



## **MEDIA RELEASE**

### **Northwest Narwhals Swim Club**

For Immediate Release

November 14, 2011

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### **Northwest Narwhals swim at Brantford and Kenora**

Head Coach David Iwanyszyn was in Brantford this weekend with Kaitlyn Massaro (14) competing in the 14 year old age group and Takara Martin (16) in the 15-16 year old age group at the 2011 Swim International. Massaro had personal bests in 5 of 6 races and placing in the top 16 in all of them. Her best race was the 400 Freestyle event where she went a personal best time of 4:46.41. Martin is the Narwhal most senior member, swimming with the team since she was 8 years old. She swam very well just missing making Olympic Trials by 9/100 of a second in the 100 Breaststroke in a time of 1:12.25, a personal best and winning Gold in the process. Her next opportunity to make Olympic trials will be in a couple of weeks when the Narwhals attend the Prairie Winter International Invitational in Winnipeg December 1-4. Martin's time of 1:12.25 ranks her #1 in Canada for 16&under aged swimmers.

Asst. Coach Barry Massaro took the rest of the team to Kenora for the Fall Invitational for a very successful meet where Personal Bests were achieved in 90% of the swims. Alyssa Iwanonkiw (15 & over)- 3 Silver, Fred Serratore (11-12 div.) - 1 Silver and 3 Bronze, Ilana Mironsky (8 & under)- 5 Gold and 2 Silver, Jarek Tremblay (13 - 14 div.) - 1 Bronze, Jesse Massaro (11-12 div.) - 1 Bronze, Lawson Mironsky (11-12 div.)- 4 Gold, 2 Silver and 1 Bronze. Ellen LaFroy, Gabrielle Chenard, Julie Hauth, Marie Wood and Morgan Labelle also ranked in the top 8 in a number of swims.

The Narwhals will be hosting the Narwhal End of the Year Meet on December 10 - 11 at LU Pool where you can see the Narwhals in action. The meet starts 9am-noon on Saturday December 10<sup>th</sup>.

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