

Western Mustangs CIS Swimming Championships 2010



Mustangs Women 2010



NAME: Lenore Chesworth
HOMETOWN: London, Ont.
PROGRAM: Kinesiology
EVENTS: 400m Free/200m IM



NAME: Katie Fox
HOMETOWN: Oakville, Ont.
PROGRAM: Sciences
EVENTS: 50/100m Breast



NAME: Alexandra Cooper
HOMETOWN: London, Ont.
PROGRAM: King's College
EVENTS: 100/200m Free



NAME: Amber Hutchinson
HOMETOWN: Brampton, Ont.
PROGRAM: Kinesiology
EVENTS: 50m Free



NAME: Brittany Cooper
HOMETOWN: London, Ont.
PROGRAM: Social Sciences
EVENTS: 400m Free/IM



NAME: Kelly Ireland
HOMETOWN: Vancouver
PROGRAM: Business
EVENTS: 100/200m Back



NAME: Ashleigh Dunnington
HOMETOWN: Prescott, Ont.
PROGRAM: Nursing
EVENTS: 50/100m Free



NAME: Paulyne Kilty
HOMETOWN: Newmarket, Ont.
PROGRAM: BMOS
EVENTS: 200m Breast/400m IM



NAME: Kaleigh Heard
HOMETOWN: Pickering, Ont.
PROGRAM: Social Sciences
EVENTS: 200/400m IM



NAME: Kimmi Labbett
HOMETOWN: Oakville, Ont.
PROGRAM: Social Sciences
EVENTS: 100/200m Breast



NAME: Hayley Nell
HOMETOWN: London, Ont.
PROGRAM: Medicine
EVENTS: 50/100m Free



NAME: Vanessa Langille
HOMETOWN: Fredericton, N.B.
PROGRAM: Social Sciences
EVENTS: 50/100m Back



NAME: Lauren Quinn
HOMETOWN: Toronto
PROGRAM: Sciences
EVENTS: 50/100m Breast



NAME: Melissa Loyzer
HOMETOWN: Hamilton, Ont.
PROGRAM: Sciences
EVENTS: 100/200m Fly



NAME: Morgan Singleton-Fookes
HOMETOWN: Calgary
PROGRAM: Sciences
EVENTS: 50/100m Back



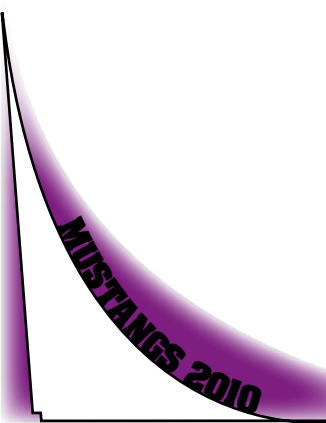
NAME: Christina Malezis
HOMETOWN: Markham, Ont.
PROGRAM: Arts
EVENTS: 50/100m Breast



NAME: Jennifer Trung
HOMETOWN: Maple, Ont.
PROGRAM: Sciences
EVENTS: 50/100m Back



NAME: Heather Martin
HOMETOWN: Etobicoke, Ont.
PROGRAM: BMOS
EVENTS: 100/200m Back



Mustangs Men 2010



NAME: Jake Armstrong
HOMETOWN: Denfield, Ont.
PROGRAM: Sciences
EVENTS: 100/200m Breast



NAME: Brandon Loshusan
HOMETOWN: Windsor, Ont.
PROGRAM: Sciences
EVENTS: 50m Fly/Back



NAME: Chris Bento
HOMETOWN: London, Ont.
PROGRAM: BMOS
EVENTS: 200m Free/IM



NAME: James McClelland
HOMETOWN: Markham, Ont.
PROGRAM: IMS
EVENTS: 100/200m Back



NAME: Adam Gomba
HOMETOWN: Pickering, Ont.
PROGRAM: King's College
EVENTS: 200m Back/Free



NAME: Trevor Nicholas
HOMETOWN: Brampton, Ont.
PROGRAM: Sciences
EVENTS: 100m Back/200m IM



NAME: David Hatch
HOMETOWN: North York, Ont.
PROGRAM: Sciences
EVENTS: 400/1500m Free



NAME: Julien Sauvage
HOMETOWN: Bedarrides, France
PROGRAM: Engineering
EVENTS: 400/1500m Free



NAME: Bryn Jones
HOMETOWN: Newmarket, Ont.
PROGRAM: Huron College
EVENTS: 100/200m Breast

2010 OUA Recap

Second straight OUA title for Western women

By Andy Watson

ST. CATHARINES, Ont. - The Western Mustangs won their second straight OUA swimming championship on Feb. 7, while the Mustangs men performed admirably to earn provincial silver.

"It's obviously really exciting to repeat as OUA women's champions, and it was a full team effort," said Western head coach Paul Midgley. "We have a pretty broad base of talent and we're pretty deep across the board."

"We have 19 (female) swimmers who have qualified for the CIS championships, we're over the cap, one swimmer over the limit of team you can take, and that's the first time that's ever happened at Western and it's very rare to happen at all."

"The women overcame a lot of injuries and adversity and illness to put this together," Midgley said.

Western earned more than just team hardware on the day.

Jennifer Trung (Maple, Ont.) was named as the female Rookie of the Year, while **Hayley Nell** (London, Ont.) won her third consecutive OUA female swimmer of the year honour.

And **Midgley** earned his second straight OUA women's coach of the year award.

Western's women won all five relays at the OUA championships, setting OUA records in four of the races and missing a fifth record - one that Western holds - by just 0.3 seconds.



Western Mustangs, women's OUA champions



2010 OUA Recap Cont'd

Men claim second at OUA Championship

By Aubree Allevato and Andy Watson

LONDON, Ont.,- With a final score of 656.5, Western Mustangs men swimmers worked their way to second place at the OUA Championships held at the University of Toronto, Feb. 4-7.

The men dazzled the pool in most events, but the swimmers to watch this weekend were **Julien Sauvage** (Bedarrides, France) and **Bryn Jones** (Newmarket, Ont.). These men brought home two silvers and an incredible four golds.

First year rookie Sauvage really stood out in the pool claiming first place in the men's 1500m freestyle with a time of (15:24.96) beating his second place opponent by almost 35 seconds. Sauvage also took gold in the men's 400m freestyle.



Silver Medallist Western Mustangs Men

Sauvage was not alone controlling the pool for the Western men, veteran teammate Jones brought home two first place medals of his own in the men's 100m and 200m breaststroke. Jones also took home two silvers to match in the men's 50m butterfly and backstroke.

Nine Western male swimmers also qualified for the CIS championships, in Toronto later this month.

"On paper we scored it before the OUA Championships, and our guys were in fifth place going into the meet," Midgley said. "It's common for us not to show our hand until we are at the (OUA championship) meet, but they had to come up with some great swims to get to second."

"We have already had pretty general depth, but now we have quite a few swimmers who can go toe to toe against the best in the nation."

Male swimmers Jones and Sauvage both won two gold medals each while **Trevor Nicholas** (Brampton, Ont.) and **Jake Armstrong** (Denfield, Ont.) also performed well.

"We are posting results that are a good sign as we move to the CIS level," he said.

Even though Sauvage is a rookie, he was not eligible for the men's rookie of the year award as he is over the age of 21 years. He won his two gold medals in the 400m and 1500m races.

Featured Swimmers



Hayley Nell

Third-year medicine student, **Hayley Nell** earned her third consecutive OUA female swimmer of the meet award in her three years of competition at the 2010 OUA Swimming Championships on Feb. 4-7 in St. Catharines, Ont.

The London, Ont., native earned five gold medals, one on Day 2 and two each on Days 3 and 4 of the OUA Championships, and was part of three record-setting times.

On the second day, Nell placed first in the women's 200m freestyle with a time of 2:01.37, adding a first place in the women's 100m freestyle on Day 3 with a time of 55.84 (an event she holds the OUA record in) and first place in the women's 50m on the final day with a record-setting time of 25.80.

On Day 3, Nell also swam the third leg of the record-setting women's 800m freestyle relay (8:13.47) and then on the final day, swam third in the relay again, setting a record with the gold-medal winning 400m freestyle relay team in a time of 3:48.61.

At the CIS Championships last year, Nell competed well earning herself a bronze medal in the women's 100m freestyle.

In only three years, Nell has set the bar quite high for competition and with her third OUA female Swimmer of the Meet award, Nell has all schools watching out for her.



Julien Sauvage

Julien Sauvage joined the Western Mustangs this year from Bedarrides, France. Since joining the team, Sauvage has stood out in the pool with top results. Head coach Paul Midgley said he could see this from the beginning of the season, knowing he could count on Sauvage to, "light it up."

At the OUA Championships, Sauvage brought home two gold medals in the 1500m and 400m freestyle. The engineering major's 1500m race was phenomenal as he took gold by almost 35 seconds ahead of his opponent. Also at the OUA's, Sauvage brought home a silver medal in the men's 200m freestyle, and assisted in the men's 4x800m relay to take bronze.

Unfortunately, even though Sauvage is technically a rookie, at 21 years of age he was too old to qualify for the OUA men's rookie of the year award.

Coaching Staff

Paul Midgley
Western Mustangs Head Coach

8th Season (2002/03-2009/10)

Email: swim@westernswimming.com

Canadian Olympic coach Paul Midgley is among the top swimming coaches in the nation.

Midgley first joined Western's swimming team as head coach in 2002-03, and in his seven seasons with the team he has already achieved great success.

Most notably, he has established Western's men's team as a force to be reckoned with in the Canadian pools, having guided three teams to Top 5 finishes in the CIS championships.

Midgley was also named the 2008-09 OUA women's coach of the year. It is important to note that Midgley's coaching resume expands far beyond his work with Western, as he has a wealth of international experience.

A native of Montreal, Midgley has been involved as a swimming coach at different levels for over 30 years. Besides having acted as the London Aquatic Club's head coach for the 24 years preceding his September, 2002, hire at Western, Midgley has also worked as a coach with Canada's national swim team and has brought three groups to the Olympics thus far.

In his position with the national team, he has been able to achieve a great deal of success, and has subsequently seen many of the athletes he has coached break national records. The summer of 2008 marked his third stop at the Olympics.

Before coaching, Midgley was deeply involved with swimming as an athlete and even participated in the 1976 Montreal Olympics. It was through this participation that he developed his love, passion and enthusiasm for the sport that has translated so well to coaching.

The 1978 University of Florida grad currently lives in London, Ont., with his wife of 25 years, Gloria, and his four children.



2010 Mustangs Rosters

Western Mustangs Women

<i>Name</i>	<i>Events</i>	<i>Eligibility Year</i>	<i>Program</i>	<i>Hometown, Prov.</i>	<i>Previous Team</i>
Lenore Chesworth	400m Freestyle/200m IM	5	Kinesiology	London, Ont.	London AC
Alexandra Cooper	100m/200m Freestyle	1	Kings College	London, Ont.	London AC
Brittany Cooper	400m Freestyle/400m IM	5	Social Sciences	London, Ont.	UBC
Ashleigh Dunnington	50m/100m Freestyle	1	Nursing	Prescott, Ont.	Upper Canada SC
Kaleigh Heard	200m/400m IM	1	Social Sciences	Pickering, Ont.	Toronto SC
Katie Fox	50m/100m Breaststroke	1	Sciences	Oakville, Ont.	Oakville AC
Amber Hutchinson	50m Freestyle	4	Kinesiology	Brampton, Ont.	Mayfield SS
Kelly Ireland	100m/200m Backstroke	4	Business	Vancouver	Arbutus Club
Paulyne Kilty	200m Breaststroke/400m IM	1	BMOS	Newmarket, Ont.	Newmarket SC
Kimmi Labbett	100m/200m Breaststroke	5	Social Sciences	Oakville, Ont.	Oakville AC
Vanessa Langille	50m/100m Backstroke	1	Social Sciences	Fredericton, N.B.	Fredericton SC
Melissa Loyzer	100m/200m Butterfly	1	Sciences	Hamilton, Ont.	Hamilton AC
Christina Malezis	50m/100m Breaststroke	3	Arts	Markham, Ont.	Markham AC
Heather Martin	100m/200m Backstroke	2	BMOS	Etobicoke, Ont.	Lakeshore SC
Hayley Nell	50m/100m Freestyle	3	Medicine	London, Ont.	London AC
Lauren Quinn	50m/100m Breaststroke	1	Sciences	Toronto	Granite Club Gators
Morgan Singleton-Fookes	50m/100m Backstroke	1	Sciences	Calgary	Calgary Patriots SC
Jennifer Trung	50m/100m Backstroke	1	Sciences	Maple Ont.	Markham AC
Rachel Gow (Alternate)		4	GS	Peterborough, Ont.	Trent SC



2010 Mustangs Rosters

Western Mustangs Men

<i>Name</i>	<i>Events</i>	<i>Eligibility Year</i>	<i>Program</i>	<i>Hometown, Prov.</i>	<i>Previous Team</i>
Jake Armstrong	100m/200m Breaststroke	2	Sciences	Dendield, Ont.	London AC
Chris Bento	200m Freestyle/IM	5	BMOS	London, Ont.	London AC
Adam Gomba	200m Backstroke/Freestyle	1	Kings College	Pickering, Ont.	Pickering AC
David Hatch	400m/1500m Freestyle	1	Sciences	North York, Ont.	Granite Gators SC
Bryn Jones	100m/200m Breaststroke	3	Huron College	Newmarket, Ont.	London AC
Brandon Loshusan	50m Butterfly/Backstroke	2	Sciences	Windsor, Ont.	Windsor AC
James McClelland	100m/200m Backstroke	2	IMS	Markham, Ont.	Markham AC
Trevor Nicholas	100m Backstroke/200m IM	1	Sciences	Brampton, Ont.	Cobra SC
Julien Sauvage	400m/1500m Freestyle	1	Engineering	Bedarrides, France	Dauphins Du TOFC

