA World Championships in Budapest, Thormeyer won bronze in the mixed 4x100-m freestyle relay as he took part in the preliminaries. He was also a member of the eighth place in the men's 4x100-m freestyle relay team.
- At the 2017 Canadian Swimming Trials in Victoria, Thormeyer won the 200-m freestyle and took two silver medals (100-m freestyle and 100-m backstroke). Thormeyer swam his 100-m freestyle in a personal best. He earned spots on his first FINA World Championships and FISU Universiade teams.
- At the 13th FINA World Swimming Championships (25-m) in Windsor, Ont. Thormeyer individually competed in five events. He set personal bests in the 50-m backstroke (36th) and 200-m freestyle (22nd). He also finished 46th in the 100-m freestyle, 28th in the 100-m backstroke and 25th in the 200-m backstroke.
- At the same competition, Thormeyer was a member of three relays including a bronze medal and new Canadian record in the 4x50-m mixed freestyle relay with teammates Yuri Kisil, Michelle Williams and Sandrine Mainville. Kisil's other relays included the 4x100-m freestyle relay (7th) and the 4x200-m freestyle relay (12th).
- At the Toronto 2015 Pan Am Games, Thormeyer led off in the morning heats for the 4x100-m freestyle, which went on to earn a bronze medal in the final.

- Individually in Toronto, Thormeyer finished seventh in the 100-m backstroke along with 19th in the 200-m backstroke.
- At the 2015 FINA World Junior Championships in Singapore, Thormeyer contributed to a gold medal in the 4x100-m freestyle mixed relay.
- Markus Thormeyer made his first national senior team in 2015, earning a spot on the Pan Am Games team with second-place finishes in the 100-m backstroke and 200-m backstroke at the Team Canada Trials
- Thormeyer first represented Canada when he was just 12 years old at the North American Challenge Cup in 2010 and returned to do so again in 2012.
- His first major junior international competition was the 4th FINA World Junior Championships in 2013. At 16, he was the youngest member of the team.

- Aux Jeux olympiques de Rio 2016, Thormeyer était le 3e relayeur du 4x100 m libre qui a terminé en 7e position.
- Aux Championnats du monde FINA 2017 à Budapest, Thormeyer a remporté une médaille de bronze au relais mixte 4x100 m libre dans lequel il a nagé lors des préliminaires. Il a aussi participé au relais 4x100 m libre masculin qui a terminé 8e.
- Aux Essais canadiens de natation 2017, il a réalisé un meilleur temps personnel au 100 m libre. Il s'est qualifié pour les Championnats du monde à Budapest et les FISU Universiades à Taipei.
- Aux 13es Championnats du monde de natation (25 m) de Windsor, Ontario, Thormeyer a participé à cinq épreuves individuelles. Il a établi des meilleurs temps personnels dans le 50 m dos (36e) et le 200 m libre (22e). Il a aussi terminé 46e dans le 100 m libre, 28e dans le 100 m dos et 25e dans le 200 m dos.
- Pendant cette même compétition, Thormeyer a participé à trois relais, où il a gagné une médaille de bronze et établi un nouveau record canadien au relais 4x50 m libre mixte avec ses coéquipiers Yuri Kisil, Michelle Williams et Sandrine Mainville. Kisil a aussi participé au relais 4x100 m libre (7e) et le relais 4x200 m libre (12e).
- Il a été le nageur partant du relais 4x100 m libre lors des préliminaires des Jeux panaméricains 2015 qui a remporté la médaille de bronze en soirée.
- Il a pris le 7e rang du 100 m dos ainsi que le 19e rang du 200 m dos à ces mêmes Jeux.
- Il a participé au relais 4x100 m libre mixte qui a remporté l'or aux Championnats du monde juniors FINA 2015, à Singapour.
- Markus Thormeyer a fait sa première équipe nationale senior en 2015, obtenant une place dans l'équipe pour les Jeux panaméricains avec une deuxième position au 100m dos et au 200m dos aux essais d'Équipe Canada
- Thormeyer a représenté le Canada pour la première fois à seulement 12 ans dans la Coupe du Défi nord-américain en 2010 et il est revenu en 2012.
- Les quatrièmes championnats du monde juniors de la FINA en 2013 ont été sa première compétition internationale junior majeure et il était le plus jeune membre de l'équipe à 16 ans.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @markusthormeyer

**FAVOURITE MOVIE | FILM FAVORI:** Pitch Perfect

**FAVOURITE BOOK | LIVRE FAVORI:** The Giving Tree

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Gossip Girl

**FAVOURITE ACTRESS | ACTRICE FAVORITE:** Blake Lively





# ABI TRIPP

**BIRTHDATE | DATE DE NAISSANCE:** 2001-01-06  
**HEIGHT | TAILLE:** 164 cm  
**HOMETOWN | VILLE NATALE:** Kingston, ON  
**RESIDENCE | RÉSIDENCE:** Kingston, ON  
**CLUB:** Kingston Y Penguins Aquatic Club  
**COACH | ENTRAÎNEUR:** Vicki Keith  
**PAST COACH | ANCIEN ENTRAÎNEUR :** -  
**SPORT CLASS:** S8SB7SM8

- At the Rio 2016 Paralympic Games, Tripp made the finals in the 400-m freestyle (6th), 100-m freestyle (7th) and 200-m individual medley (8th).
- Her times in the 400 free and 200 IM were also Canadian records.
- Tripp also swam in the 50-m freestyle and 100-m backstroke, finishing 10th in both events.
- At the 2017 Para-swimming Canadian Open, Tripp broke the Canadian record in the 100-m freestyle.
- Tripp earned herself two silver medals in the 50-m and the 100-m freestyle events at the 2017 Can Am Para-swimming Championships.
- Broke the Canadian record in S8 200-m individual medley twice at the 2016 Olympic & Para-swimming Trials, with a time that ranked eighth in the world to qualify for her first Paralympic Games. She also placed second in the multi-class 100-m backstroke and third in the 100-m freestyle.

# QUICK FACTS | EN BREF

**FAVOURITE BOOK | LIVRE FAVORI:** Divergent  
**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Don't own a TV | Elle n'a pas la télévision  
**FAVOURITE RESTAURANT | RESTAURANT FAVORI:** East Side Mario's  
**PRE-RACE MEAL | REPAS PRÉ-COURSE:** Pasta | Pâtes  
**GUILTY PLEASURE | PLAISIR COUPABLE:** Chocolate cake | Gâteau au chocolat

- Tripp finished 4th in the 50-m freestyle, 100-m freestyle, 100-m breaststroke and 200-m IM at the Parapan Am Games.
- At the 2015 Speedo Can Am Para-swimming Championships Tripp was fifth in the 100-metre backstroke plus earned sixth-places finishes in the 50-m and 100-m freestyle.
- Tripp has cerebral palsy which mildly impairs all four of her limbs.
- She learned how to swim at age seven.
- When her swimming career is over Tripp wants to be an occupational therapist or swim coach.
- One of two 14-year-olds on the 2015 national Para-swimming team (Sabrina Duchesne).

- Aux Jeux paralympiques de Rio 2016, Tripp a participé à la finale du 400 m libre (6e), du 100 m libre (7e) et du 200 m QNI (8e).
- Elle a abaissé les records canadiens au 400 m libre et au 200 m QNI.
- Elle a aussi nagé le 50 m libre et le 100 m dos, où elle a terminé en 10e place les deux fois.
- À l'Open du Canada de paranatation, Tripp a battu le record canadien au 100 m libre.
- Aux Championnats Can-Am de paranatation 2017, Tripp a remporté deux médailles d'argent aux 50 m et 100 m libre.

- Elle a battu le record canadien au 200 m QNI deux fois lors des Essais olympiques et de paranatation 2016. Grâce à ce temps, elle se classe 8e au monde et se qualifie sur l'équipe. Elle était aussi 2e au 100 m brasse et 3e au 100 m libre.
- Elle a terminé 4e au 50 m et 100 m libre, au 100 m brasse et au 200 m QNI aux Jeux parapanaméricans.
- Aux championnats Can-Am de paranatation Speedo 2015, Tripp a terminé cinquième au 100 mètres dos en plus de se classer sixième aux 50m et 100m libre.
- Tripp a de la paralysie cérébrale qui affecte légèrement ses quatre membres.
- Elle a appris à nager à 7 ans.
- Quand sa carrière en natation sera terminée Tripp veut être ergothérapeute ou entraîneur de natation.
- Une des deux athlètes de 14 ans dans l'équipe nationale de paranatation 2015 (Sabrina Duchesne).



# PHILIPPE VACHON

**BIRTHDATE | DATE DE NAISSANCE:** 1995-09-03  
**HEIGHT | TAILLE:** 178 cm  
**HOMETOWN | VILLE NATALE:** Blainville, QC  
**RESIDENCE | RÉSIDENCE:** Trois-Rivières, QC  
**CLUB:** Mégophias de Trois-Rivières  
**COACH | ENTRAÎNEUR:** Charles Labrie  
**PAST COACH | ANCIEN ENTRAÎNEUR :** Alexandre Gendron  
**SPORT CLASS:** S8SB8SM8

- Vachon broke the Canadian record in the 100-m butterfly at the 2017 Para-swimming Canadian Open.
- At the 2017 Canadian Swimming Championships, Vachon finished fourth in the 100-m freestyle and backstroke. He also placed sixth in the 200-m individual medley.
- At the 2017 Can Am Para-swimming Championships, Vachon had an impressive performance, capturing four gold medals in the 50-m, 100-m and 400-m freestyle as well as in the 100-m backstroke. He also added onto his medal count with a silver in the 100-m butterfly and a bronze in the 200-m medley.
- At the World Para Swimming World Series in Denmark, Vachon placed first in the 200-m freestyle and third in the 100-m backstroke.
- Growing up, Vachon also participated in other sports such as soccer, baseball and judo.

# QUICK FACTS | EN BREF

**FAVOURITE MOVIE | FILM FAVORI:** Lord of the Rings  
**FAVOURITE BOOK | LIVRE FAVORI:** Chevalier d'Émeraude  
**FAVOURITE BAND | GROUPE FAVORI:** Skillet  
**PLACE TO VISIT | ENDROIT À VISITER:** Hawaii  
**FAVOURITE SONG BEHIND THE BLOCKS | MUSIQUE DERRIÈRE LES BLOCS:** Monster (by Skillet)

- At age 13 he began developing Charcot Marie Tooth disease, which is a neurological disability that affects his nerves, especially in his extremities.
- Vachon a abaissé le record canadien du 100 m papillon lors de l'Open du Canada de paranatation.
- Aux Championnats canadiens de natation 2017, Vachon a terminé quatrième au 100 m libre et au 100 dos. Il a aussi terminé sixième au 200 m QNI.
- Aux Championnats Can-Am de paranatation 2017, Vachon a réalisé des performances impressionnantes, récoltant quatre médailles d'or aux 50 m, 100 m, et 400 m libre ainsi qu'au 100 m dos. Il a aussi remporté l'argent au 100 m papillon et le bronze au 200 m QNI.
- À la World Para Swimming World Series au Danemark, Vachon a remporté le 100 m libre et terminé 3e au 100 m dos.
- Lorsqu'il était jeune, Vachon a participé au soccer, au baseball et au judo.
- À l'âge de 13 ans, il a commencé à développé la maladie Charcot-Marie-Tooth, une trouble neurologique qui affecte les nerfs et les extrémités.



## ELI WALL

**BIRTHDATE | DATE DE NAISSANCE:** 1995-03-16

**HEIGHT | TAILLE:** 180 cm

**HOMETOWN | VILLE NATALE:** Ottawa, ON

**RESIDENCE | RÉSIDENCE:** Toronto, ON

**CLUB:** Toronto Swim Club, U of Toronto

**COACH | ENTRAÎNEUR:** Linda Kiefer

**PAST COACH | ANCIEN ENTRAÎNEUR :**

Claude-Yves Bertrand

- At the 2017 FISU Summer Universiade in Taipei, Wall came in 11th place in both 100 and 200-m breaststroke.
- Wall qualified for the 2015 FISU Summer Universiade in Gwangju representing Canada in the 50, 100, and 200-m breaststroke, as well as the 4 x 100-m medley relay.
- In the 2014-2015 season, Wall was named the U SPORTS Male Swimmer of the Year, and University of Toronto Male Athlete of the Year

- Aux Universiades d'été 2017 à Taipei, Wall a terminé en 11e place au 100 m et au 200 m brasse.
- Wall s'est qualifié pour les Universiades d'été 2015 à Gwangju où il a participé aux 50 m, 100 m et 200 m brasse, ainsi qu'au relais 4x100 m QN.
- Lors de la saison 2014-2015, Wall a été nommé nageur Usports de l'année et athlète de l'année à l'Université de Toronto.



## QUICK FACTS | EN BREF

**INSTAGRAM:** @eliwall\_@ **TWITTER:** @eli\_wall

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** This Is Us

**FAVOURITE ACTOR | ACTEUR FAVORI:** Ryan Gosling

**FAVOURITE BAND | GROUPE FAVORI:** Green Day

**SUPERHERO | SUPER HÉRO:** Oliver Straszynski



## MABEL ZAVAROS

**BIRTHDATE | DATE DE NAISSANCE:** 2000-03-29

**HEIGHT | TAILLE:** 173 cm

**HOMETOWN | VILLE NATALE:** Oakville, ON

**RESIDENCE | RÉSIDENCE:** Burlington, ON

**CLUB:** Oakville Aquatic Club

**COACH | ENTRAÎNEUR:** Sean Baker

**PAST COACH | ANCIEN ENTRAÎNEUR :** Cathy Pardy

- At the 2017 FINA World Junior Championships in Indianapolis, Zavaros won two gold medals as she took part in the morning session in the women's 4x200-m freestyle and the mixed 4x100-m medley. Zavaros also finished fourth in the 200-m butterfly, eighth in the 100 fly and 11th in the 50 fly.
- At the 2017 Canadian Swimming Trials, Zavaros claimed two bronze medals in the 50-m and the 200-m butterfly.
- At the 2017 Canadian Junior Championships, Zavaros two gold medals (100 and 200-m butterfly) and a silver medal in the 200-m freestyle. She also added to the total with a gold in the 4x200-m freestyle relay and a silver in the 4x100-m medley relay.
- At the 2017 Canadian Swimming Championships, Zavaros collected seven medals, including two in relays. Her individual medals were gold in the 100 and 200-m butterfly, silver in the 400-m medley and

## QUICK FACTS | EN BREF

**INSTAGRAM:** mabel\_zavaros **TWITTER:** @Mabel\_Zavaros

**FAVOURITE MOVIE | FILM FAVORI:** Jurassic World

**FAVOURITE BOOK | LIVRE FAVORI:** Harry Potter

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Grey's Anatomy

**FAVOURITE BAND | GROUPE FAVORI:** U2

bronze in the 200-m backstroke and 1500-m freestyle. The relay medals were gold in the women's 4x200-m freestyle and gold in the mixed 4x100-m medley.

- Aux Championnats du monde juniors FINA 2017 à Indianapolis, Zavaros a remporté deux médailles d'or pour avoir nagé les préliminaires au relais 4x200 m libre et au relais mixte 4x100 QN. Zavaros a aussi terminé 4e au 200 m papillon, 8e au 100 m papillon et 11e au 50 m papillon.
- Aux Championnats canadiens de natation 2017, Zavaros a remporté sept médailles, dont deux aux relais. Ses médailles individuelles incluent l'or au 100 et au 200 m papillon, l'argent au 400 m QNI et le bronze au 200 m dos et au 1500 m libre.
- Aux Championnats canadiens juniors 2017, Zavaros a décroché deux médailles d'or au 100 et au 200 m papillon, et une médaille d'argent au 200 m libre. Elle a aussi ajouté une médaille d'or au relais 4x200 m libre et une médaille d'argent au relais 4x100 m quatre nages.
- Aux Essais canadiens de natation 2017, Zavaros a remporté deux médailles de bronze au 50 m et au 200 m papillon.





## ALEXIA ZEVIK

**BIRTHDATE | DATE DE NAISSANCE:** 1994-03-04

**HEIGHT | TAILLE:** 185 cm

**HOMETOWN | VILLE NATALE:** Montreal, QC

**RESIDENCE | RÉSIDENCE:** Raleigh, NC

**CLUB:** Pointe-Claire Swim Club

**COACH | ENTRAÎNEUR:** Braden Holloway

**PAST COACH | ANCIEN ENTRAÎNEUR :** -

- At the 2017 FISU Summer Universiade in Taipei, Zevnik won gold in the women's 4x100-m freestyle relay and she also took home a silver medal and a personal best time in the 200-m backstroke.
- At the 2016 FINA World Swimming Championships (25-m) in Windsor, Ont. Zevnik was a member of four relays. She swam during the prelims for the 4x50-m freestyle, 4x200-m freestyle and the 4x50-m mixed medley relay. Both freestyle relays later went on to win gold medals and the mixed relay later won bronze. She was also a member of the 4x100-m freestyle relay that was disqualified.
- At the 2016 Canadian Swimming Championships in Edmonton, Zevnik was the anchor in the 4x100-m medley relay, where her and her Pointe-Claire teammates won a gold medal.
- At the 2016 Olympic & Para-swimming Trials in Toronto, Zevnik made three finals, finishing 5th in the 100-m freestyle, 4th in the 100-m backstroke and 6th in the 200-m backstroke.

- During her junior year at North Carolina State, she earned 2016 All-American honours and was named to the her third straight All-ACC Academic Team. She was also part of a second straight ACC Championship in the 4x100 freestyle relay.
- At the 2015 Canadian Championships in Montreal, Zevnik captured two silver medals and a bronze medal. She contributed to second-place finishes in the 4x100-m freestyle and 4x100-m medley relays and a third-place finish in the mixed 4x100-m freestyle relay.
- At the 2014 Canadian Swimming Championships in Saskatoon, she was part of three relay medals. She won a gold medal in 4x100-m medley relay, silver in the 4x100-m freestyle relay and a bronze in the mixed 4x100-m freestyle relay.

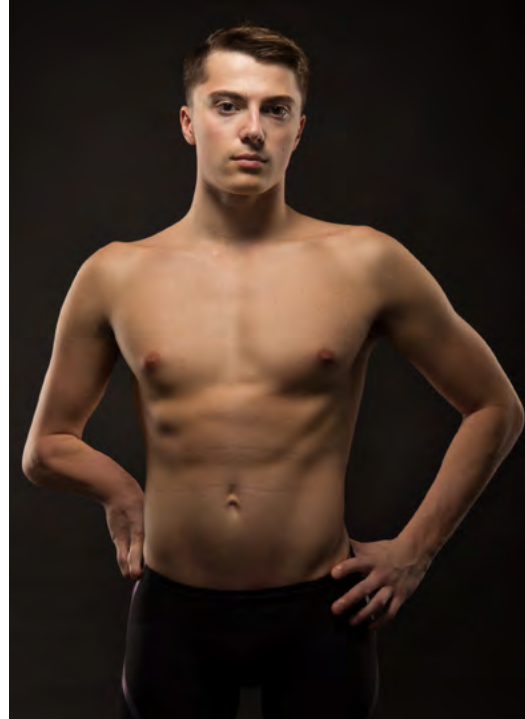
- Aux Jeux FISU Universiades 2017 à Taipei, Zevnik a remporté la médaille d'or au relais 4x100-m libre. Elle a aussi remporté l'argent au 200-m dos avec un record personnel.
- Aux Championnats du monde de natation (25 m) de Windsor, Ontario, en 2016, Zevnik a participé à quatre relais. Elle a nagé pendant les rondes préliminaires des relais 4x50 m libre, 4x200 m libre et 4x50 m quatre nages mixte. Elle a gagné la médaille d'or pour les deux relais libres et la médaille de bronze pour le relais mixte. Elle a aussi participé au relais 4x100 m libre disqualifié.

- Aux Championnats canadiens 2016 à Edmonton, Zevnik était la dernière relayeuse du 4x100 m QN médaillé d'or avec ses coéquipières de Pointe-Claire.
- Aux Essais olympiques et de paranatation 2016 à Toronto, Zevnik a participé à trois finales, terminant 5e au 100 m libre, 4e au 100 m dos et 6e au 200 m dos.
- Pendant son année junior à North Carolina State, elle a obtenu l'honneur All-American 2016 et fut nommée à sa troisième équipe All-ACC Academic consécutive. Elle a aussi participé au relais 4x100 m libre, championne du ACC pour la 2e année consécutive.
- Aux Essais canadiens de natation 2015 à Montréal, Zevnik a remporté deux médailles d'argent et une médaille de bronze. Elle a participé au relais 4x100 m libre et 4x100 m QN qui ont terminé en 2e position et au relais 4x100 m libre mixte qui a terminé 3e.
- Aux Essais canadiens de natation 2014 à Saskatoon, elle a participé à trois relais qui ont remporté une médaille. L'or au 4x100 m QN, l'argent au 4x100 m libre et le bronze au 4x100 m libre mixte.

## QUICK FACTS | EN BREF

**INSTAGRAM:** alexiamz      **TWITTER:** @amzevnik

**TRADITION:** Loves to send postcards home to friends and family from all the different cities she travels to for swimming | Elle aime envoyer des cartes postales à sa famille et ses amis des endroits où elle voyage grâce à la natation.



## ZACH ZONA

**BIRTHDATE | DATE DE NAISSANCE:** 1998-12-27

**HEIGHT | TAILLE:** 152 cm

**HOMETOWN | VILLE NATALE:** Waterford, ON

**RESIDENCE | RÉSIDENCE:** Montreal, QC

**CLUB:** CHP-Québec

**COACH | ENTRAÎNEUR:** Mike Thompson

**PAST COACH | ANCIEN ENTRAÎNEUR :** Lisa Anderson,

Phil Ogden, Trent McNicol

**SPORT CLASS:** S8SB7SM8

- At the 2017 Can Am Para-swimming Championships, Zona won two silver medals, in the 400-m freestyle and in the 200-m medley.
- Zona won bronze in the 400-m freestyle, 100-m butterfly and 200-m IM at the 2015 Toronto Parapan Am Games. He was also a member of the 4x100-m 34 pt. freestyle relay that won silver and set a Canadian record.
- He swam in four individual events at his first IPC Swimming World Championships in Glasgow, Scotland.
- At the 2015 Speedo Can Am Para-swimming Championships in Toronto, Zona reached the podium in three events. He was second in the 100-metre butterfly and 100-m freestyle plus was third in the 200-m individual medley.
- At age 15, Zona reached four finals at the 2014 Pan Pacific Para-swimming Championships, his first national team assignment. Zona was fourth in the

## QUICK FACTS | EN BREF

**FAVOURITE MOVIE | FILM FAVORI:** Inception

**FAVOURITE BOOK | LIVRE FAVORI:** Return of the King

**FAVOURITE TV SHOW | ÉMISSION DE TÉLÉVISION FAVORITE:** Game of Thrones

**FAVOURITE ACTOR | ACTEUR FAVORI:** Robert Downey Jr.

**FAVOURITE BAND | GROUPE FAVORI:** Kanye West

400-m freestyle, fifth in the 100-m freestyle and sixth in both the 100-m butterfly and 50-m freestyle.

- In 2013, Zona was selected to attend Swimming Canada's 2013-14 Outreach Camp Programs. He was one of only 10 swimmers selected from across Canada.
- Also in 2013, Zona represented Ontario at the Canada Games in Sherbrooke, Que. He earned bronze medals in the 100-m butterfly and 400-m freestyle, was fourth in the 100-m breaststroke and fifth in both the 50-m freestyle and 100-m freestyle.
- In 2012, he gained valuable experience competing at the Paralympic Games team trials in Montreal.

•Aux Championnats Can-Am de paranatation 2017, Zona a remporté deux médailles d'argent au 400 m libre et 200 m QNI.

•Aux Jeux parapanaméricains 2015 à Toronto, il a remporté le bronze au 400 m libre, 100 m papillon et 200 m QNI. Il était un membre du relais de 34 points 4x100 m libre qui a décroché l'argent en plus d'établir une nouvelle marque canadienne.

•Il a nagé quatre épreuves individuelles à ses premiers championnats du monde IPC 2015 à Glasgow en Écosse.

•Aux championnats Can-Am de paranatation Speedo à Toronto, Zona est monté trois fois sur le podium. Il a terminé deuxième aux 100 mètres papillon et 100m libre en plus de troisième au 200m QNI.

•À 15 ans, Zona a participé à quatre finales aux championnats pan-pacifiques de paranatation 2014, sa première assignation avec l'équipe nationale. Zona a terminé quatrième au 400m libre, cinquième au 100m libre et sixième aux 100m papillon et 50m libre.

•En 2013, Zona a été choisi pour participer au programme des camps de performance de Natation Canada 2013-14. Il a été un des seulement 10 nageurs choisis à travers le Canada.

•Aussi en 2013, Zona a représenté l'Ontario au Jeux du Canada à Sherbrooke, au Québec. Il a remporté des médailles de bronze aux 100m papillon et 400m libre, a terminé quatrième au 100m brasse et cinquième aux 50m libre et 100m libre.

•En 2012, il a acquis une précieuse expérience en participant aux essais pour l'équipe pour les Jeux paralympiques à Montréal.





# TEAM LEADER CHEF D'ÉQUIPE

# HEAD COACH ENTRAÎNEUR-CHEF



## JOHN ATKINSON

COMMONWEALTH GAMES TEAM LEADER  
CHEF D'ÉQUIPE DES JEUX DU COMMONWEALTH

High Performance Director John Atkinson has been focused on improvement and world-class performance since joining Swimming Canada in March 2013.

Atkinson has raised the bar, challenging Canadians to compete to world standards and conduct themselves with utmost professionalism. His leadership has instilled a philosophy of improving everything we do in Canadian swimming, and at a faster rate than the rest of the world.

Atkinson led his first Canadian Olympic Team in Rio 2016 where Canada captured six medals, its most since Los Angeles 1984. Under his leadership Canada continued its success with 17 finalists and four medals at the 2017 FINA World Championships.

At his first FINA World Championships at the helm (2013 in Barcelona), Canada won four swimming medals, qualifying for 11 finals (10 in Olympic events). That compared favourably to the seven finals at the 2012 Olympics in London. In 2013 Canada placed 12th on the FINA point score, which improved to sixth place in 2015. The team again won four medals, but also featured a deeper pool of 16 finalists (15 in Olympic events).

The native of Chorley, in Lancashire, England, had many highlights in his 12-year career with British Swimming. He served as National Performance

Director (Paralympic) and led the host nation to 39 medals at the 2012 Paralympics in London. His time there also included eight years with the Olympic program, culminating in six medals at the 2008 Olympics in Beijing.

Known in the swimming world for his focus on structure, accountability and improvement, Atkinson has participated in many international coaching conferences and held major roles on teams at countless international events.

Atkinson swam competitively until age 18 when he took up coaching to pursue “an unfinished desire” to be involved in the sport at the highest levels. His resume includes six years working in Australia, and a stop on the Channel Island of Jersey. That's where he met his wife of 24 years, Victoria, an environmental scientist originally from Australia. They have two children: son Alex is 17, daughter Stephanie is 14.

Away from the pool, Atkinson is an avid supporter of Manchester United.

Le directeur de la haute performance John Atkinson s'est concentré sur l'amélioration et la performance de niveau mondial depuis qu'il s'est joint à Natation Canada en mars 2013.

Atkinson a élevé la barre, défiant les Canadiens pour réussir des critères mondiaux et se comporter avec le plus grand professionnalisme. Son leadership inspire à une philosophie d'amélioration de tout ce que nous faisons pour la natation canadienne plus rapidement que le reste du monde.

Atkinson a mené sa première équipe olympique canadienne à Rio 2016 où le Canada a remporté six médailles, sa meilleure récolte depuis Los Angeles en 1984. Sous sa direction, le Canada a poursuivi son succès avec 17 finalistes et quatre médailles aux Championnats du monde FINA 2017.

Lors de ses premiers championnats du monde de la FINA à la direction (2013 à Barcelone), le Canada a gagné quatre médailles en natation, se qualifiant pour 11 finales (10 dans des épreuves olympiques), ce qui se compare favorablement aux sept finales aux Jeux olympiques de 2012 à Londres. En 2013, le Canada a terminé 12e au classement FINA et 6e au 2015. Bien que l'équipe ait remporté 4 médailles, il y avait également une plus grande profondeur de finalistes (15 dans les épreuves olympiques).

Originaire de Chorley, dans le Lancashire, en Angleterre, il y a plusieurs faits saillants dans sa carrière de 12 ans avec British Swimming. Il a agi comme directeur national de la performance (paralympique) et a conduit le pays hôte à 39 médailles aux Jeux paralympiques de 2012 à Londres. Sa période là a inclus huit ans avec le programme olympique, culminant à six médailles aux Jeux olympiques de 2008 à Beijing.

Reconnu dans le monde de la natation pour sa concentration sur la structure, la responsabilité et l'amélioration, Atkinson a participé à plusieurs conférences internationales d'entraîneurs et a joué des rôles majeurs dans des équipes dans un nombre incalculable de compétitions internationales.

Atkinson a nagé en compétition jusqu'à 18 ans quand il est devenu entraîneur pour répondre à un “désir non fini” d'être impliqué dans le sport aux plus hauts niveaux. Son curriculum vitae inclut six ans à travailler en Australie et un arrêt dans l'île de Jersey, dans La Manche. C'est là qu'il a rencontré sa femme depuis 21 ans, Victoria, une scientifique de l'environnement originaire d'Australie. Ils ont deux enfants: leur fils Alex a 16 ans, leur fille Stephanie a 13 ans.

En dehors de la piscine, Atkinson est un grand partisan de Manchester United.





## MARTYN WILBY

COMMONWEALTH GAMES HEAD COACH

ENTRAÎNEUR-CHEF DES JEUX DU COMMONWEALTH

Martyn Wilby joined Swimming Canada as a Senior Coach, Olympic Program, in January 2017. Wilby has served as Canada's head coach for international camps and competitions, including the Budapest 2017 FINA World Championships, where Canada had 17 finalists and won four medals. He has been a major contributor to setting the strategic and operational direction for Swimming Canada's integrated World Class Pathway.

Wilby's distinguished career includes 19 years at the University of Florida, where he worked alongside 2012 U.S. Olympic Men's Head Coach Gregg Troy. Wilby was associate head coach for the Gators from 2006 to 2016 and coached multiple NCAA and Olympic champions.

Wilby has coached world-record holder Gemma Spofforth, and Olympic medallists including Conor Dwyer, Elizabeth Beisel and Caeleb Dressel. His swimmers have won Olympic medals at every Games since Sydney 2000, where he also served as Olympic Head Coach for Barbados. In 2010, the Florida women's team earned a national championship, the school's first in 28 years, and Wilby played an instrumental role. He also served as Head Coach for Malaysia in 1997.

Martyn Wilby s'est joint à Natation Canada comme entraîneur sénior du programme olympique en janvier 2017. Wilby a agi comme entraîneur-chef lors de camps et de compétitions internationales, dont les Championnats du monde FINA 2017 à Budapest où le Canada a eu 17 finalistes et remporté quatre médailles. Il a largement contribué à établir la stratégie et la direction opérationnelle du parcours intégré de classe mondiale de Natation Canada

Wilby a été entraîneur pendant 19 ans à University of Florida où il a travaillé de pair avec l'entraîneur-chef de l'équipe des hommes aux Jeux olympiques de 2012, Gregg Troy. Wilby était l'entraîneur-chef associé des Gators entre 2006 et 2016 et a entraîné plusieurs champions NCAA et olympiques.

Wilby a entraîné la détentrice de record du monde Gemma Spofforth, et des médaillés olympiques comme Conor Dwyer, Elizabeth Beisel et Caeleb Dressel. Ses nageurs ont remporté des médailles olympiques à chaque édition depuis les Jeux de Sydney en 2000, où il était l'entraîneur-chef de l'équipe de la Barbade. En 2010, l'équipe des femmes de la Floride a remporté le titre de championne nationale, une première en 28 ans pour l'école, Wilby y a joué un rôle primordial. Il a aussi été entraîneur-chef de la Malaisie en 1997.





# COMMONWEALTH GAMES TEAM

## L'ÉQUIPE DES JEUX DU COMMONWEALTH

MEN'S POOL TEAM   ÉQUIPE MASCULINE EN PISCINE			
LAST NAME   NOM DE FAMILLE	FIRST NAME   PRÉNOM	CLUB	COACH   ENTRAÎNEUR
Bagshaw	Jeremy	High Performance Centre - Victoria	Ryan Mallette
Belanger	Samuel	Rouge et Or / Université Laval	Nicholas Perron
Binnema	Josiah	High Performance Centre - Vancouver	Tom Johnson
Cote	Tristan	Etobicoke Swim Club, U of Calgary	Mike Blondal
Darragh	Mack	Oakville Aquatic Club	John Pontz
Gaziev	Ruslan	Markham Aquatic Club	Robert Novak
Kisil	Yuri	High Performance Centre - Vancouver	Tom Johnson
Lavallière	Jean-Michel	CHP-Québec	Mike Thompson
Olafson	Carson	UBC Dolphins, HPC-Vancouver	Tom Johnson
Thormeyer	Markus	High Performance Centre - Vancouver	Tom Johnson
Vachon	Philippe	Mégophias de Trois-Rivières	Charles Labrie
Wall	Eli	Toronto Swim Club, U of Toronto	Linda Kiefer
Zona	Zach	CHP-Québec	Mike Thompson

WOMEN'S POOL TEAM   ÉQUIPE FÉMININE EN PISCINE			
LAST NAME   NOM DE FAMILLE	FIRST NAME   PRÉNOM	CLUB	COACH   ENTRAÎNEUR
Bird	Morgan	Cascade Swim Club	Wendy Johnson
Caldwell	Hilary	High Performance Centre - Victoria	Ryan Mallette
Darcel	Sarah	Island Swimming, HPC-Victoria	Ryan Mallette
Girard	Sarah	Club de Natation Neptune	Jeremy Bruggeman
Hannah	Jade	Island Swimming, HPC-Victoria	Ryan Mallette
Harvey	Mary-Sophie	Club de Natation Neptune	Tom Rushton
Knelson	Faith	Island Swimming, HPC-Victoria	Ryan Mallette
Masse	Kylie	Windsor Essex Swim Team, U of Toronto	Linda Kiefer, Byron MacDonald
Mehain	Sarah	McGill University	Peter Carpenter
Nicol	Rachel	LA Swim Club	Peter Schori
Oleksiak	Penelope	Toronto Swim Club	Bill O'Toole
Rivard	Aurélie	CHP-Québec	Mike Thompson
Routliffe	Tess	CHP-Québec	Mike Thompson
Roxon	Katarina	Aqua Aces Swim Club	Leonard Roxon
Ruck	Taylor	High Performance Centre - Ontario	Ben Titley
Ryan	Samantha	CHP-Québec	Mike Thompson
Sanchez	Kayla	High Performance Centre - Ontario	Ben Titley
Seltenreich-Hodgson	Erika	High Performance Centre - Vancouver	Tom Johnson
Smith	Rebecca	High Performance Centre - Ontario	Ben Titley
Smith	Kierra	Liquid Lightning Swim Club	Emil Dimitrov
Tripp	Abi	Kingston Y Penguins Aquatic Club	Vicki Keith
Zavaros	Mabel	Oakville Aquatic Club	Sean Baker
Zevnik	Alexia	Pointe-Claire Swim Club	Braden Holloway

# COMMONWEALTH GAMES TEAM

## L'ÉQUIPE DES JEUX DU COMMONWEALTH

STAFF   PERSONNEL		
LAST NAME   NOM DE FAMILLE	FIRST NAME   PRÉNOM	POSITION
Atkinson	John	Team Leader   Chef d'équipe
Hanan	Janice	Team Manager   Gérante de l'équipe
Van Steen	Emma	Team Manager   Gérante de l'équipe
Wilby	Martyn	Head Coach   Entraîneur-chef
Kiefer	Linda	Coach   Entraîneuse
O'Toole	Bill	Coach   Entraîneur
Thompson	Mike	Coach   Entraîneur
Titley	Ben	Coach   Entraîneur
Johnson	Tom	Coach   Entraîneur
Mallette	Ryan	Coach   Entraîneur
Mikuska	Vince	Coach   Entraîneur
Hoeben	Tina	Apprentice Coach   Entraîneuse apprenti
Wrigley	Dr. Allan	IST Director   Responsable de l'ÉSI
Fuller	Johnny	Athletic Therapist   Thérapeute de sport
Hamel-Jolette	Didie	Massage Therapist   Massothérapeute
Atkison	Ryan	Biomechanics   Biomécanicien
Mattison	Ron	Physiotherapy   Physiothérapeute
Barnes	Dr. Kirsten	Mental Performance Coach (staging camp) Performance psychologique (camp précompétition)
Keeler	Dr. Steve	Physician   Médecin
Johnson	Liz	Physiologist   Physiologiste
Szoghy	Yanic	Massage Therapist   Massothérapeute
Olson	Graham	Race Analysis   Analyse de course
White	Nathan	Media Attache   Attaché de presse
Hahto	Kirsty	Offsite Manager   Gestionnaire hors site



COMMONWEALTH GAMES TRACKING

SUIVRE LES JEUX DU COMMONWEALTH

WOMEN'S TEAM   ÉQUIPE FÉMININE								
Last Name Nom de famille	First Name Prénom	DOB DDN	Events Épreuves	Best Time All-time	Best Time 2017	WR 2017	Best Time 2016	WR 2016
Caldwell	Hilary	1991-03-13	200 back	2:07.15	2:07.15	9	2:07.17	6
Darcel	Sarah	1999-05-25	200 breast	2:27.74	2:27.74	75	2:32.94	-
Darcel	Sarah	1999-05-25	200 IM	2:12.32	2:12.32	29	2:13.40	63
Darcel	Sarah	1999-05-25	400 IM	4:39.29	4:39.29	22	4:39.83	37
Hannah	Jade	2002-01-24	50 back	27.93	27.93	19	29.05	114
Hannah	Jade	2002-01-24	100 back	59.62	59.62	15	1:02.16	-
Harvey	Mary-Sophie	1999-08-11	400 free	4:09.74	4:09.69	46	4:11.44	84
Harvey	Mary-Sophie	1999-08-11	200 breast	2:25.37	2:25.37	26	2:35.64	-
Harvey	Mary-Sophie	1999-08-11	400 IM	4:36.48	4:36.48	10	4:42.49	65
Knelson	Faith	2001-09-09	50 breast	30.91	30.91	27	31.99	96
Knelson	Faith	2001-09-09	100 breast	1:07.47	1:07.47	30	1:09.77	185
Masse	Kylie	1996-01-18	50 back	27.64	27.64	12	27.67	4
Masse	Kylie	1996-01-18	100 back	58.10	58.10	1	58.66	3
Masse	Kylie	1996-01-18	200 back	2:05.97	2:05.97	3	2:08.79	18
Nicol	Rachel	1993-02-16	50 breast	30.49	30.49	11	31.19	26
Nicol	Rachel	1993-02-16	100 breast	1:06.68	1:07.03	19	1:06.68	17
Oleksiak	Penny	2000-06-13	50 free	25.49	25.49	180	25.71	183
Oleksiak	Penny	2000-06-13	100 free	52.70	52.94	8	52.70	3
Oleksiak	Penny	2000-06-13	200 free	1:57.59	-	-	1:57.59	31
Oleksiak	Penny	2000-06-13	50 fly	25.62	25.62	7	25.93	12
Oleksiak	Penny	2000-06-13	100 fly	56.46	56.94	5	56.46	2
Ruck	Taylor	2000-05-28	100 free	52.96	53.63	9	54.83	73
Ruck	Taylor	2000-05-28	200 free	1:56.94	1:57.08	20	1:58.27	53
Ruck	Taylor	2000-05-28	100 back	59.23	59.23	9	1:02.67	-
Ruck	Taylor	2000-05-28	200 back	2:06.87	2:07.62	7	2:11.64	76
Sanchez	Kayla Noelle	2001-04-07	50 free	25.29	25.33	-	25.81	-
Sanchez	Kayla Noelle	2001-04-07	100 free	54.44	54.44	-	56.55	-
Sanchez	Kayla Noelle	2001-04-07	200 IM	2:12.64	2:12.64	-	2:14.78	107
Seltenreich-Hodgson	Erika	1995-04-24	200 IM	2:10.97	2:10.97	12	2:12.25	29
Seltenreich-Hodgson	Erika	1995-04-24	400 IM	4:39.51	4:39.51	25	4:43.87	76
Smith	Kierra	1994-02-01	100 breast	1:06.62	1:06.62	11	1:06.93	22
Smith	Kierra	1994-02-01	200 breast	2:22.23	2:22.23	7	2:22.87	9
Smith	Rebecca	2000-03-14	50 free	25.46	25.50	112	25.46	111
Smith	Rebecca	2000-03-14	50 fly	26.22	26.22	25	27.21	124
Smith	Rebecca	2000-03-14	100 fly	58.07	58.07	23	58.84	58
Zavaros	Mabel	2000-03-29	100 fly	59.29	59.29	73	1:00.31	-
Zavaros	Mabel	2000-03-29	200 fly	2:09.79	2:09.79	46	2:14.00	-
Zevnik	Alexia	1994-03-04	50 back	28.58	28.58	77	29.75	154
Bird	Morgan	1993-09-06	S8 50 free	31.29	31.35	4	31.29	7
Bird	Morgan	1993-09-06	S8 100 free	1:09.67	1:09.95	6	1:09.67	5
Girard	Sarah	1998-02-08	SB9 100 breast	1:22.78	1:22.78	8	1:22.66	10
Mehain	Sarah	1995-01-12	S7 50 fly	36.46	36.86	2	36.46	4
Rivard	Aurelie	1996-05-14	SM10 200 IM	2:28.93	2:28.93	1	2:30.03	2
Routliffe	Tess	1998-09-27	S7 50 fly	39.12	39.93	8	39.17	8
Roxon	Katarina	1993-04-05	S9 100 free	1:06.20	1:06.20	11	1:06.65	14
Roxon	Katarina	1993-04-05	SB8 100 breast	1:19.44	1:23.35	2	1:19.44	2
Roxon	Katarina	1993-04-05	SM9 200 IM	2:37.87	2:42.56	8	2:37.87	7
Ryan	Samantha	1999-05-24	SM10 200 IM	2:44.64	2:47.06	17	2:44.64	18
Tripp	Abigail	2001-01-06	S8 50 free	32.24	32.24	5	32.39	13
Tripp	Abigail	2001-01-06	S8 100 free	1:09.07	1:09.07	5	1:10.30	8
Tripp	Abigail	2001-01-06	S8 100 back	1:24.13	1:24.13	7	1:24.43	15
Tripp	Abigail	2001-01-06	SB8 100 breast	1:36.16	1:41.79	-	1:36.16	16

COMMONWEALTH GAMES TRACKING

SUIVRE LES JEUX DU COMMONWEALTH

MEN'S TEAM   ÉQUIPE MASCULINE								
Last Name Nom de famille	First Name Prénom	DOB DDN	Events Épreuves	Best Time All-time	Best Time 2017	WR 2017	Best Time 2016	WR 2016
Bagshaw	Jeremy	1992-04-21	200 free	1:47.48	1:48.56	105	1:48.20	89
Bagshaw	Jeremy	1992-04-21	400 free	3:48.82	3:48.82	34	3:50.96	89
Belanger	Samuel	1997-01-04	200 free	1:50.02	1:50.09	-	1:50.02	-
Binnema	Josiah	1997-11-08	200 back	2:00.74	2:00.74	118	2:06.56	-
Binnema	Josiah	1997-11-08	50 fly	24.50	24.50	-	25.10	-
Binnema	Josiah	1997-11-08	100 fly	52.90	52.90	91	54.00	-
Cote	Tristan	1995-12-14	200 IM	2:02.91	2:07.41	-	2:05.13	-
Cote	Tristan	1995-12-14	400 IM	4:17.40	4:17.40	37	4:20.15	96
Darragh	Mack	1993-12-08	50 fly	24.92	24.92	-	-	-
Darragh	Mack	1993-12-08	100 fly	53.37	53.65	-	53.37	164
Darragh	Mack	1993-12-08	200 fly	1:56.87	1:56.87	40	1:58.22	86
Darragh	Mack	1993-12-08	200 IM	2:01.14	2:01.14	77	2:01.69	104
Gaziev	Ruslan	1999-08-16	50 free	22.46	22.46	89	23.54	-
Gaziev	Ruslan	1999-08-16	100 free	49.99	50.21	-	51.76	-
Kisil	Yuri	1995-09-18	50 free	22.11	22.11	37	22.23	53
Kisil	Yuri	1995-09-18	100 free	48.21	48.50	28	48.28	20
Olafson	Carson	1997-03-29	200 free	1:49.14	1:49.32	168	1:50.36	-
Thormeyer	Markus	1997-08-25	100 free	49.00	49.13	71	49.38	110
Thormeyer	Markus	1997-08-25	200 free	1:48.17	1:48.33	92	1:48.17	89
Thormeyer	Markus	1997-08-25	100 back	54.59	54.80	70	54.59	69
Thormeyer	Markus	1997-08-25	200 back	1:59.76	1:59.76	76	2:00.41	105
Wall	Eli	1995-03-16	50 breast	28.39	28.39	-	28.63	-
Wall	Eli	1995-03-16	100 breast	1:01.27	1:01.27	101	1:02.10	-
Wall	Eli	1995-03-16	200 breast	2:12.26	2:12.26	72	2:16.32	-
Lavalliere	Jean-Michel	1990-12-10	S7 50 free	31.13	31.13	14	31.37	15
Vachon	Philippe	1995-09-03	S8 100 free	1:02.07	1:02.87	11	1:02.07	38
Vachon	Philippe	1995-09-03	SB8 100 breast	1:32.25	1:32.25	36	-	-
Vachon	Philippe	1995-09-03	SM8 200 IM	2:36.31	2:36.31	10	2:41.89	37
Zona	Zachary	1998-12-27	SM8 200 IM	2:40.92	2:40.92	13	2:46.11	21

COMMONWEALTH GAMES RESULTS  
LES RÉSULTATS AUX JEUX DU COMMONWEALTH

	GLASGOW 2014	DEHLI 2010	MELBOURNE 2006	MANCHESTER 2002	KUALA LUMPUR 1998
TOTAL MEDALS	11	10	16	18	21
MEDALS (ABLE-BODIED)	4 Gold 1 Silver 5 Bronze	4 Gold 1 Silver 4 Bronze	1 Gold 3 Silver 6 Bronze	5 Silver 7 Bronze	4 Gold 7 Silver 10 Bronze
MEDALS (PARA)	1 Bronze	1 Gold	4 Silver 1 Bronze	3 Silver 3 Bronze	N/A
# OF SWIMMERS RELAYS WINNING MEDALS	6 Able Bodied 1 Para 2 Relay	5 Able Bodied 1 Para 1 Relay	6 Able Bodied 3 Para 3 Relay	8 Able Bodied 5 Para 5 Relay	10 Swimmers + 5 Relays
MEDAL TABLE (ABLE-BODIED+PARA)	3rd Gold Medal Table 4th Total Medal Table	4th Gold Medal Table 4th Total Medal Table	5th Gold Medal Table 3rd Total Medal Table	6th Gold Medal Table 3rd Total Medal Table	3rd Gold Medal Table 3rd Total Medal Table
# OF FINALIST ABLE-BODIED (INCLUDES MEDALISTS & RELAYS)	45	44	40	55	57
# OF SEMI-FINALISTS TOP 16 - ABLE-BODIED (DOES NOT INCLUDE FINALISTS OR RELAYS)	31	24	18	28	24
# OF RELAY FINALISTS	Women - 3 Men - 2	Women - 3 Men - 3	Women - 3 Men - 3	Women - 3 Men - 3	Women - 3 Men - 3
WORLD RECORDS	0	0	0	0	0
COMMONWEALTH GAMES RECORDS	2	2	1	0	3
COMMONWEALTH RECORDS	0	0	0	0	0
CANADIAN RECORDS	2	0	4	6	1

For more information and an up-to-date list of Canadian records, please visit [www.swimming.ca](http://www.swimming.ca)

COMMONWEALTH GAMES RESULTS  
LES RÉSULTATS AUX JEUX DU COMMONWEALTH

VICTORIA 1994	AUCKLAND 1990	EDINBURGH 1986	BRISBANE 1982	EDMONTON 1978	CHRISTCHURCH 1974
18	23	25	24	31	27
1 Gold 8 Silver 9 Bronze	8 Gold 6 Silver 9 Bronze	11 Gold 7 Silver 7 Bronze	9 Gold 6 Silver 9 Bronze	15 Gold 7 Silver 9 Bronze	9 Gold 11 Silver 7 Bronze
N/A	N/A	N/A	N/A	N/A	N/A
11 Swimmers + 4 Relays	13 Swimmers + 5 Relays	13 Swimmers + 6 Relays	14 Swimmers + 2 Relays	14 Swimmers + 5 Relays	14 Swimmers + 5 Relays
3rd Gold Medal Table 2nd Total Medal Table	2nd Gold Medal Table 2nd Total Medal Table	2nd Gold Medal Table 2nd Total Medal Table	2nd Gold Medal Table 2nd Total Medal Table	1st Gold Medal Table 1st Total Medal Table	2nd Gold Medal Table 2nd Total Medal Table
68	58	56	63	74	59
15	21	18	9	3	11
Women - 3 Men - 3	Women - 3 Men - 3	Women - 3 Men - 3	Women - 2 Men - 3	Women - 2 Men - 3	Women - 2 Men - 3
0	0	0	1	0	1
0	6	9	9	15	9
0	1	0	3	4	6
1	2	3	5	9	16

Pour obtenir plus de renseignements et une liste à jour des records canadiens, veuillez visiter [www.natation.ca](http://www.natation.ca)

WOMEN’S CANADIAN SENIOR RECORDS
RECORDS CANADIENS SÉNIORS FÉMININS
AS OF MARCH 2 | À PARTIR DU 2 MARS

	LAST NAME, FIRST NAME NOM DE FAMILLE, PRÉNOM	YOB ADN	CLUB	TIME TEMPS	DATE	CITY (NATION) VILLE (PAYS)
FREESTYLE   LIBRE						
50m	Vanlandeghem, Chantal	1994	Toronto Swim Club	24.39	9 Aug 2015	Kazan (RUS)
100m	Oleksiak, Penelope	2000	Toronto Swim Club	52.70	11 Aug 2016	Rio (BRA)
200m	Maclean, Brittany	1994	Etobicoke Swim Club	1:56.94	7 Apr 2016	Toronto
200m	Ruck, Taylor	2000	Scarborough Swim Club	1:56.85	2 Mar 2018	Atlanta (USA)
400m	Maclean, Brittany	1994	Etobicoke Swim Club	4:03.43	7 Aug 2016	Rio (BRA)
800m	Maclean, Brittany	1994	Etobicoke Swim Club	8:20.02	21 Aug 2014	Gold Coast (AUS)
1500m	Maclean, Brittany	1994	Etobicoke Swim Club	15:57.15	24 Aug 2014	Gold Coast (AUS)
BACKSTROKE   DOS						
50m	Masse, Kylie	1996	Windsor-Essex Swim Team	27.64	26 Jul 2017	Budapest (HUN)
100m	Masse, Kylie	1996	Windsor-Essex Swim Team	58.10*	25 Jul 2017	Budapest (HUN)
200m	Masse, Kylie	1996	Windsor-Essex Swim Team	2:05.97	28 Jul 2017	Budapest (HUN)
BREASTSTROKE   BRASSE						
50m	Reason, Amanda	1993	Etobicoke Swim Club	30.23	8 Jul 2009	Montreal
100m	Pierse, Annamay	1983	UBC Dolphins Swim Club	1:05.74	9 Jul 2009	Montreal
200m	Pierse, Annamay	1983	UBC Dolphins Swim Club	2:20.12	30 Jul 2009	Rome (ITA)
BUTTERFLY   PAPILLON						
50m	Oleksiak, Penelope	2000	Toronto Swim Club	25.62	29 Jul 2017	Budapest (HUN)
100m	Oleksiak, Penelope	2000	Toronto Swim Club	56.46	7 Aug 2016	Rio (BRA)
200m	Lacroix, Audrey	1983	Club Aquatique Montreal	2:05.95	30 Jul 2009	Rome (ITA)
MEDLEY   QUATRE NAGES						
200m	Pickrem, Sydney	1997	Island Swimming Club	2:09.17	23 Jul 2017	Budapest (HUN)
400m	Overholt, Emily	1997	West Vancouver Otters	4:32.52	9 Aug 2015	Kazan (RUS)
RELAYS NATIONAL   RELAIS NATIONAL						
4 x 50m Freestyle			Canada	1:40.46	20 Feb 2016	Montreal
Mainville S., Vanlandeghem C., Toro M., Oleksiak P.						
4 x 100m Freestyle			Canada	3:32.89	6 Aug 2016	Rio (BRA)
Mainville S., Vanlandeghem C., Ruck T., Oleksiak P.						
4 x 200m Freestyle			Canada	7:45.39	10 Aug 2016	Rio (BRA)
Savard K., Ruck T., Maclean B., Oleksiak P.						
4 x 50m Medley			Canada	1:53.30	20 Jul 2008	Winnipeg
Wilkinson J., Pierse A., Lacroix A., Morningstar E.						
4 x 100m Medley			Canada	3:54.86	30 Jul 2017	Budapest (HUN)
Masse K., Smith K., Oleksiak P., Vanlandeghem C.						

\*World Record

MEN’S CANADIAN SENIOR RECORDS
RECORDS CANADIENS SÉNIORS MASCULINS
AS OF MARCH 2 | À PARTIR DU 2 MARS

	LAST NAME, FIRST NAME NOM DE FAMILLE, PRÉNOM	YOB ADN	CLUB	TIME TEMPS	DATE	CITY (NATION) VILLE (PAYS)
FREESTYLE   LIBRE						
50m	Hayden, Brent	1983	UBC Dolphins Swim Club	21.73	31 Jul 2009	Rome (ITA)
100m	Hayden, Brent	1983	UBC Dolphins Swim Club	47.27	30 Jul 2009	Rome (ITA)
200m	Hayden, Brent	1983	UBC Dolphins Swim Club	1:46.40	10 Aug 2008	Beijing (CHN)
400m	Cochrane, Ryan	1988	Island Swimming Club	3:43.46	24 Jul 2014	Glasgow (GBR)
800m	Cochrane, Ryan	1988	Victoria Amateur Swim Club	7:41.86	27 Jul 2011	Shanghai (CHN)
1500m	Cochrane, Ryan	1988	Victoria Amateur Swim Club	14:39.63	4 Aug 2012	London (GBR)
BACKSTROKE   DOS						
50m	Wood, Russell	1994	University Of Calgary Swim Club	25.13	2 Apr 2015	Toronto
50m	Acevedo, Javier	1998	Ajax Aquatic Club	25.13	29 Jul 2017	Budapest (HUN)
100m	Wollach, Pascal	1987	University Of Calgary Swim Club	53.63	8 Jul 2009	Montreal
200m	Hawes, Matt	1986	UBC Dolphins Swim Club	1:57.34	11 Jul 2009	Montreal
BREASTSTROKE   BRASSE						
50m	Dickens, Scott	1984	UBC Dolphins Swim Club	27.45	28 Jul 2009	Rome (ITA)
100m	Dickens, Scott	1984	Pacific Dolphins Swim Club	59.85	28 Jul 2012	London (GBR)
200m	Brown, Mike	1984	University Of Calgary Swim Club	2:08.84	13 Aug 2008	Beijing (CHN)
BUTTERFLY   PAPILLON						
50m	Condorelli, Santo	1995	Canada	23.30	2 Aug 2015	Kazan (RUS)
100m	Condorelli, Santo	1995	Unattached Canada	51.83	11 Aug 2016	Rio (BRA)
200m	Darragh, Mack	1993	Oakville Aquatic Club	1:56.87	7 Aug 2017	Montreal
MEDLEY   QUATRE NAGES						
200m	Beavers, Keith	1983	Region Of Waterloo Swim Club	1:59.19	13 Aug 2008	Beijing (CHN)
400m	Johns, Brian	1982	UBC Dolphins Swim Club	4:11.41	9 Aug 2008	Beijing (CHN)
RELAYS NATIONAL   RELAIS NATIONAL						
4 x 100m Freestyle			Canada	3:12.26	11 Aug 2008	Beijing (CHN)
Hayden B., Greenshields J., Russell C., Say R.						
4 x 200m Freestyle			Canada	7:05.77	13 Aug 2008	Beijing (CHN)
Russell C., Johns B., Hayden B., Hurd A.						
4 x 50m Medley			University Of Calgary Swim Club	1:41.03	5 Aug 1998	Etobicoke
Renaud C., Patrick R., Myden C., Caron E.						
4 x 100m Medley			Canada	3:31.02	2 Aug 2009	Rome (ITA)
Wollach P., Bois M., Bartoch J., Hayden B.						



CANADIAN PARA-SWIMMING RECORDS  
RECORDS CANADIENS PARANATATION  
AS OF MARCH 2 | À PARTIR DU 2 MARS

EVENT ÉPREUVES	SPORT CLASS CLASSIFICATION	NAME NOM	CLUB	PROV
Women's 50-m Butterfly	S7	Brianna Nelson	ISLAND	BC
Men's 200-m Freestyle	S14	Tyson MacDonald	WRMS	ON
Women's 100-m Backstroke	S9	Stephanie Dixon	PCS	BC
Men's 100-m Freestyle	S9	Mike Diering	CHENA	BC
Men's 100-m Breaststroke	SB8	Joe Barker	LAC	ON
Women's 200-m Individual Medley	SM10	Aurélie Rivard	ANM	QC
Men's 200-m Individual Medley	SM8	Drew Christensen	Hyack	BC
Women's 100 Freestyle	S9	Stephanie Dixon	PCS	BC
Women's 100-m Breaststroke	SB9	Jessica Sloan	UCSC	AB
Men's 50-m Freestyle	S7	Tony Alexander	WBDSC	ON
Men's 100-m Backstroke	S9	Brad Sales	LAC	ON
Women's 50-m Freestyle	S8	Morgan Bird	CASC	AB



CANADIAN PARA-SWIMMING RECORDS  
RECORDS CANADIENS PARANATATION  
AS OF MARCH 2 | À PARTIR DU 2 MARS

MEET COMPETITION	LOCATION	DATE	TIME TEMPS
IPC 2013 World Championship	Montréal, QC	2013-08-17	35.70
2017 Speedo Can Am Para-swimming Championships	Windsor, ON	2017-03-31	2:00.81
2008 Beijing Paralympics	Beijing, CHN	2008-09-13	WR 1:09.30
Essais Paralympique	Montréal, QC	2012-03-30	1:01.37
Spring CAN-AM meet	San-Antonio,USA	2010-03-27	1:23.12
Para Swimming Canadian Open 2017	Toronto, ON	2017-10-04	2:28.93
2008 Paralympic Trails	Montréal, QC	2008-04-08	2:35.57
2008 Beijing Paralympics	Beijing, CHN	2008-09-08	1:03.89
Paralympic Games	Sydney, AUS	2000-10-24	WR 1:16.93
Paralympic Games	Atlanta, USA	1996	30.81
Paralympic Games	Athens, GRE	2004-09-25	1:08.15
2016 Paralympic Games	Rio de Janeiro, BRA	2016-09-16	31.29



# TABLE TENNIS



## Team Canada in Gold Coast

Canadian Olympians Eugene Wang and Mo Zhang will guide Canada's men's and women's table tennis teams in to the Gold Coast 2018 Commonwealth Games.

"We congratulate our table tennis athletes selected to Team Canada at the 2018 Commonwealth Games in Gold Coast. I wish them the best of luck in their hunt for gold," said Chef de Mission Claire Carver-Dias.

Wang took home two bronze medals from the Pan American Games in Toronto in 2015. In 2016, he qualified for the Rio Olympic Games.



## **Dates:**

April 5-15, 2018

## **Venue(s):**

Oxenford Studios

## **Number of Events:**

Nine — singles, TT6-10 Singles, doubles and team (for men and women), mixed doubles

## **History**

When wooden bats and celluloid balls were introduced in the late 1800s, Ping-Pong sparked a craze that swept across England. The Ping-Pong Association was formed in 1902, but gradually died off due to lack of interest. In January 1926, five nations (Austria, England, Germany, Hungary and Sweden) revived it as the Table Tennis Association. The name Ping-Pong has since become a registered trademark.

In recent years, table tennis has made great progress. The regulations have evolved in an effort to make the sport more attractive and more popular to the public. The sport was added to the program of the 1988 Olympic Games in Seoul, Korea, and to the program of the Commonwealth Games in Manchester in 2002.

Further changes over the last couple of years include introducing a bigger ball – increasing the size from 38mm to 40mm – and instead of playing up to 21 points, athletes only play to 11. In addition, the ball has to be visible at all times.

The next rule change took place on August 1, 2014, where the celluloid ball was replaced by a plastic ball.

Table tennis is currently considered one of the most popular sports in the world in terms of participation, with 224 national federations as members of the ITTF. Modern table tennis is based on speed and strength and requires excellent technical and tactical skills.

Table Tennis is also gaining popularity with increasing visibility in the media, advertising and movies as more and more celebrities are showing their skills.

## **Overview**

The table tennis competition includes seven disciplines:

Men's and women's singles, men's and women's doubles, men's and women's team and mixed doubles. Athletes compete against each other according to the knockout system. Each match consists of a



maximum of seven sets. The athlete who wins four sets first is the game's winner.

## Equipment

Table tennis is played on a rectangular table 2.74 m long, 1.53 m wide and 0.76 m high. a net 15.25 cm high is stretched across the middle of the table and a white line divides the table in two lengthwise.

Players use their racquets to hit the ball back and forth across the table. The racquet may be any size, weight or shape, as long as it is flat, rigid and of even thickness. The rubber surface must be of an ITTF-approved type. One side of the racquet must be red, while the other side must be black.

The ball has a diameter of 40 mm and weights 2.7 g. It is made of plastic material and is white.

## Rules

A player earns points by making shots that his/her opponent cannot return. Players or teams alternate serves every two points. Games end when a player has scored 11 points, unless the margin is less than two points, in which case the play will continue with the serve alternating on every point until a two-point advantage is achieved. Matches are played to the best of five or seven sets.

An expedite system is introduced if a set has not finished after 10 minutes of play or at any earlier time at the request of both players or pairs. An exception is made when both players or the pairs have scored at least nine points, at which time the expedite system cannot be introduced.

If the 10-minute time period lapses while the ball is in play, the umpire interrupts the play by calling "time". The match resumes with service by the player who served in the rally that was interrupted. Otherwise, if at the lapse of 10 minutes the ball is not in play, play shall resume with service by the player who received in the preceding rally. Under the expedite system, each player serves. If the receiving player or pair makes 13 good returns, the receiver shall score a point. Once introduced, the expedite system remains in operation until the end of the match.

Table tennis is governed by a rigorous code of conduct. Players and coaches must refrain from abusing spectators, purposely crushing the ball and kicking the table.

Service starts with the ball resting on the open palm of the server's stationary free hand. The server throws the ball vertically upwards. As the ball is falling, the server strikes it so that it touches first his or her court and then, after passing over or around the net assembly, touches the receiver's court. In doubles, the ball must touch the right half court of the server and the receiver.

## **For more Information:**

### **Table Tennis Canada**

590 Alden, Suite 206

Markham, ON L3R 8N2

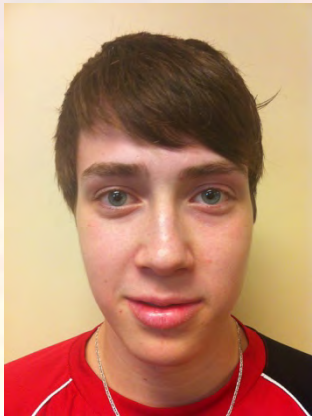
Tel. 289-818-0765

E-mail: [team@ttcanada.ca](mailto:team@ttcanada.ca)

Website: [www.ttcan.ca](http://www.ttcan.ca)

**International Table Tennis Federation:** [www.ittf.com](http://www.ittf.com)

**Media Attaché in Gold Coast:** Mikaela Martin ([MartinMikaela@hotmail.com](mailto:MartinMikaela@hotmail.com) +61 0421 181 284)



**Athlete Name:** Antoine Bernadet

**Sport:** Table Tennis

**DOB:** September 5, 1996

**Hometown:** Quebec City, QC

**Career Highlights:**

Antoine won Bronze at the 2017 Jeux de la Francophonie and has several podium finishes in national competitions.



**Athlete Name:** Stephanie Chan

**Sport:** Table Tennis

**DOB:** July 30, 1957

**Hometown:** Richmond, B.C.

**Career Highlights:**

Stephanie won gold at the 2015 Toronto Parapan Ams.



**Athlete Name:** Alicia Coté

**Sport:** Table Tennis

**DOB:** December 14, 1999

**Hometown:** Drummondville, QC.

**Career Highlights:**

2017 Canadian Champion – Women's Singles.



**Athlete Name:** Ian Kent

**Sport:** Table Tennis

**DOB:** July 4, 1961

**Hometown:** Eastern Passage, N.S.

**Career Highlights:**

Won silver and bronze for singles and team events at the 2015 Toronto Parapan Ams.





**Athlete Name:** Marko Medjugorac

**Sport:** Table Tennis

**DOB:** May 2, 1996

**Hometown:** Sherbrooke, Quebec

**Career Highlights:**

Marko was the runner-up of the 2017 Canadian Championships. He pursues his career by training and competing for a professional club team in Belgium.



**Athlete Name:** Justina Yeung

**Sport:** Table Tennis

**DOB:** July 17, 1999

**Hometown:** Toronto, ON.

**Career Highlights:**

Several podium finishes at national competitions.



**Athlete Name:** Eugene Zhen Wang

**Sport:** Table Tennis

**DOB:** November 13, 1985

**Hometown:** Richmond Hill, ON.

**Career Highlights:**

Canada's current top-ranked table tennis player. He has a number of US Open titles and a PANAM Games Bronze medal to his credit. In 2016, he qualified for the Rio Olympic Games.



**Athlete Name:** Mo Zhang

**Sport:** Table Tennis

**DOB:** January 17, 1989

**Hometown:** Richmond, B.C.

**Career Highlights:**

Canada's top-ranked female table tennis player, Mo Zhang is among the top women athletes in the PANAM zone. In 2014 Zhang won doubles bronze at the Commonwealth Games. In her second Pan Am Games appearance at Toronto 2015, Zhang teamed with Alicia Cote to win team bronze. Zhang also competed in the singles event, placing fifth. She achieved one of her biggest successes on the Commonwealth stage winning the Gold medal at the 2013 Commonwealth Championships in Women's Singles. In 2016 Zhang qualified for the women's singles at the Rio Olympic Games.



**Coach Name:** Yongjiang Liu

**Sport/Event:** Table Tennis

**Hometown:** Richmond, BC



**Coach Name:** Pradeeban Peter-Paul

**Sport/Event:** Table Tennis

**Hometown:** Ottawa, ON



# TRIATHLON



## Team Canada in Gold Coast

A youthful group of six Canucks will be focused on delivering a knockout punch when they arrive in Australia's Gold Coast for the 2018 Commonwealth Games, April 4, 2018.

The Canadian six-pack will introduce themselves to the world for the first time in a multi-sport Games environment when they don the country's red and white triathlon race suits while swimming, biking and running in the spectacular Southport Broadwater Parklands for the individual and mixed relay triathlon events slated to be contested April 4 and 6 respectively.

Joanna Brown (Carp, Ont.) will lead the trio of women. The 24-year-old is coming off a career-year in 2017 where she captured three World Cup podiums, along with back-to-back fourth-place finishes on the World Triathlon Series. Brown also put down a fifth-place finish at the World Championships in Rotterdam, Netherlands this summer.

She will be joined on the start line with Desirae Ridenour (Cowichan Bay, B.C.) and Dominika Jamnicky (Guelph,



Ont.). Both athletes have made steady progress with a focus on delivering consistent performances. Ridenour was crowned the 2017 Continental Junior Champion and triple gold medallist at the Canada Summer Games this summer. The 17-year-old, who is also a lightening quick cross country and track and field runner, also claimed the silver medal in the junior women's duathlon event at the ITU Multisport World Championships in August. A third-place finisher at the Canadian Championships, Jamnicky has also enjoyed a career-best season with two, top-five finishes on the World Cup.

The lone Olympian to be nominated to Canada's Commonwealth Games triathlon squad will be one of three men looking to make some noise in Australia. Tyler Mislawchuk (Oak Bluff, Man.) secured his spot by winning the National Championship title this year. The 23-year-old has a handful of top-15 finishes on the World Triathlon Series. He will be joined by Matt Sharpe (Victoria) who has also made steady progression in the opening year of the new Olympic quadrennial with four, top-10 finishes on the World Cup including a fourth-place result at the prestigious race in Tiszaujvaros, Hungary and a stellar gold-medal performance in the aquathlon race at the ITU Multisport World Championships in Penticton, B.C. Rounding out the Canadian contingent will be Alexis Lepage (Gatineau, Que.), who finished second at the National Championships race.

Canada has three triathlon medals in the history of the Commonwealth Games. Simon Whitfield and Carol Montgomery both won gold at the 2002 Games in Manchester, England. Kirsten Sweetland won the silver medal at the 2014 Games in Glasgow, Scotland.

## **Dates**

April 4 and 6, 2018

## **Venue(s):**

Southport Broadwater Parklands

## **Number of Events:**

Five events: Individual and PTWC (men and women), mixed relay

## **History**

Although considered one of the "newer" sports, triathlon has become very popular in the last few years. In 1974, in Mission Bay, Southern California, a group of friends began training together. Among them, were swimmers, runner and cyclists. They would hold informal races as part of their training. In 1978 Hawaii hosted the Waikiki Rough Water Swim, the Oahu Bike Race and the Honolulu Marathon. Originally separate events, these three sports were combined to form the Hawaii Iron man. By 1982, the Hawaii Iron man had gained so much in popularity and participation that 580 competitors took part. The International Triathlon Union was established in France, in 1989. Triathlon made its debut at the 2002 Commonwealth Games.

## **Overview**

## **SWIMMING**

A mass start to the swim portion of the event gets the triathlon underway. The triathletes follow a 1500-metre course marked by buoys and ropes.

## **CYCLING**

Once the athlete has reached the end of the swim, they emerge from the water into the transition area. They mount their bicycles and begin the 40 km cycling leg. The course is flat and fast but with a few technical sections through the city's centre. Bikes and equipment are checked out before the event to ensure they comply with the International Triathlon Union regulations.

## **RUNNING**

After the cycling course, the athletes will do a 10km run.

## **MIXED RELAY**

The mixed relay will consist of two men and two women. Each athlete will complete a 'super-sprint' triathlon of swimming, biking and running before tagging off his or her next teammate.

## **For more Information:**

### **Triathlon Canada**

121-1925 Blanshard Street

Victoria, BC V8T 4J2

Tel. 250-412-1795

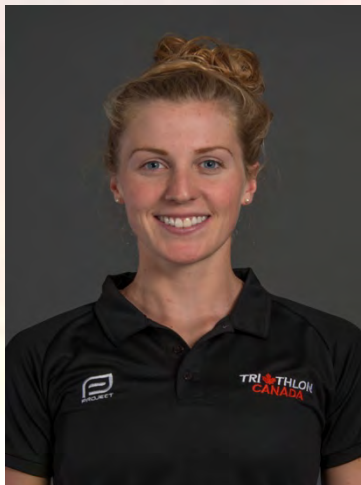
E-mail: [Info@TriathlonCanada.com](mailto:Info@TriathlonCanada.com)

Website: [www.triathloncanada.com](http://www.triathloncanada.com)

Twitter: [@TriathlonCanada](https://twitter.com/TriathlonCanada)

**International Triathlon Union:** [www.triathlon.org](http://www.triathlon.org)

**Media attaché in Glasgow:** Amanda Nigh ([amanda.nigh@athletics.ca](mailto:amanda.nigh@athletics.ca); +61 0478 732 154)



**Athlete Name:** Joanna Brown

**Sport / Event:** Triathlon

**DOB:** November 12, 1992

**Height / Weight:** 178cm/ 60kg

**Hometown:** Carp, ON

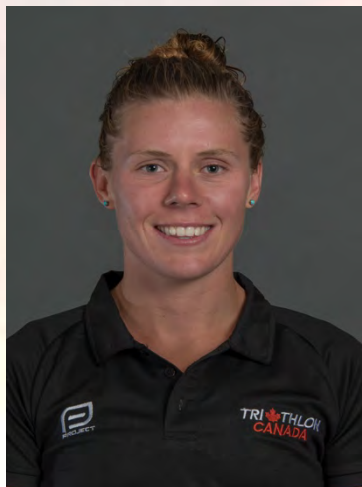
**Twitter:** [@Jo\\_Brown1](https://twitter.com/Jo_Brown1)

**Instagram:** [@jo\\_brown1](https://www.instagram.com/jo_brown1)

**Major Competitions:**

- 2017 – CAMTRI Sprint Championships, Sarasota, USA: 1
- 2016 – XTERRA World Championships: 10
- 2016 – Pan Am XTERRA, Milton, Ont.: 2
- 2016 – Major League Triathlon Series Champion
- 2016 – World Triathlon Series, Edmonton: 17
- 2016 – World Cup, Montreal: 18
- 2016 – CAMTRI Triathlon American Cup, Ottawa: 2 (Canadian Champion)
- 2016 – World Cup Huatulco, MEX: 13
- 2016 – CAMTRI Sprint Triathlon American Cup, Clermont, USA: 4
- 2015 – Under-23 World Championships, Chicago, USA: 14
- 2015 – Pan American Games, Toronto: 13
- 2015 – National Championships, Magog, Que.: 2





**Athlete Name:** Dominika Jamnicky

**Sport / Event:** Triathlon

**DOB:** November 15, 1992

**Height / Weight:** 166cm / 57kg

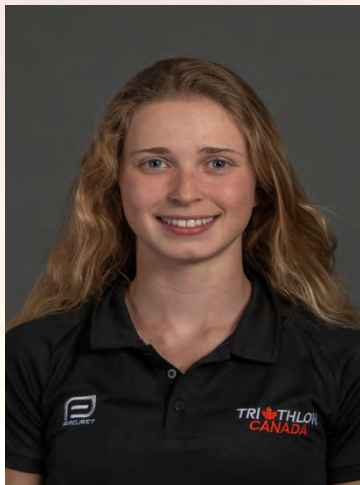
**Hometown:** Guelph, ON

**Twitter:** [@DJamnicky](https://twitter.com/DJamnicky)

**Instagram:** [@dominikajamnicky](https://www.instagram.com/dominikajamnicky)

**Major Competitions:**

- 2016 – CAMTRI Triathlon American Championships, Buenos Aires: 4
- 2016 – World Cup, Salinas, USA: 9
- 2016 – World Championships, Cozumel, MEX: 38
- 2016 – World Cup, Montreal: 19
- 2016 – CAMTRI Triathlon American Cup, Ottawa: 3
- 2015 – World Triathlon Series, Edmonton: 15
- 2015 – Triathlon Canada Under 23 Athlete of the Year
- 2015 – Under 23 World Championships, Chicago, USA: 12



**Athlete Name:** Desirae Ridenour

**Sport / Event:** Triathlon

**DOB:** December 5, 1999

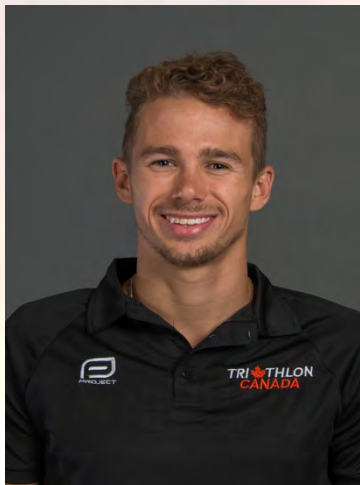
**Height / Weight:** 168cm / 57kg

**Hometown:** Cowichan Bay, BC

**Instagram:** [@desiraeridenour](https://www.instagram.com/desiraeridenour)

**Major Competitions:**

- 2016 – Canadian Junior Elite Series #4, Edmonton: 1
- 2016 – Canadian Junior Elite Series #3, Verdun, Que.: 1
- 2016 – Canadian Junior Elite Series #2, Montreal: 1
- 2016 – Canadian Junior Elite Series #1, Ottawa: 1
- 2016 – CAMTRI Triathlon U23 and Junior American Championships, Des Moines, Iowa: 6
- 2015 – Kelowna Apple Triathlon Canadian, Kelowna, B.C.: 1



**Athlete Name:** Tyler Mislawchuck

**Sport / Event:** Triathlon

**DOB:** August 19, 1994

**Height / Weight:** 173cm / 59kg

**Hometown:** Oak Bluff, MB

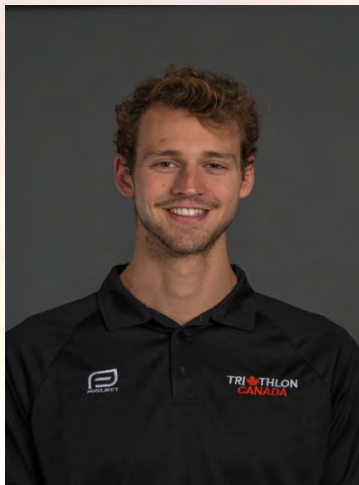
**Twitter:** [@Mislawchuck](https://twitter.com/Mislawchuck)

**Instagram:** [@tmislawchuck](https://www.instagram.com/tmislawchuck)

### Major Competitions:

- 2016 – Olympic Summer Games, Rio de Janeiro, BRA: 15
- 2016 – World Triathlon Series, Hamburg, GER: 7
- 2016 – World Triathlon Series, Leeds, UK: 7
- 2016 – World Triathlon Series, Yokohama, JPN: 10
- 2016 – World Triathlon Series, Gold Coast, AUS: 11
- 2016 – World Triathlon Series, Abu Dhabi: 10
- 2015 – Pan American Games, Toronto: 10
- 2015 – World Triathlon Series, London, UK: 10
- 2015 – Oceania Cup, Wollongong, AUS: 3
- 2015 – Asian Cup, Subic Bay, Philippines: 1
- 2014 – Under-23 World Championships, Edmonton, Canada: 8
- 2014 – Under-23 Mixed U23 relay World Championships: 3





**Athlete Name:** Matthew Sharpe

**Sport / Event:** Triathlon

**DOB:** July 24, 1991

**Height / Weight:** 193cm / 75kg

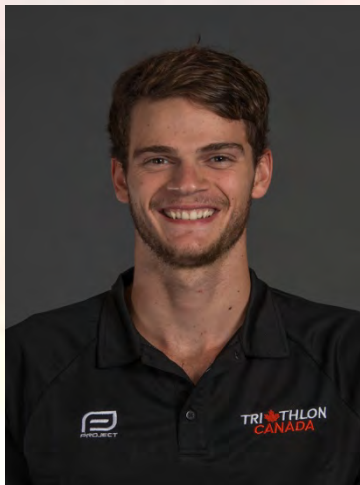
**Hometown:** Victoria, B.C.

**Twitter:** [@mdshrp](https://twitter.com/mdshrp)

**Instagram:** [@mdsharpe1](https://www.instagram.com/mdsharpe1)

### Major Competitions:

- 2016 – World Triathlon Series, Edmonton: 11
- 2016 – World Cup, Montreal: 2
- 2016 – World Cup, Tiszaujvaros, HUN: 13
- 2016 – CAMTRI Triathlon America Cup, Ottawa: 3
- 2015 – Oceania Cup, Mooloolaba, AUS: 2
- 2015 – Oceania Cup, Wollongong, AUS: 4
- 2012 – World Cup, Edmonton: 8
- 2012 – Pan Am Cup, Magog, Que.: 2
- 2012 – Pan Am Cup, Kewlona, B.C.: 4
- 2012 – World Cup, Cancun, MEX: 15
- 2012 – Under-23 World Championships, Auckland, N.Z.: 13
- 2011 – Pan Am Cup, San Francisco, USA: 1



**Athlete Name:** Alexis Lepage

**Sport / Event:** Triathlon

**DOB:** April 26, 1994

**Height / Weight:** 193cm / 67kg

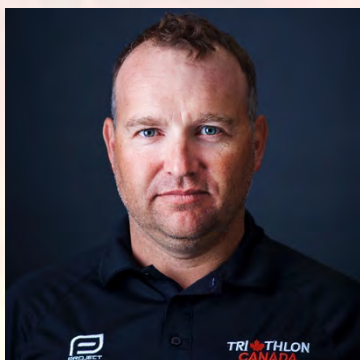
**Hometown:** Gatineau, QC

**Twitter:** [@Alexis\\_Lepage](https://twitter.com/Alexis_Lepage)

**Instagram:** [@alexis.lepage](https://www.instagram.com/alexis.lepage)

**Major Competitions:**

- 2017 – Pan-American championship sprint, Sarasota, USA: 6
- 2016 – World Triathlon Series, Leeds, UK, 27
- 2016 – Oceania Cup, Wollongong, AUS: 7
- 2015 – under-23 World Championships, Chicago, USA: 8
- 2015 – European Cup, Kyiv, Ukraine: 3
- 2015 – Asia Cup, Subic Bay, Philippines: 3
- 2014 – Under-23 World Championships, Edmonton, Canada: 7



**Coach Name:** Jonathan Hall

**Sport/Event:** Triathlon

**Hometown:** Victoria, BC



# WEIGHTLIFTING



## Team Canada in Gold Coast

The weightlifting team is solid with a mix of youth and veterans. Three athletes have previously competed at the Commonwealth Games and two of the athletes have three Commonwealth medals among them.

Two-time Commonwealth Games athlete, Marie-Eve Beauchemin-Nadeau claimed silver in 75kg at the 2010 Commonwealth Games and returned in 2014 to capture gold. She will look to defend her Commonwealth title this year in Gold Coast.

For the men, returning to Commonwealth Games competition are 2010 Commonwealth Games bronze medalists Mathieu Marineau (85kg) and 2014 Commonwealth Games athlete Nicolas Vachon (77kg).

Canada will look to match its four medals won (two gold, two bronze) in Glasgow.. At the 2014 Games Marie-Eve Beauchemin-Nadeau, George Kobaladze (105+kg) won gold, and Pascal Plamondon (85kg ) and Marie-Josée Arès-Pilon (69kg) each took home bronze medals.

## **Dates:**

April 5-9, 2018

## **Venue(s):**

Carrara Sports and Leisure Centre

## **Number of Events:**

8 weight classes for men, 8 weight classes for women

## **History**

Historical sources indicate that weightlifting was popular as a sport in ancient Greece. A 143.5 kg stone dating back to the 6th century BC was found at Olympia with an inscription that showed it was a dedicatory offer by an athlete named Bybon who had lifted it above his head with one hand. A stone weighing 480 kg, discovered on Santorini (Thera) Island, bore an inscription indicating that a man named Eumastas had lifted it off the ground. Depictions of men raising weights have been found in other countries as well. In Egypt, for instance, decorative reliefs on the tombs of the Pharaohs show people lifting utricles or fabric sacks filled with sand.

Weightlifting was on the program of the first modern Olympic Games in Athens in 1896. Women's weightlifting was introduced into the Olympic program at the 2000 Olympic Games in Sydney.

In May 2005, the implementation of the "one-kilo rule" came into effect and changed the sport of weightlifting forever. In the past, athletes had to progress each lift by 2.5 kilograms; now it has decreased to one-kilogram increments. With this new rule, competition strategies have changed, causing many more challenges on the platform and, in turn, creating a lot more excitement for the audience.

## **Overview**

Weightlifting consists of two lifts executed in a standard order: first the snatch and then the clean and jerk. Each athlete has the right to three attempts for each lift. The athlete's best performances in each lift are added together and the total determines the final rankings. If two athletes have an equal total, the athlete achieving the total first will be ranked higher.

Athletes compete in categories according to their body weight. The goal is to execute a proper lift with as heavy a weight as possible. Weightlifters compete in eight weight categories for men and eight for women on a four-metre-square platform before a panel of three judges. If a lift is successful, the lifter must add at least one kg for the next attempt. If the first or second attempt is unsuccessful, the lifter may try the same weight again or increase the weight. The lifter is allowed one minute to complete a lift after his or her name is called.

## Weight Categories

Athletes are separated into categories according to their body weight. Since January 1998, the body weight categories are as follows:

Men (kg)	Women (kg)
56	48
62	53
69	58
77	63
85	69
94	75
105	90
Over 105	Over 90

## Techniques

### Snatch

The snatch is the quicker of the two lifts and requires a great deal of speed, coordination flexibility and strength. The lift is performed taking a very wide grip on the bar and in one motion the bar is lifted to an overhead position with the arms fully extended. When the bar reaches a height slightly below the chest the athlete will either drop down into a full squat position or split the legs front and back while going under the bar. Using these methods allows the weightlifter to achieve heavier lifts than if they had to pull the weight to their full height. However, the lift must be performed very quickly and accurately to ensure that the athlete is directly under the bar before gravity takes over. The weightlifter then stands erect and the referees will judge the lift as successful when the lifter's feet are in line and the lifter has the bar under control. The competitor is then directed to return the weight to the platform.

### The Clean and Jerk

The clean and jerk is a two-stage lift and weightlifters can achieve higher weights. It also requires great speed and coordination to accomplish this lift. The first part is the "clean," in which the goal is to get the weight to the shoulders. A grip that is about shoulder width is used but the athlete will again employ either the squat or split style to assist in lifting more weight. After fixing the bar on the shoulders the lifter will rise to a standing position. The competitor then bends the legs and with great force drives the weight to fully extended arms' length. This



portion of the lift is called the “jerk”. Again, to allow heavier weights to be lifted, a split of the legs is used to let the lifter move under the bar. As in the snatch, the athlete stands with the weight supported overhead, the referees judge the lift and signal for the bar to be put down after the lifter’s feet are in line and the bar is under control.

## **For more Information:**

### **Canadian Weightlifting Federation**

Email: [infoCWFHC@fedhaltero.qc.ca](mailto:infoCWFHC@fedhaltero.qc.ca)

Website: [www.canadianweightlifting.ca](http://www.canadianweightlifting.ca)

Twitter: @WeightliftingCA

**International Weightlifting Federation:** [www.iwf.net](http://www.iwf.net)

**Media attaché in Gold Coast:** Patrick Kenny ([patrickjonathonmarkkenny@gmail.com](mailto:patrickjonathonmarkkenny@gmail.com); +61 0481 742 861)



**Athlete Name:** Marie-Ève Beauchemin-Nadeau

**Sport/Event:** Weightlifting/75KG

**DOB:** October 13, 1988

**Height/Weight:** 166 cm / 75kg

**Hometown:** Montréal, QC

**Major Competitions:**

- Olympic 2016 - 9th (69kg)
- Pan American Championships 2016 – BRONZE (69kg)
- Pan American Games 2015 – 4th (75kg)
- Commonwealth Games 2014 – GOLD (75kg)
- FISU World University Championships 2014 – GOLD (75kg)
- IWF World Championships 2014 – 9th (75kg)
- IWF World Championships 2013 – 5th (75kg)
- Universiade 2013 – BRONZE (75kg)
- Olympics 2012 – 6th (69kg)
- Universiade 2011 – BRONZE (69kg)
- Commonwealth Games 2010 – SILVER (75kg)
- FISU World University Championships 2010 – BRONZE (75kg)



**Athlete Name:** Miklos Bencsik

**Sport/Event:** Weightlifting/105+KG

**DOB:** February 4, 1989

**Height/Weight:** 173cm / 131kg

**Hometown:** Kelowna, B.C.

**Major Competitions:**

- 2016 FISU World University Championships – 10th (105+kg)



**Athlete Name:** Amanda Braddock

**Sport/Event:** Weightlifting/48KG

**DOB:** February 10, 1989

**Height/Weight:** 152cm / 48kg

**Hometown:** Brampton, ON

**Instagram:** @lifeinkg

**Major Competitions:**

- 2017 IWF World Championships – 11th (48kg)
- 2017 Pan American Championships – 5th (48kg)
- 2016 Pan American Championships – 4th (48kg)
- 2015 IWF World Championships – 33th (48 kg)
- 2015 Pan-American Games – 9<sup>th</sup> (48 kg)



**Athlete Name:** Maude Charron

**Sport/Event:** Weightlifting/63KG

**DOB:** April 28, 1998

**Height/Weight:** 155cm / 63kg

**Hometown:** Rimouski, QC

**Instagram:** @m\_charron28

**Major Competitions:**

- 2017 IWF World Championships – Snatch – SILVER (63kg)
- 2017 Pan American Championships – BRONZE (63kg)
- 2016 FISU World University Championships BRONZE (63kg)





**Athlete Name:** Tali Darsigny

**Sport/Event:** Weightlifting/58KG

**DOB:** March 8, 1998

**Height/Weight:** 165cm / 58kg

**Hometown:** Saint Hyacinthe, QC

**Instagram:** @talidarsigny

**Major Competitions:**

- 2017 IWF World Championships – 9<sup>th</sup> (58 kg)
- 2017 29<sup>th</sup> Summer Universiade – 9<sup>th</sup> (63 kg)
- 2017 Junior World Championships – 11<sup>th</sup> (58 kg)
- 2016 World University Championships – 6<sup>th</sup> (58 kg)
- 2016 IWF World Championships – 8<sup>th</sup> (58 kg)
- 2015 Junior World Championships – 10<sup>th</sup> (58 kg)



**Athlete Name:** Rachel Leblanc-Bazinet

**Sport/Event:** Weightlifting/53KG

**DOB:** October 10, 1988

**Height/Weight:** 152cm / 53kg

**Hometown:** St-Bruno-de-Montarville, QC

**Major Competitions:**

- 2017 IWF World Championships – 14th (58kg)
- 2017 Pan American Championships – 8th (58kg)



**Athlete Name:** Mathieu Marineau

**Sport/Event:** Weightlifting/85KG

**DOB:** December 1, 1990

**Height/Weight:** 183cm / 85kg

**Hometown:** Saint-Jérôme, QC

**Major Competitions:**

- 2017 IWF World Championships – 23th (85kg)
- 2017 Pan American Championships – 11th (85kg)
- 2017 Universiade – 10th (85kg)
- 2013 IWF World Championships – 18<sup>th</sup> (85 kg)
- 2013 Pan-American Championships – 6<sup>th</sup> (94 kg)
- 2012 Pan-American Championships – 9<sup>th</sup> (85 kg)
- 2011 Pan-American Games – 5<sup>th</sup> (85 kg)
- 2010 Junior World Championships – 10th (85 kg)
- 2010 Commonwealth Games – BRONZE (85kg)



**Athlete Name:** Ryan Meidl

**Sport/Event:** Weightlifting/105KG

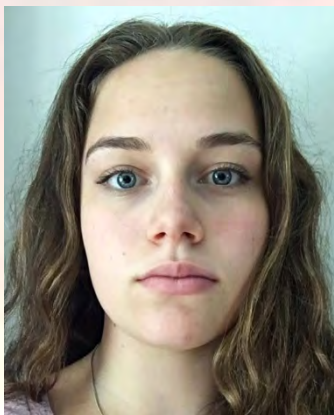
**DOB:** October 25, 1987

**Height/Weight:** 180cm / 105kg

**Hometown:** Calgary, AB

**Major Competitions:**

- 2017 Pan American Championships – 12th (105kg)



**Athlete Name:** Andr  anne Messier

**Sport/Event:** Weightlifting/69KG

**DOB:** May 10, 1999

**Weight:** 160cm / 69kg

**Hometown:** La Pr  sentation, QC

**Instagram:** @halterodede

**Major Competitions:**

- 2017 IWF World Junior Championships – 8th (69kg)
- 2017 Universiade – 14th (69kg)
- 2016 Junior World Championships – 12<sup>th</sup> (75 kg)



**Athlete Name:** Boady Santavy

**Sport/Event:** Weightlifting/94KG

**DOB:** May 22, 1997

**Height/Weight:** 182cm / 92kg

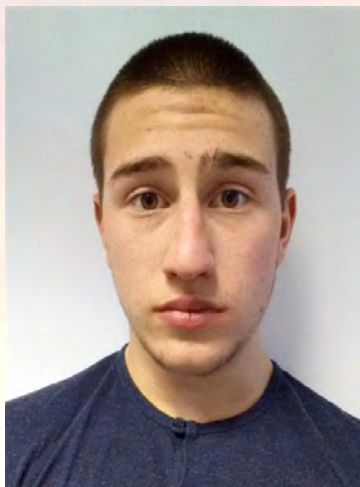
**Hometown:** Sarnia, ON

**Instagram:** boady\_champ

**Major Competitions:**

- 2017 IWF World Championships – 6th (94kg)
- 2017 Universiade – 8th (94kg)
- 2017 IWF World Junior Championships – 5th (94kg)
- 2016 Pan American Championships – 8th (85kg)
- 2015 Pan American Games – 6th (85kg)
- 2015 IWF World Junior Championships – 8th (85kg)
- 2014 Youth Pan American Championships – GOLD (85kg)
- 2013 Youth Pan American Championships – BRONZE (77kg)

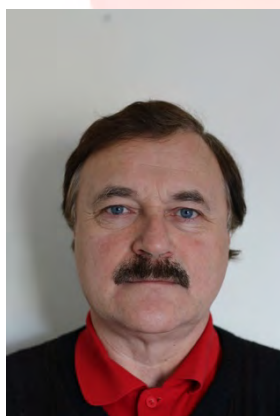




**Athlete Name:** Nicolas Vachon  
**Sport/Event:** Weightlifting/77KG  
**DOB:** July 5, 1996  
**Height Weight:** 170cm / 77 kg  
**Hometown:** Saint-Jérôme, QC  
**Instagram:** @nicvachon

**Major Competitions:**

- 2017 Pan American Championships – 6th (77kg)
- 2014 Commonwealth Games – 13<sup>th</sup> (69kg)



**Coach Name:** Steven Sandor  
**Sport:** Weightlifting  
**Hometown:** Toronto, ON



**Coach Name:** Dalas Santavy  
**Sport:** Weightlifting  
**Hometown:** Plympton Wyoming, ON

# WRESTLING



## Team Canada in Gold Coast

Wrestling Canada Lutte is proud to nominate the 12 athletes who will represent Canada April 12-14, 2018 as they step onto the mat at the 2018 Commonwealth Games in Gold Coast, Australia. The motivated group, composed of six women and six men, will set their sights on earning Commonwealth Games hardware come April.

Canadian wrestlers have captured more Commonwealth Games medals than any other country with 125 won since the Games began in 1930. Canada was very successful on the mats at the 2014 Commonwealth Games in Glasgow. The team won 12 medals including 7 gold, 2 silver and 3 bronze.

Olympic Champion and defending Commonwealth Games Champion Erica Wiebe will return to the Games to defend her title earned in 2014 in Scotland. Wiebe will be competing in the 76 kg weight class. 2016 Olympian Michelle Fazzari will be competing at 62 kg. Fazzari won bronze at the 2017 World Championships

in August. Olympian Danielle Lappage will also be looking to defend her 2014 Commonwealth Gold medal when she competes in Gold Coast at 68 kg. Also looking to make a statement at the Commonwealth Games, Jessica MacDonald was a bronze medalist at the 2013 World Championships and a bronze medalist at the 2010 Commonwealth Games.

On the men's side, Elliot Lake's Korey Jarvis has made the Canadian Commonwealth Games team for the third consecutive Games. Jarvis, a 2016 Olympian, is the defending Commonwealth Games Champion at 125 kg and won a silver at the 2010 Commonwealth Games in Delhi, India. Jevon Balfour won a silver medal at 65 kg in Glasgow and will compete to reach the podium at the Gold Coast Games at 74 kg.

"The Commonwealth Games in 2014 was one of my favourite experiences," said Wiebe, of Stitsville, ON. "The Games are so unique in that it has able-body and para-athletes competing side-by-side. The village atmosphere is like nothing else. I'm really excited to be on the Gold Coast in such an amazing venue."

Wrestling has a proud Canadian heritage and was one of only six sports featured at the inaugural Commonwealth Games held in Hamilton in 1930. The sport has been contested at 17 editions of the Commonwealth Games.

## **Dates:**

April 12-14, 2018

## **Venue(s):**

Carrara Sports and Leisure Centre

## **Number of Events:**

6 Freestyle weight categories for men and 6 freestyle weight categories for women

## **History**

Wrestling can be traced back to ancient times as well as throughout the ancient and modern Olympic Games. Wrestling was contested at the first ancient Olympic Games in 776 BC and has been on the Olympic programme since the modern Olympic Games resumed in Athens in 1896 (with the exception of 1900), with Greco-Roman wrestling. Freestyle wrestling first made its appearance in 1904.

In September 2001, the International Olympic Committee announced the inclusion of women's Freestyle wrestling at the 2004 Olympic Games in Athens. In February 2013, the International Olympic Committee made a recommendation to remove the sport from the 2020 & 2024 Olympic programme. However, on September 8<sup>th</sup>, 2013, the IOC announced that wrestling would be reinstated on the Olympic programme for 2020 and 2024.



## Overview

Wrestling has two styles: Freestyle (men and women) and Greco-Roman. In Freestyle wrestling it is permissible to grasp the legs of the opponent, to trip the opponent and to use the legs as well as the upper body in the execution of any action. In Greco-Roman wrestling it is forbidden to intentionally grasp the opponent below the hips, to trip the opponent or to use the legs actively in executing any action.

## Equipment

The wrestling area is a square or octagonal mat measuring 12 metres on each side. The “central wrestling area” is a large circle in the middle of the mat, measuring seven metres in diameter, and includes a red-coloured circle (1 metre in diameter) in the centre of the mat. A red-coloured “passive zone”, one metre in width, borders the central wrestling area. Wrestlers square off in the centre of the mat at the beginning of a match or whenever the referee restarts the match after wrestling has extended beyond the passive zone (out-of-bounds). The two diametrically opposite corners of the mat have the colours of the wrestling singlets worn by the two opponents: red and blue.

## Weight Categories

Wrestlers are divided into categories according to their age and weight. At the Commonwealth Games in Gold Coast, athletes will compete in the following weight categories:

6 Freestyle weight categories for men:

- 57 kg
- 65 kg
- 74 kg
- 86 kg
- 97 kg
- 125 kg

6 Freestyle weight categories for women:

- 50 kg
- 53 kg
- 57 kg
- 62 kg
- 68 kg
- 76 kg

## Dress

Wrestlers must wear a “singlet” of the colour assigned to them (red or blue). The singlet must be 60% majority red or blue and a maximum of mid-thigh in length. When called to the mat, wrestlers must appear on the edge of the mat, in their respectively coloured corners, with singlet straps up and shoelaces secured.

## Officials

Three officials score a wrestling match: the referee, the judge and the mat chairman. The referee is on the mat and makes the initial call on points, which are verified by the judge (mat-side). The mat chairman has

the final say on points awarded if there is a disagreement between the referee and the judge.

## The Match

The match will consist of two periods, three minutes in length each, with 30 seconds interval between each period. A match may be won by “fall”, by technical superiority or by points.

A fall or pin is called when both shoulders of the defensive wrestler are instantaneously held in contact with the mat for a sufficient time to allow the referee to observe total control. The referee acknowledges and registers the fall (having first agreed with the judge or mat chairman) by blowing the whistle and simultaneously striking the mat with his/her hand. A fall signals the end of the match regardless of the period in which it occurs or the score of the wrestlers at that point.

If there are no falls, the match is judged on cumulative points scored throughout the match. If at any time the difference in points between the wrestlers is more than ten in Freestyle and more than 8 in Greco-Roman, the match is stopped and the winner of the match is the wrestler who holds the lead, due to a “technical superiority” over his/her opponent.

If the match lasts the entire regulation time period, the wrestler with the most technical points is declared the winner. If the score is tied at the end of the match, the winner will be declared by considering the highest value of takedowns and holds, the least amount of cautions and the last technical point(s) scored.

## Technical Points

Technical points are awarded for various takedowns and holds, depending on the level of control during the execution of the move, or the difficulty of the move.

- **One point** is awarded for stepping out of bounds or reversals, whereby a wrestler in the defensive par terre position executes an action, which now puts him/her behind and in control of the opponent on the mat.
- **Two points** are awarded for a “takedown” – when a wrestler, from the standing or neutral position, takes the opponent to the mat without back exposure.
- **Four points** are awarded for a “takedown” or “throw” to the danger position – when a wrestler, from the standing or neutral position, takes the opponent to the mat with direct back exposure to the mat (danger position).
- **Cautions** - wrestlers who flee the mat, flee a hold, apply an illegal hold, or assume an incorrect par terre starting position, may be given a caution. This results in their opponent receiving one technical point. The opponent of a wrestler who receives three cautions over the duration of a complete match will be declared the winner of the match.

### Passivity Procedure (Freestyle)

The fundamental principle of a wrestling match is “total wrestling”. A referee will encourage and stimulate activity at appropriate times throughout the match by gestures and words identifying which wrestler is passive so the wrestler at fault can react. Passivity is considered to be any behaviour on the part of one or both wrestlers who, contrary to the spirit of continuous wrestling, avoid and/or obstruct the progress of the match.

When passivity continues to be evident, the match will be interrupted and a verbal and visual official warning will be awarded. If the wrestler continues to be passive the referee will declare the wrestler “passive” (upon confirmation from the judge or chair). Upon receiving confirmation, the referee will interrupt the match as long as there is no imminent scoring taking place. The referee will indicate to the wrestler (and may indicate to the coach) that the wrestler is “passive”. A 30 second “activity period” will commence and the identified wrestler will have 30 seconds to score or for the opponent to score.

If either wrestler scores during the 30-second activity period the passivity penalty will be suppressed.

If no scoring occurs during the 30-second activity period, the match will be interrupted immediately and the identified wrestler will receive a caution and the opponent will be awarded one point.

### **Challenge**

The challenge is the action through which the coach, on behalf of the wrestler, is allowed to stop the action and request the jury of appeal and the refereeing body to watch video evidence in case of a disagreement with the call.

The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or failed to award points to the disputed situation.

Each wrestler is entitled to one challenge per match. If after reviewing the challenge, the jury of appeal modifies the decision, then the challenge can be used again during the match. If the jury of appeal confirms the decision by the refereeing body, the wrestler loses the challenge and the opponent will receive one technical point.

The decision of the jury of appeal is considered final and no further appeal is possible on the disputed situation.



## For more Information

### **Wrestling Canada Lutte**

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2451 Riverside Dr.

Ottawa, ON K1H 7X7

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Email: [info@wrestling.ca](mailto:info@wrestling.ca)

Website: [www.wrestling.ca](http://www.wrestling.ca)

Twitter: [@wrestlingcanada](https://twitter.com/wrestlingcanada)

**International Federation of Associated Wrestling Styles (FILA):** [www.fila-official.com](http://www.fila-official.com)

**Media attaché in Gold Coast:** Patrick Kenny ([patrickjonathonmarkkenny@gmail.com](mailto:patrickjonathonmarkkenny@gmail.com); +61 0481 742 861)



**Athlete Name:** Jevon Balfour

**Sport/Event:** Wrestling/74KG

**DOB:** December 3, 1994

**Height/Weight:** 175cm / 74KG

**Hometown:** Scarborough, ON.

**Club:** Brock Wrestling Club

**Instagram:** @jevonbal4

### **Biography:**

Winning a silver medal at the 2014 Commonwealth Games in Glasgow, Scotland as well as winning the Junior National Championships and the Senior National Championships in the same year, are career highlights to date for Balfour. Having started wrestling at the age of 14, Balfour loves staying active with other sports and hanging out with friends. A Brock University student, Balfour remembers losing his first match which made him want to learn and be the best at this “wrestling” thing. Balfour is inspired by his brother, Michael Jordan and Muhammad Ali.

### **Major Competitions:**

- 2018 – Canadian Championships – 1<sup>st</sup> place – 74kg
- 2017 – Canadian Championships – 1<sup>st</sup> place – 74kg
- 2015 – PAC – 2nd place – 74kg
- 2014 – Commonwealth Games – 2nd place – 65kg
- 2014 – UWW Junior World Championships – 17th place – 66kg
- 2014 – PAC – 3rd place – 66kg



**Athlete Name:** Vince De Marinis

**Sport/Event:** Wrestling/65KG

**DOB:** May 18, 1993

**Height/Weight:** 175cm / 65KG

**Hometown:** Pierrefonds, QC.

**Club:** Montreal - YMHA

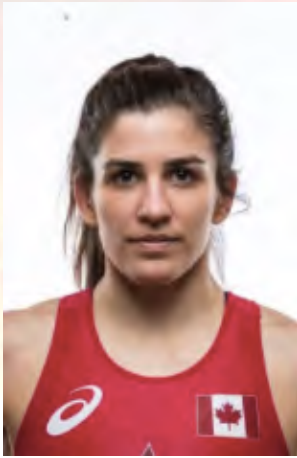
### **Biography:**

De Marinis, a student from Pierrefonds, Que., is studying finance at Concordia University. He describes his go to move as the fireman throw. De Marinis describes his greatest influences as his coaches, teammates and boxer Mike Tyson. A great believer in balance, De Marinis describes weighing nutrition, mental toughness and technical improvements as challenges he faces each day. After a tough competition, the wrestler describes his bed as his greatest comfort.

### **Major Competitions:**

- 2017 – Jeux de la Francophonie – 2nd place – 65kg
- 2016 – Commonwealth Championship – 3rd place – 65kg
- 2016 – Torneo Citta a Sassari – 1st place – 65kg
- 2015 – Pan American Championship – 3rd place – 65kg





**Athlete Name:** Michelle Fazzari

**Sport/Event:** Wrestling/62KG

**DOB:** July 10, 1987

**Height/Weight:** 173cm / 62KG

**Hometown:** Hamilton, ON.

**Club:** Brock Wrestling Club

**Twitter:** @michellefazzari

**Instagram:** @michellefazzari

### **Biography:**

A 2016 Olympian, Michelle Fazzari will be competing at 62 kg in Australia. Fazzari won bronze at the 2017 World Championships in August. Her multi-sport competition experience also includes the 2013 Jeux de la Francophonie where she won gold. A daughter to Tony and Debbie Fazzari and coached by two-time Olympian Marty Calder, it was based on a dare with friends in high school, that Fazzari started in the sport of wrestling. A proud member of the Brock Wrestling Club, Michelle Fazzari attended London 2012 as the training partner for three-time Olympic medalist Tonya Verbeek.

### **Major Competitions:**

- 2017 – World Championships – 3<sup>rd</sup> place – 58kg
- 2017 – Canadian Championships – 1<sup>st</sup> place – 58kg
- 2016 - Olympic Games – 17th place – 58kg
- 2015 - Pan American Games – 7th place – 58kg
- 2015 - UWW World Championships – 9th place - 58kg
- 2014 - Pan American Championships – 1st place - 60kg



**Athlete Name:** Korey Jarvis

**Sport/Event:** Wrestling/125KG

**DOB:** October 4, 1986

**Height/Weight:** 188cm/125KG

**Hometown:** Elliot Lake, ON.

**Club:** Guelph Wrestling Club

**Twitter:** @Daddyjar86

**Instagram:** @korey.jarvis

### **Biography:**

A 2016 Olympian, Elliot Lake's Korey Jarvis has made the Canadian Commonwealth Games team for the third consecutive Games. Jarvis, a 2016 Olympian, is the defending Commonwealth Games Champion at 125 kg and won a silver at the 2010 Commonwealth Games in Delhi, India. Jarvis won silver in the 125kg freestyle division at the 2015 Pan Am Games in Toronto and secured his spot in Rio with a second-place finish at the continental qualifier in March 2016. Jarvis studied weld engineering at Conestoga College and manages a full-time training program while working full-time as a welder. A person who loves cooking, Jarvis loves spending time with his family including his parents Gord and Joanne Jarvis, older siblings Kate Smith and Jesse Jarvis and four-year-old daughter Brynlee. A proud Guelph wrestling club member, Jarvis prepares for a match by thinking about going out and out working the other person.

### **Major Competitions:**

- 2018 – Canadian Championships – 1<sup>st</sup> place – 125kg
- 2017 – Canadian Championships – 1<sup>st</sup> place – 125kg
- 2016 - Olympic Games – 8th place – 125kg
- 2015 - Pan American Games – 2nd place – 125kg
- 2015 - UWW World Championships – 28th place – 125kg
- 2015 - Pan American Championships – 3rd place – 125kg
- 2014 - Commonwealth Games – 1st place – 125kg



**Athlete Name:** Danielle Lappage

**Sport/Event:** Wrestling/ 68KG

**DOB:** September 24, 1990

**Height/Weight:** 167cm, 68KG

**Hometown:** Olds, AB

**Club:** Calgary Dinos Wrestling Club

**Twitter:** @DaniellaLappage

**Instagram:** @dlappage

### **Biography:**

Danielle Lappage was a member of Canada's #sixpack at the 2016 Olympics in Rio and is the 2014 Commonwealth Games gold-medalist at 63 kg where she defeated Geetika Jakhar of India to win gold. An Olds Alberta native, Danielle Lappage began wrestling at 13 and sparked an Olympic dream while watching the Games on TV as a young girl. Raised in a family with four siblings by parents Robert and Valerie, Lappage was always considered driven and had a great work ethic. Earning a Bachelor of Arts in Criminology at Simon Fraser University in 2013, Lappage went on to complete her Masters of Arts degree in Criminology. With magnets collected from around the world, Lappage's favourite motto is "You are capable of anything and everything, you just have to believe".

### **Major Competitions:**

- 2016 - Olympic Games – 16th place - 63kg
- 2014 - Commonwealth Games – 1st place – 63kg
- 2014 - UWW World Championships – 8th place – 63kg
- 2014 - FISU World Championships – 1st place - 63kg





**Athlete Name:** Jessica MacDonald

**Sport/Event:** Wrestling/50KG

**DOB:** December 7, 1984

**Height/Weight:** 165cm/50KG

**Hometown:** Windsor, ON.

**Club:** Brock Wrestling Club

**Twitter:** @jessienevanmac

### **Biography:**

Jessica MacDonald was a bronze medalist at the 2013 World Championships and a bronze medalist at the 2010 Commonwealth Games. MacDonald began wrestling for Brock University in St. Catharines, Ontario in 2003. Jessica is a three-time world medalist, and in 2012 earned the title of World Champion while competing in the 51 kg weight class of female wrestling. MacDonald describes her daughter Ella as her greatest motivator as her daughter motivates her to continue to strive for greatness and set an example for her.

### **Major Competitions:**

- 2017 – Canadian Championships – 1<sup>st</sup> Place – 53kg
- 2015 - Dan Kolov & Nikola Petrov International Tournament - 1st place - 48kg
- 2014 - Paris Grand Prix - 2nd place - 48kg
- 2014 - Senior Canadian Championships - 2nd place - 48kg
- 2014 - Senior Pan American Championships - 2nd place - 48kg
- 2014 - Austrian Ladies Open - 1st place - 48kg
- 2014 Women's World Cup - 4th place - 48kg



**Athlete Name:** Alex Moore

**Sport/Event:** Wrestling/86KG

**DOB:** August 18, 1997

**Height/Weight:** 178cm/86KG

**Hometown:** Montreal, QC.

**Club:** Montreal - YMHA

### **Biography:**

Moore first established a name for himself in Quebec and Canadian wrestling circles in 2013 with his gold medal performances at the Canada Games in Sherbrooke and the provincial and Canadian Cadet Championships. Moore is a dedicated athlete but also looks forward to a long coaching career. Learning new languages is a challenge Moore has had to overcome and anticipates India bringing tough competition to Gold Coast.

### **Major Competitions:**

- 2018 – Canadian Championships – 1<sup>st</sup> place – 86kg
- 2017 – Senior Canadian Championships – 2<sup>nd</sup> place – 84kg
- 2017 - Junior Canadian Championships – 1st place - 84kg
- 2014 - Cadet World Championships - 14th place - 63kg
- 2014 - Youth Olympic Games - 6th place - 63kg



**Athlete Name:** Emily Schaefer

**Sport/Event:** Wrestling/57KG

**DOB:** March 29, 1996

**Height/Weight:** 164cm/57KG

**Hometown:** Sarnia, ON.

**Club:** Brock Wrestling Club

### **Biography:**

A proud student-athlete, Schaefer was the Brock University, Ontario University Athletics (OUA) and Canadian Interuniversity Sport (CIS) Rookie of the Year in 2015. Schaefer describes her three brothers as her greatest influence, partially because they're super supportive but mostly because she needed to hold-her-own. After a competition is complete, Schaefer takes comfort in her supportive friends and eating as much chocolate as she wants.

### **Major Competitions:**

- 2017 – Canadian Championships – 3<sup>rd</sup> place – 58kg
- 2017 – Canada Cup – 5th place – 58kg
- 2016 – World University Championship – 4th place – 58kg
- 2016 – Torneo Citta a Sassari – 3rd place – 60kg
- 2015 – Canada Cup – 1st place – 55kg





**Athlete Name:** Jordan Steen

**Sport/Event:** Wrestling/97KG

**DOB:** June 26, 1991

**Height/Weight:** 180cm/97KG

**Hometown:** Tecumseh, ON.

**Club:** Montreal - YMHA

### **Biography:**

A Windsor, ON native, in his outstanding rookie season, Steen won seven university tournaments, the Atlantic University Sport championship and the Canadian Interuniversity Sport (CIS) title with a perfect 24-0 win-loss record. Steen describes his parents as his greatest influence as they have aspired him to follow his dream of one day representing Canada at the Olympic Games. Steen is most proud of being named a 2016 Olympic alternate, 2016 and 2017 national championships, 2017 Francophone Games championship, and a bronze medal at the 2017 Pan Am championships.

### **Major Competitions:**

- 2018 – Canadian Championships – 1<sup>st</sup> place – 97kg
- 2017 – Canadian Championships – 1st place – 86kg
- 2017 – Jeux de la Francophonie – 1st place – 86kg
- 2017 – Pan American Championship – 3rd place – 86kg
- 2016 – Commonwealth Championship – 3rd place – 86kg
- 2015 – Canada Cup – 4th place – 86kg



**Athlete Name:** Steve Takahashi

**Sport/Event:** Wrestling/57KG

**DOB:** April 8, 1992

**Height/Weight:** 167cm/57KG

**Hometown:** London, ON.

**Club:** London-Western Wrestling Club

**Twitter:** @StevenTakahashi

### **Biography:**

London native Takahashi, has focused his studies on kinesiology at the University of Western Ontario. A wrestler and University of Western Mustangs assistant wrestling coach himself, Takahashi is coached by his father, Ray Takahashi. Ray, a longtime wrestling coach at Western won a silver medal in Australia at the 1982 Commonwealth Games in Brisbane.

### **Major Competitions:**

- 2018 – Canadian Championships – 6<sup>th</sup> place – 57kg
- 2017 – Canadian Championships – 3<sup>rd</sup> place – 57kg
- 2017 – Jeux de la Francophonie – 1st place – 57kg
- 2015 - Senior Pan Am Championships - 3rd place - 57kg
- 2014 - Senior Canadian Championships - 2nd place - 57kg
- 2014 - Senior World Championships - 21th place - 57kg
- 2014 - Senior Pan American Championships - 3rd place - 57kg
- 2014 - Brazil Cup - 3rd place - 57kg



**Athlete Name:** Diana Weicker

**Sport/Event:** Wrestling/53KG

**DOB:** May 26, 1989

**Height/Weight:** 160cm/53KG

**Hometown:** St. Catharines, ON.

**Club:** Brock Wrestling Club

### **Biography:**

A native of Nova Scotia, Weicker is a mother of two boys under the age of three, Aiden and Oliver, and works part-time on weekends and evenings as a registered nurse in pediatrics at the St. Catharines hospital. Diana has a kindred spirit in fellow 2018 Commonwealth Games Team Canada wrestling teammate Jessica MacDonald. The Commonwealth Games will be Weicker's second major multi-sport games. She represented Canada at the 2013 World University Games.

### **Major Competitions:**

- 2018 – International Ukrainian Tournament – 8th place – 53kg
- 2017 – Canadian Championships – 1<sup>st</sup> place – 55kg
- 2017 – World Championships – 12th place – 55kg
- 2017 – Canada Cup – 1st place – 55kg





**Athlete Name:** Erica Wiebe

**Sport/Event:** Wrestling/76kg

**DOB:** June 13, 1989

**Height/Weight:** 175cm/76kg

**Hometown:** Stittsville, ON

**Club:** Calgary Dinos

**Twitter:** @ericawiebe

**Instagram:** @eweebz

### **Biography:**

Reigning Olympic Champion and defending Commonwealth Games Champion, Erica Wiebe will return to the Commonwealth Games to defend her title earned in 2014 in Scotland. Wiebe enjoyed an outstanding 2014 season in which she won every individual tournament she entered, a streak of 36 matches, until the world championships. Wiebe travelled to London 2012 as a training partner for Olympian Leah Callahan, soaking in the experience so she would be ready for her own Olympic opportunity in Rio. Inspired to one day represent Team Canada as a young child by a large crowd cheering her on, Erica Wiebe had her dream of representing Canada sparked when she played a mini soccer game during a Team Canada women's friendly at Lansdowne Park in Ottawa. Wiebe began wrestling in Grade 9 after a sign for co-ed practice was posted, eventually shifting her attentions away from other sport interests including soccer. Earning her Bachelor of Kinesiology from the University of Calgary in 2012, Wiebe then completed a Bachelor of Arts in Sociology at the University of Calgary in Spring 2016. A collector of fridge magnets on international travels, Wiebe always travels with a jar of Nutella to eat.

### **Major Competitions:**

- 2016 - Olympic Games – 1st place – 75kg
- 2014 - Commonwealth Games – 1st place - 75kg
- 2014 - UWW World Championships – 10th place - 75kg
- 2014 - FISU World Championships – 1st place – 75kg



**Head Coach Name:**

Tonya Verbeek

**Sport/Event:**

Wrestling

**Hometown:** St.

Catharines, ON.



**Coach Name:** Rob Moore

**Sport/Event:** Wrestling

**Hometown:** Montreal,

QC.



**Coach Name:** Marty

Calder

**Sport/Event:**

Wrestling

**Hometown:** St.

Catharines, ON.



**Coach Name:** Paul Ragusa

**Sport/Event:** Wrestling

**Hometown:** Calgary, AB.

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## CANADIAN MEDAL SUMMARY

Games	Gold	Silver	Bronze	Total
1930 Hamilton, CAN	20	15	19	54
1934 London, ENG	17	25	9	51
1938 Sydney, AUS	13	16	15	44
1950 Auckland, NZL	8	9	13	30
1954 Vancouver, CAN	9	20	14	43
1958 Cardiff, WAL	1	10	16	27
1962 Perth, AUS	4	12	15	31
1966 Kingston, JAM	14	20	23	57
1970 Edinburgh, SCO	18	24	24	66
1974 Christchurch, NZL	25	19	18	62
1978 Edmonton, CAN	45	31	33	109
1982 Brisbane, AUS	26	23	33	82
1986 Edinburgh, SCO	51	34	31	116
1990 Auckland, NZL	35	41	37	113
1994 Victoria, CAN	40	42	47	129
1998 Kuala Lumpur, MAL	30	31	38	99
2002 Manchester, ENG	31	41	46	118
2006 Melbourne, AUS	26	30	31	87
2010 Delhi, IND	26	17	33	76
2014 Glasgow, SCO	32	16	34	82
<b>Total</b>	<b>471</b>	<b>476</b>	<b>529</b>	<b>1476</b>



# HISTORY OF THE GAMES

The first Commonwealth Games took place in Hamilton, Ontario, in 1930.

Bobby Robinson, a major influence within athletics in Canada at the time, implemented the event that had been talked about among Commonwealth nations for over 30 years. Eleven countries and a total of 400 athletes participated in the first Commonwealth Games. The City of Hamilton provided \$30,000 to these nations to help cover travelling costs. Since then, the Games have been held every four years (except for 1942 and 1946, due to World War II) and have grown from 400 athletes to over 6,500 athletes expected at the 2018 Commonwealth Games in Gold Coast, Australia.

From 1930 to 1950 the Games were known as the British Empire Games, then the British Empire and Commonwealth Games until 1962. From 1966 to 1974, they took on the title of the British Commonwealth Games and from 1978 onwards, they have been known simply as the Commonwealth Games.

While other Games around the globe were founded on geographic or climatic factors, such as the Asian, Pan American and African Games and the Winter Olympics, the Commonwealth Games were founded on history. Unique characteristics of the Commonwealth Games include being the only Games which share a common language. All athletes and officials can converse with each other in English, creating an atmosphere that has led to the Commonwealth Games being long known as the "Friendly Games".

The bonds of the Commonwealth Games help to encourage and support the pursuit of health and fitness in each of the 71-member nations and territories and inspire youth to strive for excellence.

## CANADIAN TEAM FLAG BEARERS

**1930** Percy Williams

**1934** Unknown

**1938** Unknown

**1948** Unknown

**1950** Unknown

**1954** Gerard Baton

**1958** Unknown/inconnu

**1962** Gordon Dickson

**1966** Bill Crothers

**1970** Ralph Hutton

**1974** Jamie Paulson

**1978** Russ Prior

**1982** John Primrose

**1986** Ben Johnson

**1990** Tom Ponting

**1994** Angela Chalmers

**1998** Marianne Limpert

**2002** Daniel Igali

**2006** Chantal Petitclerc

**2010** Ken Pereira

**2014** Susan Nattrass

**2018** Meaghan Benfeito

# COMMONWEALTH GAMES HELD IN CANADA

## Hamilton 1930

11 countries sent a total of 400 athletes to participate in these first Games, then known as the British Empire Games.

Sports featured: track and field, bowls, boxing, rowing, swimming, diving and wrestling.

## Vancouver 1954

22 countries sent 662 athletes to compete in these fifth Games known as the British Empire and Commonwealth Games.

Sports featured: track and field, bowls, boxing, cycling, fencing, rowing, swimming, diving, weightlifting and wrestling.

## Edmonton 1978

44 countries sent 1,475 athletes to compete in these 11th Commonwealth Games.

Sports featured: athletics, badminton, boxing, cycling, gymnastics, lawn bowls, swimming, diving, shooting, weightlifting and wrestling.

## Victoria 1994

63 countries sent approximately 2,446 athletes to these 15th Commonwealth Games.

10 sports were featured: aquatics (swimming, diving, synchronized swimming), athletics, badminton, boxing, cycling, gymnastics, lawn bowls, shooting, weightlifting and wrestling.



## WEBSITES OF INTEREST

Visit Commonwealth Games Canada [www.commonwealthgames.ca](http://www.commonwealthgames.ca) for up-to-date information on our athletes and daily news stories. See the LINKS for a list of valuable web resources including International Sports Federations, National Sport Federations and more.

### **XXI Commonwealth games, Gold Coast, Australia:**

[www.gc2018.com](http://www.gc2018.com)

### **The Commonwealth Games Federation:**

[www.thecgf.com](http://www.thecgf.com)

### **Canadian heritage (Sport Canada):**

[www.pch.gc.ca](http://www.pch.gc.ca)