



## EXCITEMENT IN THE POOL AS IGNITE ARTISTIC SWIMMING CLUB RETURNS TO COMPETITION

Athletes from the Ignite Artistic Swimming Club recently competed in two events. In March swimmers participated in the Leslie Taylor Provincial Cup at the Pan Am Centre in Markham. This event occurred 2-years to the day after the club's last in-person competition. Head Coach Elly Van Fleet said that though preparing to compete in front of audiences and judges again brought with it some nerves, the prevailing feeling was one of joy. Athletes and coaches alike were thrilled to be back in the pool celebrating the sport they love. To ensure athletes were prepared to return to the pressures of competition, the Ignite coaching staff paid special attention to mental preparation and helped swimmers set performance-based goals.

The hard work paid off with strong performances from all seven of the Ignite teams who competed their routines during the 4-day event: two teams of 11-12 year olds, three teams of 13-15 year olds, and two Junior teams. In the individual and pair events, there were standout performances from Teagan Mason (coach Jennifer Scott) 4th place in the 11-12 Solo; Nicole Carver & Maya Shi (coach Sherry Riley) 5th place in the 13-15 Duet; and by Cailyn Wallace (coaches Elly Van Fleet and Jennifer Scott) 5th in the Junior Free Solo. Several of the club's AUA (Athletes with Unique Abilities)

swimmers placed first in their events including: Alexis Leest, Allison Shuker, Mel Robillard (all Solos) and Timofey and Alessa Zaitsev (Mixed Ability Duet).

In April several Ignite athletes travelled to Saskatoon to compete in the National Qualifiers.

The club's Cyan team (13-15 years) and Navy team (Junior) gained valuable experience "on the big stage" while Nicole Carver and Maya Shi placed 11th in the 13-15 Duet and Cailyn Wallace was 19th in the Junior Tech Solo and 13th in the Junior Free Solo.

Head Coach Van Fleet notes that Ignite is thick in competition season now. Up next the club's Masters swimmers will join the Provincial, AUA and High Performance athletes at the Hilton Invitational. It will be the Masters swimmers' first opportunity to compete in-person since the pandemic began. Later in April the club's Regional League athletes will get their first opportunity to compete when they travel to an event in Guelph.

The Ignite Artistic Swimming Club is a volunteer-run, non-profit club that offers full season competitive training, as well as numerous full year and sessional recreational programs, and summer camps. For further information, please visit [www.igniteartisticswimming.com](http://www.igniteartisticswimming.com).

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