



DINOS
SWIMMING
University of Calgary

2008-09 Media Guide



Canadian Interuniversity Sport
Sport interuniversitaire canadien





UNIVERSITY OF CALGARY 2008-09 DINOS SWIMMING MEDIA GUIDE

Ben Matchett & Nicole Fyfe
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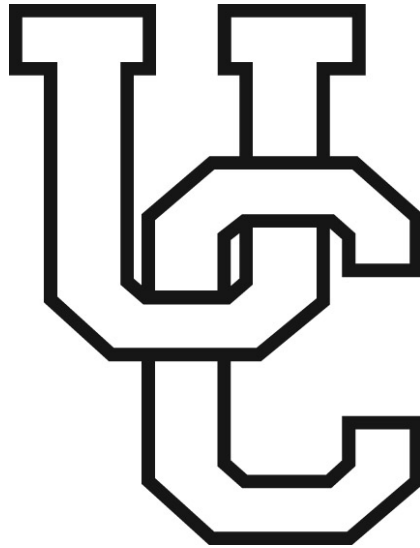


Canadian Interuniversity Sport
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UNIVERSITY OF
CALGARY
KINESIOLOGY





CIS MEN'S CHAMPIONS

1982, 1983, 1984, 1985, 1987, 1988, 1989, 1990,
1991, 1995, 1996, 1997, 2008

CANADA WEST MEN'S CHAMPIONS

1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988,
1989, 1990, 1991, 1994, 1995, 1997, 2003, 2007,
2008, 2009

CANADA WEST WOMEN'S CHAMPIONS

1976, 1981, 1982, 1989, 1991, 1992, 1993, 1994,
2003, 2008, 2009

2009 CIS CHAMPIONSHIP PREVIEW

CALGARY – The University of Calgary Dinos swim team hopes to further one streak and end another Feb. 19-21 at the UBC Aquatic Centre during the 2009 CIS Swimming Championships.

One year ago in the same pool, the Dinos men ended the 10-year reign of the UBC Thunderbirds atop the national collegiate swimming world, winning the program's 13th CIS title and the first since 1997. This time around as they try to maintain their grip on the Nelson C. Hart trophy, their female counterparts seem hell-bent on accomplishing something no Calgary squad has ever done before them: bring home a women's national championship.



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In January 2006, the UBC women won the Canada West title by more than 350 points in a rout of the Dinos, who had been making strides up to that point, and little more than a month later took home their ninth straight CIS title. At the CIS championship that year in Laval, however, a backstroke named Katy Murdoch was named the national female rookie of the year, becoming the first of three straight Calgary swimmers to win that award.

Now in her fourth year of eligibility, Murdoch swims alongside Kevyn Peterson and Breanna Hendriks – the 2007 and 2008 winners of that same award, respectively – as well as Olympian Erica Morningstar, who has to be considered the frontrunner for freshman honours in 2009. The Dinos women's team has exploded past the Thunderbirds this season and is poised to become the first school outside UBC or Toronto to win the CIS swimming title since 1978, holding nearly a 400-point advantage in the latest national rankings.

Mike Blondal, the reigning CIS men's coach of the year, acknowledges that the team title is probably his team's to lose.

"I do think we'd have to mess up to lose it, but we're going to have to work hard," said the 13-year head coach. "There are a lot more teams at this meet than at Canada West, but the girls are pretty primed and I think we could set some national records.

"Our women's team in some areas will be fairly dominant. The work we've done through our corporate sponsors and through Kevin Anderson in recruiting is paying off, and this year we'll see the true fruits of it."

If the Canada West championships are any indication, the record books may indeed need re-writing when the athletes leave and the water at the UBC pool returns to a pristine, glassy surface. Morningstar alone captured six Canada West records in her first varsity meet as the Dinos won the title by a 350-point margin of their own. Morningstar was named the conference rookie of the year and the CIS athlete of the week following her performance, and Blondal expects the same – if not more – out of her and her teammates this time around.

"I really think the women's 4x200-metre freestyle relay has a chance to break the senior national record, not just the club or CIS records," said Blondal. "And I think they can do it by a pretty long way."

The relay did eclipse the old Canada West record by nearly nine seconds and was still three seconds slower than its seed time. The 10-year-old national record stands at 7:56.21, and the Dinos are certainly within striking distance.

Oh – and the four swimmers that made up that relay squad at the Canada West championships in

Victoria? Katy Murdoch, Kevyn Peterson, Breanna Hendriks, and Erica Morningstar. The 2006, 2007, 2008, and likely 2009 CIS rookies of the year, swimming in that order.

Though the Dinos men enter the meet as defending champs, their road back to the top of the podium puts them in a dogfight with the T-Birds.

Calgary's margin of victory at the conference meet was just under 250 points, but their lead in the CIS rankings has continued to shrink as the championships approach. For Blondal, his men's team's success is all about the swimmers who may not necessarily wind up standing on the podium.

"Our strength on the men's side is our depth," he said. "We have some really good swimmers. We have an Olympian in Mike Brown and we're going up against a team that has a couple Olympians and some excellent swimmers, but they're maybe not quite as deep.

"It's going to be a saw-off. It will be a really good, hard fought swim meet, and that's what it's all about. Everyone likes to win, but I think a hard-fought meet gets more out of people than an easy sweep."

Freestylers Colin Miazga and Kelly Aspinall led the way for Calgary at the Canada West championships in Victoria with two individual gold medals apiece. Aspinall also won gold in the 50-metre butterfly, and both were members of the Dinos' championship, record-breaking 4x100-metre relay squad.

For Brown, who earned a fourth-place finish in the 200-metre breaststroke in Beijing last August, the conference championship was his first event since exiting the Olympic Water Cube. In a tight battle with former Olympian Scott Dickens of UBC, Brown took home the silver medal in Victoria after just three weeks back in the pool. With additional training time under his belt, expect Dickens-Brown battles to be that much closer this time around, with Calgary's Chris Tobin in the mix as well.

"We don't really know where Mike's at right now, so we'll find out this week," Blondal said. "He's been four years training really hard, so he's certainly not unfit, but he hasn't done a lot of racing. He's done one meet since the Olympics and he's done one of each of his main races since the Olympics, so he's had a short period to prepare.

"He brings leadership, he's tough, he can swim a wide range of events, and he's a lot of fun to have around."

Max Moore (800-metre freestyle) and newcomer Jason Block (200-metre individual medley) also won gold medals for Calgary at the Canada West championships, while a host of supporting cast grabbed silver and bronze. David Woodman, a freshman out of Calgary, took individual bronze in both the 100- and 200-metre freestyle events and was part of the record-breaking 4x100-metre relay, winning Canada West male rookie of the year honours.

Brad Hankewich missed the Canada West meet with a shoulder injury, but he will swim for the Dinos at the CIS championships – improving the already significant depth of the team.

If the Dinos are successful in defending their national men's title, they will pull within two of the University of Toronto's record 16 CIS championships.

Calgary will say goodbye to four graduating fifth year players following the CIS Championships: Chris Tobin, Michael Driedger, Hanna Kubas, and Orla O'Kelly.

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2009 CANADA WEST CHAMPIONSHIP RECAP

Dinos take double gold in Canada West pool

January 25, 2009 • By Mike Tucker, Univ. of Victoria Sports Information

VICTORIA - For the second straight year the Calgary Dinos men's and women's swim teams were crowned Canada West champions. The Dinos teams dominated the three-day competition by winning a total of 49 medals.

The 2009 conference championships concluded Sunday at Commonwealth Pool with an additional nine Canada West records broken. In total 27 conference records fell during the three days of competition in Victoria.



Complete championships schedule and live results are available at:
<http://www.pacificcoastswimming.com/LiveResults/2008-09/CanadaWest/>

The margin of victory on both sides of competition left little doubt about the Dinos performance in the pool. Thanks to 14 women's medals on the final day of competition, including five gold, the Dinos posted a final team total of 924, or 237 points better than the second place UBC Thunderbirds. The Alberta Pandas finished third with 412 points.

The men's competition was slightly more closely contested but Calgary out-swam the second-place T-Birds by a 924-687 margin. UBC won four gold medals on the final day, including the 400 medley relay, but the Dinos swimmers wrapped up competition with an additional 10 medals. The Alberta Golden Bears rounded out the podium with 401 points.

"I'm really happy with the way our teams performed this weekend," said Calgary head coach Mike Blondal. "It was great to bring home the banners, but now the real work begin and we go after the bigger prize in two weeks time at Nationals."

Despite the second place finishes, UBC took home both Canada West Swimmer of the Meet awards with Scott Dickens being presented the men's award and Annamay Pierse receiving top honours on the women's side.

Dickens won five gold medals and broke four conference meet records. The 2004 Olympian swept the breaststroke events, setting new meet records in the 50, 100 and 200, finished first in the 400 individual medley, and helped the T-Birds to a gold medal in the 400 medley relay.

"This event was a great opportunity to see where the team is at and get ready for the National championships in two weeks," said Dickens. "I was pretty pleased with my times, it was a great meet."

Pierse was presented the Swimmer of the Meet for a second straight year after sweeping the breaststroke events and also picking up three silver medals in the relay competitions. The Beijing Olympian put forth record-breaking performances in the 50, 100 and 200 breaststroke races.

"This is a pretty hard competition because there's a lot of races in a short period of time," said Pierse. "There were a lot of records broken and it shows just how awesome the meet was for Canadian swimming."



Canada West Rookie of the Meet awards were presented to Calgary swimmers Erica Morningstar and David Woodman.

Morningstar came away with a Phelpsian six gold medals in her first Canada West competition. The Beijing Olympian swam to gold in the 50 free, 100 free, 200 individual medley, and was also a member of the Dinos three gold-medal winning relay teams, helping Calgary to new Canada West records in the 800 free relay, 400 free relay and 400 medley relay.

"This was my first university meet, and while I still have room for improvement, I am happy with the results," said Morningstar. "We showed we have a great team this year."

Woodman picked up bronze medals in the 100 and 200 free, and was also a member of Calgary's gold-medal winning 400 and 800 free relay teams.

"I couldn't have envisioned a better finish for the team," said Woodman. "Being a part of the team provided me such a great rush, standing on the blocks during relay, was such a thrill."

UBC averted a Calgary relay sweep in the final competition of the meet, taking gold in the men's 400 medley relay. The team of Matt Hawes, Callum Ng, Rory Biskupski and Dickens out-touched Calgary and shaved two seconds off the meet record.

For the Vikes, MacKenzie Downing broke one of the Canada West's oldest records, with a gold medal victory in the 200 fly. The Whitehorse native broke two-time Olympian Jessica Deglau's nine-year old record with a time of 2:12.02. On Saturday Downing won gold in the 100 fly, also in record time.

The Vikes men's team picked up their first medal of the meet after David Kilby won bronze in the 200 fly. Kilby, who was also celebrating his 19th birthday, finished third behind UBC swimmers Ng and Biskupski. Ng clocked in at 1:58.90, breaking Phil Weiss nine-year old record, and totaled four gold medals on the weekend.

Next on the university schedule is the CIS Championships, hosted February 19-21 at the University of British Columbia. The T-Birds women are the 11-time defending national champs, and the Dinos won in 2008.

-UC-

2009 Canada West Swimming Championships
Jan 23-25 @ Victoria
TEAM STANDINGS

MEN	WOMEN
1. CALGARY (923)	1. CALGARY (923)
2. UBC (687)	2. UBC (573)
3. Alberta (401)	3. Alberta (412)
4. Victoria (242)	4. Victoria (252)
5. Manitoba (149)	5. Manitoba (236)
6. Lethbridge (137)	6. Lethbridge (105)
7. Regina (24)	7. Regina (50)

CANADA WEST CHAMPIONSHIPS – DINOS MEDALISTS

2009 CANADA WEST SWIMMING CHAMPIONSHIPS
January 23-25, 2009 • Commonwealth Pool, Victoria

**denotes Canada West Record*

MEN (27 medals, Conference Champions, 923 pts)**GOLD** (9)

Max Moore, 800m freestyle (15:41.91)
Team, 4x200m freestyle relay (7:21.40)
D. Woodman, C. Miazga, T. Kubik, D. Langlois
Kelly Aspinall, 50m freestyle (22.78*)
Colin Miazga, 200m freestyle (1:47.66)
Team, 4x100m freestyle relay (3:20.68*)
K. Aspinall, R. Gow, C. Miazga, D. Woodman
Kelly Aspinall, 100m freestyle (49.97)
Jason Block, 200m IM (2:05.12)
Colin Miazga, 400m freestyle (3:59.29)
Kelly Aspinall, 50m butterfly (24.14*)

SILVER (10)

Jason Block, 400m IM (4:24.93)
Dan Langlois, 200m backstroke (2:00.15)
Chris Tobin, 100m breaststroke (1:01.39)
Colin Miazga, 100m freestyle (50.75)
Kyle Sorrenti, 200m IM (2:06.53)
Dan Langlois, 100m backstroke (54.70)
Mike Brown, 200m breaststroke (2:13.60)
Team, 4x100m medley relay (3:39.74)
D. Langlois, C. Tobin, A. Kudaba, K. Aspinall
Dan Langlois, 50m backstroke (25.96)
Chris Tobin, 50m breaststroke (28.38)

BRONZE (8)

Ryan Gow, 50m freestyle (22.94)
Michael Driedger, 400m IM (4:28.72)
Mike Brown, 100m breaststroke (1:01.42)
David Woodman, 200m freestyle (1:50.85)
David Woodman, 100m freestyle (50.91)
Brent Hankewich, 200m IM (2:07.80)
Andre Kudaba, 50m butterfly (25.69)
Jason Block, 50m breaststroke (29.15)

WOMEN (34 medals, Conference Champions, 923 pts)**GOLD** (12)

Breanna Hendricks, 800m freestyle (2:38.67*)
Team, 4x200m freestyle relay (8:01.69*)
K. Murdoch, K. Peterson, B. Hendricks,
E. Morningstar
Erica Morningstar, 50m freestyle (25.67*)
Jessika Craig, 200m backstroke (2:09.24*)
Breanna Hendricks, 200m freestyle (1:59.07)
Team, 4x100m freestyle relay (3:42.79*)
E. Morningstar, S. Mitchell, B. Hendricks, K. Murdoch
Erica Morningstar, 100m freestyle (54.68*)
Erica Morningstar, 200m IM (2:12.61*)
Hanna Kubas, 100m backstroke (1:00.16)
Breanna Hendricks, 400m freestyle (4:08.59*)
Team, 4x100m medley relay (4:06.46*)
H. Kubas, E. Morningstar, K. Weevers, S. Mitchell
Hanna Kubas, 50m backstroke (27.95*)

SILVER (11)

Kevyn Peterson, 800m freestyle (8:40.69)
Seanna Mitchell, 50m freestyle (26.14)
Julianne Brown, 400m IM (4:52.69)
Kirsten Weevers, 100m butterfly (1:01.95)
Katy Murdoch, 200m backstroke (2:09.76)
Erica Morningstar, 200m freestyle (1:59.88)
Julianne Brown, 200m butterfly (2:16.89)
Seanna Mitchell, 100m freestyle (55.52)
Katy Murdoch, 100m backstroke (1:00.48)
Kevyn Peterson, 400m freestyle (4:08.80)
Erica Morningstar, 50m breaststroke (32.38)

BRONZE (11)

Katy Murdoch, 50m freestyle (26.14)
Orla O'Kelly, 100m butterfly (1:02.84)
Seanna Mitchell, 200m backstroke (2:15.24)
Kevyn Peterson, 200m freestyle (1:59.91)
Orla O'Kelly, 200m butterfly (2:17.67)
Katy Murdoch, 100m freestyle (55.97)
Jy Lawrence, 200m IM (2:15.93)
Jessika Craig, 100m backstroke (1:02.48)
Julianne Brown, 400m freestyle (4:15.68)
Orla O'Kelly, 50m butterfly (28.88)
Jy Lawrence, 50m backstroke (29.75)

COACHING STAFF**MIKE BLONDAL, Head Coach***BPE '85 (UBC)*

Mike has built an impressive list of achievements as Head Coach of the Dinos. His teams have always been contenders for Conference and Canadian Interuniversity Sport titles, finishing at or near the top each season. Blondal enters the 2009 season in his 13th year as head coach after leading the Dinos men to their 13th CIS championship in 2008.



A native of Vancouver, Blondal graduated from the University of British Columbia with a Bachelor of Physical Education degree. He competed for UBC as well as the Canadian National team for four years, winning a pair of silver medals at the 1975 Pan American Games in Mexico City, and a silver medal at the 1977 World University Games in Bulgaria. In addition, he swam competitively for the Pointe Claire Swim Club, the University of Houston, and the Vancouver Dolphins Swim Club.

Blondal served as an assistant coach to Deryk Snelling at the University of Calgary for six years, and has been coaching competitive swimming since 1982. He was the recipient of the Canadian Award of Excellence in Coaching in 1984 and 1988.

He has been a member of various international coaching staffs and has secured his National Coaching Certification Program Level IV.

His Dinos men's swimming team has finished second ten straight years at the national championship before finally upending the UBC Thunderbirds in their own pool in 2008. The women's program has improved significantly in recent years and looks poised to win its first-ever CIS title in 2009. Both the Dinos men's and women's teams are two-time defending Canada West champions.

Mike coached both the CIS Male and Female Swimmers of the Year in Chad Murray and Erin Gammel in 2004.

ASSISTANT COACHES*Kevin Anderson**Rick Pelletier*

JULIANNE BROWN

BIRTHDATE: May 4, 1990
 HEIGHT: 6'1"
 HOMETOWN: North Vancouver, B.C.
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 1



2009 Canada West Results

800m freestyle	8:45.27	4 th
400m IM	4:52.69	2 nd
200m butterfly	2:16.89	2 nd
400m freestyle	4:25.68	3 rd

Bio: Hobbies include knitting...goal is to find her career and travel around the world...

JESSIKA CRAIG

BIRTHDATE: March 25, 1989
 HEIGHT: 6'1"
 HOMETOWN: Picton, Ont.
 FACULTY: Humanities
 YEAR ELIGIBILITY: 2



2009 Canada West Results

50m backstroke	30.17	4 th
400m IM	5:13.08	8 th
200m backstroke	2:09.24	1 st
100m backstroke	1:02.48	3 rd
400m freestyle	4:28.78	7 th

CIS Medals

2008

Bronze – 200m backstroke

BREANNA HENDRIKS

BIRTHDATE: September 2, 1989
 HEIGHT: 5'9"
 HOMETOWN: Cochrane, Alta.
 FACULTY: Open Studies
 YEAR ELIGIBILITY: 2



2009 Canada West Results

800m freestyle	8:38.67	1 st
800m freestyle relay	8:01.69	1 st
200m freestyle	1:59.07	1 st
400m freestyle relay	3:42.79	1 st
100m freestyle	56.31	4 th
400m freestyle	4:08.59	1 st

CIS Medals

2008

Gold – 4x100m freestyle relay, 4x200m freestyle relay

Silver – 200m freestyle, 400m freestyle



Bio

Started swimming in a summer club at the age of five...dedicated swimmer drives from Cochrane to Calgary, which is 35 km away, to each of her nine practices per week...most memorable swimming moment is winning a gold medal in the 400 freestyle at the 2006 British Youth Nationals...member of a 4x100 freestyle relay that holds a provincial record in her age group.

JESSICA JOHNSON

BIRTHDATE: August 1, 1989
 HEIGHT: 5'7"
 HOMETOWN: Calgary
 FACULTY: Social Sciences
 YEAR ELIGIBILITY: 2



2009 Canada West Results

50m backstroke	29.75	3 rd
50m breaststroke	34.79	13 th
400m IM	4:45.88	4 th
100m breaststroke	1:17.36	15 th
200m butterfly	2:19.43	5 th
200m IM	2:22.18	10 th

HANNA KUBAS

BIRTHDATE: September 18, 1985
 HEIGHT: 5'8"
 HOMETOWN: Edmonton, Alta.
 FACULTY: Social Sciences
 YEAR ELIGIBILITY: 5

2009 Canada West Results

50m backstroke	27.95	1 st
50m freestyle	26.38	4 th
200m backstroke	2:20.59	7 th
100m freestyle	57.62	5 th
100m backstroke	1:00.16	1 st
400m medley relay	4:06.46	1 st

CIS Medals

2008

Silver – 50m backstroke, 100m backstroke, 4x100m medley relay



MEAGAN KURCWA

BIRTHDATE: August 13, 1990
 HEIGHT: 5'8"
 HOMETOWN: Calgary
 FACULTY: Haskayne School of Business
 YEAR ELIGIBILITY: 1

2009 Canada West Results

50m freestyle	27.80	14 th
100m breaststroke	1:14.72	8 th
200m breaststroke	2:43.42	10 th
50m breaststroke	33.92	8 th



JY LAWRENCE

BIRTHDATE: March 28, 1989
 HEIGHT: 5'7"
 HOMETOWN: White Rock, B.C.
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 2

2009 Canada West Results

50m breaststroke	33.18	5 th
50m freestyle	26.70	5 th
100m breaststroke	1:11.49	6 th
200m IM	2:15.93	3 rd
200m breaststroke	2:32.97	4 th



SEANNA MITCHELL

BIRTHDATE: July 2, 1988
 HEIGHT: 5'10"
 HOMETOWN: Manotick, Ont.
 FACULTY: Haskayne School of Business
 YEAR ELIGIBILITY: 2



2009 Canada West Results

50m butterfly	28.92	4 th
50m freestyle	26.14	2 nd
200m backstroke	2:15.24	3 rd
400m freestyle relay	3:42.79	1 st
100m freestyle	55.52	2 nd
200m IM	2:17.48	4 th
400m medley relay	4:06.46	1 st

Bio: Competed in Canada Games in 2005...member of Provincial team in 2003, 2004, 2005, 2007...competed in Pan Pacifics in 2006...FISU 2007...member of the World Cup National Team in 2005 and 2007...

ERICA MORNINGSTAR

BIRTHDATE: March 3, 1989
 HEIGHT: 5'11"
 HOMETOWN: Regina, Sask.
 FACULTY: Open Studies
 YEAR ELIGIBILITY: 1



2009 Canada West Results

50m breaststroke	32.38	2 nd
800m freestyle relay	8:01.69	1 st
50m freestyle	25.67	1 st
200m freestyle	1:59.88	2 nd
400m freestyle relay	3:42.79	1 st
100m freestyle	54.68	1 st
200m IM	2:12.61	1 st
400m medley relay	4:06.46	1 st



Bio: Female Athlete of the year in Alberta for 2006 and 2007...Female Athlete of the year for Swimming Canada in 2007...member of Provincial swim team in 2005 Canada Games...member of National swim team from 2006-present...competed in 2006 Commonwealth games...2006 Pan Pacifics...2007 World Aquatic Championships...2008 Olympic Games...Enjoys volunteering with swimming lessons, watching other sports and hanging out with friends...has travelled to Australia, Europe, China and all over Canada and the US with swimming...

JODIE MURDOCH

BIRTHDATE: July 1, 1989
 HEIGHT: 6'
 HOMETOWN: Calgary
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 3

2009 Canada West Results

50m backstroke	32.26	16 th
200m backstroke	2:22.98	8 th
100m backstroke	1:07.31	15 th
400m freestyle	4:41.29	13 th



KATY MURDOCH

BIRTHDATE: June 15, 1987
 HEIGHT: 5'9"
 HOMETOWN: Calgary
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 4

2009 Canada West Results

800m freestyle relay	8:01.69	1 st
50m freestyle	26.14	2 nd
200m backstroke	2:09.76	2 nd
400m freestyle relay	3:42.79	1 st
100m freestyle	55.97	3 rd
100m backstroke	1:00.48	2 nd

CIS Medals

2008

Gold – 200m backstroke, 4x100m freestyle relay, 4x200m freestyle relay

Silver – 4x100m medley relay

Bronze – 50m backstroke, 100m backstroke,

2007

Gold – 4x100m freestyle relay, 4x200m freestyle relay

Silver – 100m backstroke, 200m backstroke, 4x100m medley relay

2006

Silver – 100m backstroke

Bronze – 4x100m medley relay, 4x100m freestyle relay



ORLA O'KELLY

BIRTHDATE: August 17, 1985
 HEIGHT: 5'6"
 HOMETOWN: St. Albert, Alta.
 FACULTY: Law
 YEAR ELIGIBILITY: 5

**2009 Canada West Results**

50m butterfly	28.88	3 rd
100m butterfly	1:02.84	3 rd
200m backstroke	2:30.91	16 th
200m butterfly	2:17.67	3 rd
100m backstroke	1:09.71	18 th

Bio: Attended University of Toronto...also competed in triathlon...Sister and brother swim at University of Alberta...enjoys playing harp, piano, and doing journalism...aspires to become a lawyer...

JESSIE OLSON-HEISLER

BIRTHDATE: September 14, 1990
 HEIGHT: 5'8"
 HOMETOWN: Calgary
 FACULTY: Open Studies
 YEAR ELIGIBILITY: 1

2009 Canada West Results

50m backstroke	31.56	11 th
200m freestyle	2:10.06	11 th
100m butterfly	1:07.25	15 th
100m backstroke	1:05.49	7 th

Bio: Member of Team Alberta in 2007

**LYNSEY PASLOSKI**

BIRTHDATE: August 31, 1987
 HEIGHT: 5'9"
 HOMETOWN: Whitehorse, Yukon
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 3

2009 Canada West Results

50m butterfly	29.37	7 th
50m freestyle	27.28	10 th
100m butterfly	1:05.17	9 th
100m freestyle	58.14	6 th
200m IM	2:33.64	19 th



KEVYN PETERSON

BIRTHDATE: August 19, 1987
 HEIGHT: 5'8"
 HOMETOWN: Salmon Arm, B.C.
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 2



2009 Canada West Results

800m freestyle	8:40.69	2 nd
800m freestyle relay	8:01.69	1 st
200m freestyle	1:59.91	3 rd
400m freestyle	4:08.80	2 nd

CIS Medals

2008

Gold – 800m freestyle, 4x100m freestyle relay, 4x200m freestyle relay

Bronze – 100m freestyle, 200m freestyle, 400m freestyle

2007

Gold – 4x100m freestyle relay, 4x200m freestyle relay

Bronze – 200m freestyle, 400m freestyle

Bio

CIS rookie of the year in 2007...

KIRSTEN WEEVERS

BIRTHDATE: February 9, 1990
 HEIGHT: 5'8"
 HOMETOWN: Calgary
 FACULTY: Social Sciences
 YEAR ELIGIBILITY: 1



2009 Canadian West Results:

50m butterfly	29.28	6 th
100m butterfly	1:01.95	2 nd
200m backstroke	2:24.40	13 th
100k backstroke	1:11.98	23 rd
400m medley relay	4:06.46	1 st

Bio: Member of Team Alberta in 2007...Father a U of Alberta varsity swimmer, Canadian Summer Games Athlete and National Swimmer...enjoys volunteering...goal is to become a teacher...

SAM ACTON

BIRTHDATE: December 9, 1988
 HEIGHT: 6'
 HOMETOWN: Regina, Sask.
 FACULTY: Communication & Culture
 YEAR ELIGIBILITY: 2



2009 Canada West Results

50m breaststroke	30.61	13 th
100m breaststroke	1:05.65	8 th
200m IM	2:22.45	15 th
200m breaststroke	2:18.65	4 th

Bio: Two-time National Swimming Age group silver medallist...Father played Basketball for Univ. of Regina Cougars...enjoys playing guitar and watching films...aspires to attend 2012 London Olympics and travel...

KELLY ASPINALL

BIRTHDATE: December 4, 1989
 HEIGHT: 6'3"
 HOMETOWN: NanOOSE Bay, B.C.
 FACULTY: Social Sciences
 YEAR ELIGIBILITY: 2



2009 Canada West Results

50m butterfly	24.14	1 st
50m freestyle	23.34	1 st
400m freestyle relay	3:20.68	1 st
100m butterfly	55.88	9 th
100m freestyle	49.97	1 st
100m backstroke	55.06	4 th
400m medley relay	3:39.74	2 nd

CIS Medals

2008

Gold – 4x100m freestyle relay

Bio: Previously played Basketball and Soccer...currently been swimming for 11 years... member of Provincial Swim Team for B.C. from 2005-2007...member of National Swim Team in 2008...Father played Junior A hockey...enjoys fishing in spare time...goal is to make it to the Olympics...

DILLON BABB

BIRTHDATE: August 10, 1988
 HEIGHT: 6'3"
 HOMETOWN: Montreal, Que.
 FACULTY: Social Sciences
 YEAR ELIGIBILITY: 3

**2009 Canada West Results**

400m IM	4:29.03	4 th
200m backstroke	2:07.09	4 th
200m IM	2:08.29	4 th
100m backstroke	1:01.09	7 th

JASON BLOCK

BIRTHDATE: December 28, 1989
 HEIGHT: 6'1"
 HOMETOWN: Calgary
 FACULTY: Haskayne Business
 YEAR ELIGIBILITY: 1

**2009 Canada West Results**

50m breaststroke	29.15	3 rd
400m IM	4:24.93	2 nd
100m breaststroke	1:04.60	5 th
200m IM	2:05.12	1 st
200m breaststroke	2:22.08	8 th

MIKE BROWN

BIRTHDATE: May 5, 1984
 HEIGHT: 6'2"
 HOMETOWN: Perth, Ont.
 FACULTY: Communication & Culture
 YEAR ELIGIBILITY: 2

**2009 Canada West Results**

100m breaststroke	1:01.42	3 rd
200m freestyle	1:53.40	9 th
200m breaststroke	2:13.60	2 nd

Bio: Previously swam at Univ. of Minnesota ...Athlete of the Year...member of 2004 and 2008 Olympic Teams...missed Beijing podium in 200-metre breaststroke by 0.09 seconds...member of Commonwealth Games team, winning gold at 2006 event in Melbourne...member of Junior National team from 1999-2001...member of Senior National team 2002-present...goal after graduating is a career in business...

MICHAEL DRIEDGER

BIRTHDATE: February 17, 1986
 HEIGHT: 5'11"
 HOMETOWN: Calgary
 FACULTY: Science
 YEAR ELIGIBILITY: 5

2009 Canada West Results

1500m freestyle	16:15.41	4 th
400m IM	4:28.72	3 rd
200m butterfly	2:12.60	15 th
400m freestyle	4:04.14	8 th

CIS Medals

2006

Silver – 4x200m freestyle relay

Bronze – 1500m freestyle



LEE FLADHAMER

BIRTHDATE: May 13, 1990
 HEIGHT: 6'0"
 HOMETOWN: Calgary
 FACULTY: Science
 YEAR ELIGIBILITY: 1

2009 Canada West Results

50m butterfly	25.94	5 th
100m butterfly	56.40	6 th
200m backstroke	2:12.05	11 th
200m butterfly	2:13.05	16 th
100m backstroke	59.04	6 th



Bio: Member of Bowness High School swim team...member of Team Alberta swim team...Enjoys volunteering...key life experience was travelling in Europe...aspires to compete in the Olympics and become a fire fighter...

RYAN GOW

BIRTHDATE: April 27, 1988
 HEIGHT: 6'2"
 HOMETOWN: Peterborough, Ont.
 FACULTY: Humanities
 YEAR ELIGIBILITY: 3

2009 Canada West Results

50m butterfly	25.95	6 th
50m breaststroke	30.27	9 th
50m freestyle	22.94	3 rd
400m freestyle relay	3:42.79	1 st
100m butterfly	59.32	18 th
100m freestyle	52.54	6 th
100m backstroke	59.07	10 th

CIS Medals

2008

4x100m freestyle relay

Bio: Enjoys playing guitar and relaxing...**BRAD HANKEWICH**

BIRTHDATE: March 2, 1987
 HEIGHT: 6'3"
 HOMETOWN: Saskatoon, Sask.
 FACULTY: Open Studies
 YEAR ELIGIBILITY: 2

2009 Canada West Results

Did not compete due to injury.

Bio: Member of Provincial swim team... Younger brother to Chad and Brent Hankewich... enjoys wood work... biggest challenge was living on his own at 18... aspires to make it to the Olympics...**BRENT HANKEWICH**

BIRTHDATE: November 5, 1983
 HEIGHT: 6'1"
 HOMETOWN: Saskatoon, Sask.
 FACULTY: Open Studies
 YEAR ELIGIBILITY: 3

2009 Canada West Results

50m butterfly	26.08	11 th
100m butterfly	56.47	10 th
200m freestyle	1:52.92	6 th
200m IM	2:07.80	3 rd
400m freestyle	4:02.37	9 th



THANE KUBIK

BIRTHDATE: November 18, 1987
 HEIGHT: 6'3"
 HOMETOWN: Calgary
 FACULTY: Medicine
 YEAR ELIGIBILITY: 3

2009 Canada West Results

50m freestyle relay	7:21.40	1 st
100m butterfly	57.12	8 th
200m freestyle	1:51.36	4 th
200m butterfly	2:05.19	10 th
400m freestyle	4:01.96	5 th

CIS Medals

2008

Gold – 4x200m freestyle relay

2007

Silver – 4x200m freestyle relay



ANDRE KUDABA

BIRTHDATE: May 17, 1990
 HEIGHT: 6'2"
 HOMETOWN: Port Coquitlam, B.C.
 FACULTY: Communication & Culture
 YEAR ELIGIBILITY: 1

2009 Canada West Results

50m butterfly	25.69	3 rd
100m butterfly	55.26	2 nd
200m backstroke	2:07.62	5 th
200m butterfly	2:10.56	8 th
400m medley relay	3:39.74	2 nd



Bio: Previously participated in Football and Baseball...received Victor Davis Memorial Award in 2005...National Prospect Team Member 2004-2005...travelled to Switzerland and Luxembourg in 2007 as a Junior National Team member...Father was a CFL professional for 8 years...Mother competed in 1972 Munich Olympics in Track...goal is to compete in the Olympics and enter Law school...

DAN LANGLOIS

BIRTHDATE: April 14, 1988
 HEIGHT: 5'10"
 HOMETOWN: Pickering, Ont.
 FACULTY: Communication & Culture
 YEAR ELIGIBILITY: 3



2009 Canada West Results

50m backstroke	25.96	2 nd
800m freestyle relay	7:21.40	1 st
200m backstroke	2:00.15	2 nd
400m IM	4:36.31	10 th
200m IM	2:20.17	14 th
100m backstroke	54.70	2 nd
400m medley relay	3:39.74	2 nd

CIS Medals

2008

Gold – 4x100m medley relay

Silver – 50m backstroke

2007

Silver – 50m backstroke, 100m backstroke, 4x100m medley relay

Bronze – 200m backstroke

COLIN MIAZGA

BIRTHDATE: June 5, 1989
 HEIGHT: 6'5"
 HOMETOWN: Saskatoon, Sask.
 FACULTY: Schulich School of Engineering
 YEAR ELIGIBILITY: 2



2009 Canada West Results

800m freestyle relay	7:21.40	1 st
50m freestyle	23.81	8 th
200m freestyle	1:47.66	1 st
400m freestyle relay	3:42.79	1 st
100m freestyle	50.75	2 nd
400m freestyle	3:59.29	1 st

CIS Medals

2008

4x200m freestyle relay

Bio:

Named the 2008 Canada West rookie of the year...

MAX MOORE

BIRTHDATE: October 6, 1989
 HEIGHT: 6'2"
 HOMETOWN: Regina, Sask.
 FACULTY: Haskayne School of Business
 YEAR ELIGIBILITY: 2

2009 Canada West Results

1500m freestyle	15:41.91	1 st
200m freestyle	1:59.26	20 th
400m IM	4:36.14	11 th
400m freestyle	4:03.82	7 th

**KYLE SORRENTI**

BIRTHDATE: March 23, 1986
 HEIGHT: 6'
 HOMETOWN: Calgary
 FACULTY: Communication & Culture
 YEAR ELIGIBILITY: 4

2009 Canada West Results

50m breaststroke	30.69	14 th
400m IM	4:30.19	5 th
100m breaststroke	1:05.09	9 th
200m IM	2:06.53	2 nd
200m breaststroke	2:20.34	5 th

**CHRIS TOBIN**

BIRTHDATE: September 15, 1985
 HEIGHT: 6'1"
 HOMETOWN: Oxford Mills, Ont.
 FACULTY: Kinesiology
 YEAR ELIGIBILITY: 5

2009 Canada West Results

50m breaststroke	28.38	2 nd
100m breaststroke	1:01.39	2 nd
100m freestyle	52.87	12 th
400m medley relay	3:39.74	2 nd

CIS Medals**2008**

Gold – 50m breaststroke, 100m breaststroke, 4x100m medley relay

Silver – 200m breaststroke

2007

Silver – 4x100m medley relay

Bronze – 50m breaststroke

2006

Silver – 4x100m medley relay



DAVID WOODMAN

BIRTHDATE: December 8, 1990
HEIGHT: 6'
HOMETOWN: Calgary
FACULTY: Humanities
YEAR ELIGIBILITY: 1

**2009 Canada West Results**

800m freestyle relay	7:21.40	1 st
50m freestyle	23.73	6 th
200m freestyle	1:50.85	3 rd
400m freestyle relay	3:42.79	1 st
100m freestyle	50.91	3 rd
400m freestyle	4:01.77	4 th

Bio: Named 2009 Canada West rookie of the year after excellent rookie meet...



UNIVERSITY OF CALGARY SWIMMING RECORDS

MEN'S RECORDS			
EVENT	TIME	YEAR	ATHLETE(S)
50m backstroke	24.55	1997	Chris Renaud
100m backstroke	52.55	1997	Chris Renaud
200m backstroke	1:59.27	1997	Chris Renaud
50m breaststroke	28.21	1999	Russell Patrick
100m breaststroke	1:00.21	1990	Jon Cleveland
200m breaststroke	2:09.69	1990	Jon Cleveland
50m butterfly	24.14	2009	Kelly Aspinall
100m butterfly	52.62	1989	Tom Ponting
200m butterfly	1:55.82	1989	Tom Ponting
200m IM	1:58.46	1994	Curtis Myden
400m IM	4:10.29	1994	Curtis Myden
50m freestyle	22.78	2009	Kelly Aspinall
100m freestyle	49.12	2008	Chad Hankewich
200m freestyle	1:45.55	2002	Rick Say
400m freestyle	3:43.91	2001	Rick Say
1500m freestyle	15:07.94	2001	Rick Say
4 x 100m freestyle relay	3:18.61	2008	Kelly Aspinall, Kevin Gillespie, Ryan Gow, Chad Hankewich
4 x 200m freestyle relay	7:15.93	2007	Chad Hankewich, Kevin Gillespie, Brad Hankewich, Thane Kubik
4 x 100m medley relay	3:39.50	2008	Dan Langlois, Chris Tobin, Chad Hankewich, Kevin Gillespie
WOMEN'S RECORDS			
EVENT	TIME	YEAR	ATHLETE(S)
50m backstroke	27.91	2007	Erin Gammel
100m backstroke	59.61	2007	Erin Gammel
200m backstroke	2:09.24	2009	Jessika Craig
50m breaststroke	31.63	2008	Taylor Peterson
100m breaststroke	1:08.26	2008	Taylor Peterson
200m breaststroke	2:26.90	2008	Taylor Peterson
50m butterfly	28.12	2007	Laura Grant
100m butterfly	1:01.78	1994	Lori Melien
200m butterfly	2:14.80	1996	Suki Brownsdon
200m IM	2:12.61	2009	Erica Morningstar
400m IM	4:43.91	2003	Carrie Burgoyne
50m freestyle	25.67	2009	Erica Morningstar
100m freestyle	54.68	2009	Erica Morningstar
200m freestyle	1:59.07	2009	Breanna Hendriks
400m freestyle	4:08.59	2009	Breanna Hendriks
800m freestyle	8:38.02	2008	Taylor Peterson
4 x 100m freestyle relay	3:34.75	2007	Laura Grant, Katy Murdoch, Kevyn Peterson, Alexandra Lys
4 x 200m freestyle relay	8:01.69	2009	Katy Murdoch, Kevyn Peterson, Breanna Hendriks, Erica Morningstar
4 x 100m medley relay	4:05.60	2007	Erin Gammel, Liz Hendrick, Laura Grant, Katy Murdoch

ALL-TIME CALGARY CIS AWARD WINNERS

MALE SWIMMER OF THE YEAR	1981	Mike Olson
	1982	Graham Smith
	1984	Tom Ponting
	1988	Gary Vandermeulen
	1989	Tom Ponting
	1991	Jon Cleveland
	1993	Jon Cleveland
	1994	Curtis Myden
	1997	Chris Renaud
	1998	Curtis Myden
	2001	Rick Say
	2004	Chad Murray
FEMALE SWIMMER OF THE YEAR	1981	Debbie Armstead
	1982	Lisa Dixon
	1986	Suki Brownsdon
	1994	Lori Meilien
	2004	Erin Gammel
	2007	Erin Gammel
CIS COACH OF THE YEAR (MEN)	1982	Deryk Snelling
	1983	Deryk Snelling
	1984	Deryk Snelling
	1985	Deryk Snelling
	1987	Deryk Snelling
	1988	Deryk Snelling
	1989	Deryk Snelling
	1997	Mike Blondal
	2001	Mike Blondal
	2008	Mike Blondal
CIS COACH OF THE YEAR (WOMEN)	2004	Mike Blondal
	2007	Mike Blondal
SPRINTER'S CUP AWARD (MALE)	1997	Chris Renaud
SPRINTER'S CUP AWARD (FEMALE)	1994	Lori Melien
	1998	Andrea Moody
CIS ROOKIE OF THE YEAR (FEMALE)	2006	Katy Murdoch
	2007	Kevyn Peterson
	2008	Breanna Hendriks

2008-09 UC DINOS – CIS SWIMMING ROSTER**MEN'S ROSTER**

Name	Height	Elig Yr	Birthdate	Faculty	Year	Hometown	Last Team
Sam Acton	6-0	2	12/09/88	Coms & Culture	1	Regina, SK	
Kelly Aspinall	6-3	2	12/04/89	Social Sciences	1	Nanoose Bay, QC	
Dillon Babb	6-3	3	8/10/88	Social Sciences	4	Montreal, QC	
Jason Block	6-1	1	12/28/89	Haskayne Business	1	Calgary, AB	
Mike Brown	6-2	2	5/05/84	Coms & Culture	2	Perth, ON	Univ. of Minnesota
Michael Driedger	5-11	5	2/17/86	Science	4	Calgary, AB	Cascade Swim Club
Lee Fladhamer	6-0	1	5/13/90	Science	1	Calgary, AB	
Ryan Gow	6-2	3	4/27/88	Humanities	2	Peterborough, ON	
Brad Hankewich	6-3	2	3/02/87	Open Studies	1	Saskatoon, SK	
Brent Hankewich	6-1	3	11/05/83	Open Studies	1	Saskatoon, SK	Univ. of Regina
Thane Kubik	6-3	3	11/18/87	Medicine	3	Calgary, AB	
Andre Kudaba	6-2	1	5/17/90	Coms & Culture	1	Port Coquitlam, BC	
Daniel Langlois	5-10	3	4/14/88	Coms & Culture	2	Pickering, ON	
Colin Miazga	6-5	2	6/05/89	Open Studies	1	Saskatoon, SK	
Max Moore	6-2	2	10/06/89	Haskayne Business	1	Regina, SK	
Kyle Sorrenti	6-0	4	3/23/86	Coms & Culture	3	Calgary, AB	
Chris Tobin	6-1	5	9/15/85	Kinesiology	4	Oxford Mills, ON	
David Woodman	6-0	1	12/08/90	Humanities	1	Calgary, AB	

WOMEN'S ROSTER

Name	Height	Elig Yr	Birthdate	Faculty	Year	Hometown	Last Team
Julianne Brown	5-7	1	5/04/90	Kinesiology	1	North Vancouver, BC	
Jessika Craig	6-1	2	3/25/89	Humanities	1	Picton, ON	
Breanna Hendriks	5-9	2	9/02/89	Open Studies	1	Cochrane, AB	
Jessica Johnson	5-7	2	8/01/89	Social Sciences	1	Calgary, AB	
Hanna Kubas	5-8	5	9/18/85	Social Sciences	3	Edmonton, AB	
Megan Kurcwal	5-8	1	8/13/90	Haskayne Business	1	Calgary, AB	
Jy Lawrence	5-7	2	3/28/89	Kinesiology	1	White Rock, BC	
Seanna Mitchell	5-10	2	7/02/88	Haskayne Business	1	Manotick, ON	
Erica Morningstar	5-11	1	3/03/89	Open Studies	1	Regina, SK	
Jodie Murdoch	6-0	3	7/01/89	Kinesiology	2	Calgary, AB	
Katelyn Murdoch	5-9	4	6/15/87	Kinesiology	3	Calgary, AB	
Orla O'Kelly	5-6	5	8/17/85	Law	2	St. Albert, AB	Univ. of Toronto
Jessie Olson-Heisler	5-8	1	9/14/90	Open Studies	1	Calgary, AB	
Lynsey Pasloski	5-10	3	8/31/87	Kinesiology	2	Whitehorse, YT	
Kevyn Peterson	5-8	3	8/19/87	Kinesiology	2	Salmon Arm, BC	
Kirsten Weevers	5-8	1	2/09/90	Social Sciences	1	Calgary, AB	

HEAD COACH: Mike Blondal (12th year)**ASSISTANT COACHES:** Kevin Anderson, Rick Pelletier, Jan Bidrman**ATHLETIC DIRECTOR:** Kevin Boyles**SPORTS INFORMATION DIRECTOR:** Ben Matchett