
THE SWASHBUCKLER

...becoming better people through excellence in swimming.

November was a great month for swimming. Pirate from PSAA and Endeavour training groups made their way south to Calgary for the KSC Invitational, while the Imagination and Discovery Pirates headed west to the Edson Splash & Dash. Our Pirates raced great at both meets and gain experience to prepare each of them for future swim meets!

Now in December—this past weekend—we hosted the Reindeer meet. There was a great turnout and won lots of ducks. Thank you Parents for all the hours each of you put into the Reindeer meet to help make it a success.

KSC

KSC Invitational was all speed. The brief warm front Calgary experienced that weekend was brought-on by the Pirates. We had STRONG RELAY performances; THREE team records; SIX different Pirates WIN GOLD; NINE swimmers in total earn medals; many returned for finals on Saturday and Sunday; and a lot of personal best performances.

New Pirate Records:

Sofia Inaba sets a new 10 & Girls team record in the 200 Butterfly, with 3:33.15! The previous record was set last month at PZDA by Jade Kapicki with her 3:40.72.

Kapicki Breaks Two 11-12 girls Team records! Astra Kapicki lowered the 200 Butterfly record of 2:53.76 set by Sydney Tucker at 2022 Provincial Trials down to 2:52.28.
In the 400 Individual Medley, Astra broke Dakota Howards team record of 5:47.79 set in January of 2017 with a 5:45.58.

Relay Performance

12 & Under Girls 200 Freestyle A Relay of Astra Kapicki, Ruby van Keulen, Ella Mouser, & Sierra Melnyk finished Top-3

13-14 Girls 200 Freestyle A Relay of Peyton Tucker, Sarah Harbin, Sydney Tucker, & Emery Sykes finished Top-3

On the Podium

Sarah Harbin grabs Gold in the Female 13-14 50 Breaststroke and Bronze in the 200 breaststroke
Sofia Inaba earns Gold in the Female 10 & Under 200 Butterfly

Astra Kapicki took Gold in the Female 11-12 100 & 200 Butterfly; Silver 400 IM, 200 free, 100 back; Bronze 200 Im & 400 Free

Jade Kapicki wins Gold in the Female 10 & U 100 Freestyle & 400 IM; Silvers 100 Breast, 50 & 200 Butterfly; Bronze 100 back and fly.

Peyton Tucker takes Gold in the Female 13-14 200 Breaststroke & 400 IM; Silver 100 breast & 400 free
Bruce Wurban brings home Gold in the 400 freestyle; Silver 200 breaststroke; Bronze in 100 Butterfly and 200 IM

Sydney Tucker went Bronze in the 100 Butterfly & 400 IM

Lucy van Keulen Silvered in 50 Breast, 100 Free, & 400 IM; Bronze 100 breast & 400 IM

Tristan Petryshen-Kozak takes Bronze Men 14-15 200 Breaststroke



Top-8 finishers

Skyler Fetcher 400IM
Sierra Melnyk 50 backstroke
Daniel Shevchuk 100 & 200 breast
Thevindu Weeramange 200 breast

Aaron Kachmarski 200 Breast
Sadie Mouser 400 IM
Emery Sykes 400 IM

Newly achieved Pirate Times

AA

Astra Kapicki x 6 events

A

Jade Kapicki x 3 events
Daniel Shevchuk x 1
Peyton Tucker x 1
Sydney Tucker x 2
Lucy van Keulen x 1
Bruce Wurban x 2

BB

Skyler Fechter x 2

Sofia Inaba x 3
Sierra Melnyk x 4
Alicia Mills x 3
Ella Mouser x 2
Emery Sykes x 1
Ruby van Keulen

B

Sarah Harbin x 1
Aaron Kachmarski x 1
Tristan Petryshen-Kozak x 4
Thevindu Weeramange x 1

Notable Stong Performances

Shine Elias pb Shou Inaba dropped 17 seconds Brooklyn Johnson dropped 29
Saje Wood dropped 58 Zoe vanKeulen drop 11 sec in the 400 free

Edson

Edson Splash & Dash our team took first place in girls 8&U (Oksana), 9-10 (Isla), and boys 8&U (Nate), 9-10 (Jasper & Jack 2nd) total points aggregate. As a team we took 2nd place overall. We also won the Orcanator for 8&U (Quinn, Nate), and 9-10 (Isla, Jasper). Well done team.

New Festival Cuts:

Jade Elias, 50 Fly-50 Breast-100 IM
Jack Mouser, 50 Free-50 Fly
Mabel Solberg, 100 Breast-100 Free
Nate Wonnacott, 50 Free-100 IM

Newly achieved Pirate Times

B

Jade Elias, 50 Fly-50 Breast
Jack Mouser, 50 Fly
Mabel Solberg, 100 Breast

BB

Jasper Nelson, 100 Free
Isla Walkom, 100 Free

Top 5 @ Edson:

Leighton Ceh (2nd) 100 Bk-100 Fly, (3rd) 200 IM, (4th) 100 Bk, **Reeve DeVera (2nd)** 100 Bk, (5th) 50 Bk, **Ryven DeVera (4th)** 100 Bk, (5th) 50 Fly, **Emily Eaton (1st)** 200 Br, (4th) 200 Bk, (5th) 100 IM-50 Br, **Jade Elias (1st)** 25 Bk, (2nd) 25 Br, (4th) 100 IM, (5th) 25 Fly-50 Br-50 Fly, **Kaileigh Lande (3rd)** 25 Bk, **Jack Mouser (1st)** 100 Fly-200 IM, (2nd) 50 Br-50 Fly-200 Fr, (3rd) 50 Bk-50 Fr, **Jasper Nelson (1st)** 200 Bk-50 Fr-25 Fr-50 Bk-100 Fr-50 Fly-100 Bk, **Oksana Petryshen-Kozak (1st)** 25 Br-50 Fr-25 Fr-50 Bk (2nd) 25 Bk-25 Fly, **Yina Pincock (2nd)** 25 Br, **Ryker Shumilak (1st)** 25 Bk, (2nd) 100 IM, (4th) 50 Fly, (5th) 25 Br-50 Br, **Mabel Solberg (2nd)** 200 Bk-200 IM, (3rd) 100



Bk, (4th) 25 Fly, (5th) 100 Br, **Olivia Thomas** (4th) 25 Br-25 Bk, **Emma Traynor (2nd)** 25 Bk, **Quinn Van Berkel (3rd)** 50 Fr-25 Fr-25 Bk, (4th) 25 Fly, (5th) 25 Br, **Isla Walkom (1st)** 100 Fly-50 Fly-25 Fly, (2nd) 50 Fr-200 Fr-100 Fr-100 IM, **Nate Wonnacott (1st)** 25 Br-50 Fr-25 Fr-25 Bk-50 Fly-100 IM, (2nd) 25 Fly, **Roy Wurban (1st)** 50 Bk, (3rd) 25 Fly-25 Br, (4th) 50 Fr-25 Fr-25 Bk.

Personal Best & Time Improvements:

Steven Bird 100 Free (-47.49), **Claire Eaton** 100 Free (-5.97), **Elodie Etherington** (9th) 50 Br-25 Br, **Avery Goerzen** (10th) 25 Bk, **Kendall James** 50 Free (-7.96), **Gavin Kjelland** 50 Free (-6.30)

Reindeer

Nothing can stop a Pirate, not even a virus. With some of our pirates out for the count, we pulled together as a team and had a GREAT meet. Many pirates had first time swims, got new personal best times and we even broke a team record. In the Eliminator, Pirates came out on top in the girls 10&U Jade Kapicki, 11-12 girls Astra Kapicki, 11-12 boys Lucas Wonnacott, 13&O boys Daniel Shevchuk. The meet ended with a stay and play on Saturday night, where the pirates watched on the score board "The Grinch" while playing in the pool.

New Pirate Records:

Astra Kapicki broke the Team 11-12 girls 800 free record with a 10:11.70. The previous record of 10:13.62 was held by Dakota Howard set in March of 2020 (the last swim meet before Covid).

New Trials cuts

Sierra Melnyk Lucas Wonnacott
Sara Wilhite Bruce Wurban

Newly achieved Pirate Times

AA

Astra Kapicki

A

Bruce Wurban

BB

Rilyn Belzile
Skylar Fechter
Sierra Melnyk
Alicia Mills
Lucy van Keulen
Ruby van Keulen
Isla walkom
Lucas Wonnacott

B

Leighton Ceh
Jade Elias
Shayna Elias
Addison Gill
Brooklyn Johnson
Sadie Mouser
Tristan Petryshen-Kozak
Andrew Shevchuk
Daniel Shevchuk
Mabel Solberg
Emery Sykes
Nicholas Ziehr

New Festival Cuts:

Andrew Shevchuk Leighton Ceh

Podium Results:

Rilyn Belzile, Ryan Boll, Francesca Brown, Reeve DeVera, Raven DeVera, Eliza Dmytryshyn, Emily Eaton, Katya Grubaia, Sasha Hayduk, Shou Inaba, Sofia Inaba, Brooklyn Johnson, Jade Kapicki, Alexander Kazlou, Jazmin Kennedy, Alicia Mills, Jasper Nelson, Claire Read, Sophia Scherer-Brown, Andrew Shevchuk, Daniel Shevchuk, Oleksandr Teterko, Sydney Tucker, Valeriia Vida, Thevindu Weeramange, Zoe Van Keulen.

Personal Best & Time Improvements:

Steven Bird (-11.35), Vira Bulakh (-1:16.65), Meabh Conroy (-3.24), Beckham Dodd (-16.57), Cecil Dykshoorn (-10.76), Claire Eaton (-2.44), Alexei Fuhol (-48.26), Avery Goerzen (-9.53), Kendall James (-12.46), Gavin Kjelland (-15.00), Reese Krefting (-47.77), Maksym Lytvyn (-1.13), Sofiiia Lytvyn, George Maetche, Sasha Makarov, Easton McFarlane (-3.04), Adrianna Munn (-2.92), Ron Offengenden (-5.20), Oksana Peryshen-Kozak (-5.52), Yina Pincock (-26.02), Sophie Read (-16.90), Henry Reinke (-6.03), Jackson Ross (-5.75), Ryker Shumilak (-10.57), Dmytro Skliarov (-8.0), Iryna Skliarova (-5.06), Daniil Teplov (-0.33), Olivia Thomas (-1.83), Emma Traynor (-4.26), Quinn Van Berkel (-7.45), Vitalii Voloshyn (-4.30), Kaylie Whelan (-2.16), Roy Wurban (-12.77)

Last week the Metro Edmonton High School Athletics hosted the 2023 Swim Championships. A number of Pirates representing their high school, Spruce Grove Composite High School, helped SGCHS girls win a banner for highest scoring small school! SGCHS relays shined as they WON the 4 x 100 Free relay (w/Pirates Zoe van Keulen, Sara Wilhite, & Dakota Howard), by 15 seconds. Out touched Strathcona to WIN the 4 x 50 Free relay (w/Pirates Alicia Mills & Zoe van Keulen), and the 4 x 50 Medley Relay (w/Pirates Sara Wilhite, Sadie Mouser, & Dakota Howard) placed 3rd.

In individual events:

- Dakota Howard Won the 50 freestyle w/26.44 and 100 freestyle w/56.90 (a new league record).
- Zoe Van Keulen took 2nd in the 100 Freestyle w/1:06.90 and 5th in the 100 Butterfly w/ 1:14.11
- Sara Wilhite placed 4th in the 100 Breaststroke w/1:22.19 and the 50 Breaststroke w/37.95
- Alicia Mills placed 5th in the 100 Individual Medley w/1:20.73 and 6th on the 50 Freestyle w/ 31.62
- Sadie Mouser placed 6th in the 50 Butterfly w/35.37 and 7th in the 100 Butterfly w/1:25.88

It is great to see a number of swimmers with ties to the Pirates competing, representing their schools and getting recognized by Metro Athletics.

