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Front Cover Photo Courtesy of Muskoka Dance Connection.

Back Cover Photo Courtesy of Bracebridge  
Knight Hawks Badminton Club.

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## CLUB RECEIVES GRANTS— OPENING IN JULY

*Submitted by Muskoka Lawn Bowling Club*

The Muskoka Lawn Bowling Club is the delighted recipient of a \$25,000 grant from the Government of Canada's 'New Horizon for Seniors' program along with a Town of Bracebridge Community Grant for \$500.

The federal grant enables the new club to purchase senior-friendly equipment such as smaller, lighter bowls, lifters and pushers (like the stick used in curling) which will allow everyone to participate in this gentle sport along with other able-bodied bowlers. The grant allows for an 'Introduction to Lawn Bowling' program for older adults this summer. "Seniors are often confronted with a number of limitations, including health and social issues, when it comes to accessing quality recreational programming", states Sally Mills, MLBC President.

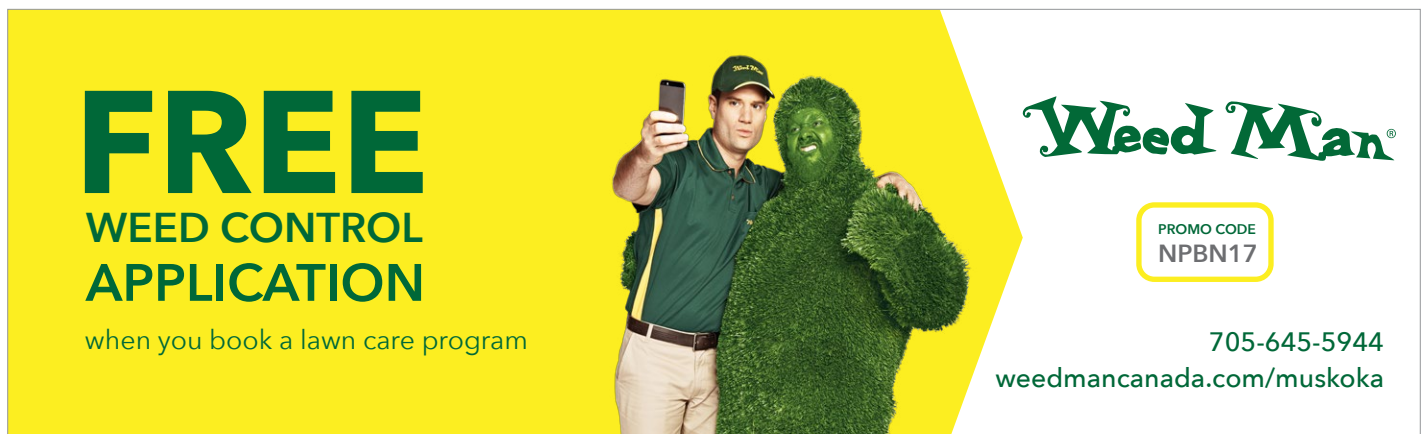
Partnering with Bracebridge's Recreation Department, the 'Introduction to Lawn Bowling' program, specifically for older adults, will run Monday/Wednesday, July 10/12, and again July 17/19 - 10am to noon. The program is \$60, which can be applied to the shortened-season 2017 membership fee of \$150 (regular adult membership next year will be \$250) which allows for unlimited play.

The town's grant will be used towards constructing an equipment shed for the new facility.

The lawn bowling club completed construction of its bowling green last fall. Mills explained that, "the new grass required time to become well-established to withstand the wear and tear of lawn bowling". Final touches are being completed on the area surrounding the green, including the equipment shed.

The Grand Opening of the new facility, located on the grounds of Muskoka Highlands Golf Links, on South Monck Drive in Bracebridge, is scheduled to take place on July 8th.

Full information regarding the 'Introduction' program, grand opening and the Muskoka Lawn Bowling Club can be found at [muskokabowls.ca](http://muskokabowls.ca)



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# "The Bullpen"

## MPS HOCKEY GIRLS HELP TORONTO EARN SILVER

*Submitted by Muskoka Minor Hockey*

A pair of former South Muskoka Minor Hockey teammates, and a rival Haliburton Storm player, came together in Niagara Falls as part of the Toronto-based Pro Hockey Development '07 girls 'AAA' spring team. The team travelled to Niagara Falls in late May for the Draft Day Niagara Battle tournament.

Timely goals from Gravenhurst's Lilli Downer throughout the round robin led the team to the 1st seed with 4 wins and no losses. Bracebridge's Willow Davidson assisted on Haliburton's Cheyenne Degeer's first of 2 goals in the semi finals, which proved to be the winner.

The Championship game saw the team come away with the silver after a 4-1 defeat.



## U9 HAWKS - AWESOME SEASON!

*Submitted by Huntsville Hawks Lacrosse*

After their first 4 games, the U9 Huntsville Hawks Field Lacrosse team sported a 2W-1L-1T record. They had lost to St. Catharines and tied London. That was the downside.

Then, they ended their season on a 13-game winning streak to finish 15-1-1.

There were close games, but some definite blow-outs including a 12-3 thumping of Toronto and the double dumping of Whitby 1, outscoring them 21-8 over 2 games. The finishing touch was put on the season with a crushing of Milton 9-1.

*Photo courtesy Heather Douglas Photography*

*Theo Cragg, Noah Holingshead, Braedon Woollings, Zack Woollings, Leif Spiers, Carson Fraiser, James Pritchard, Sterling Boothby, Jake Earl, Avery Shirliff, Jaxon Urbanski, Carson Frasier, Lyle Lovegrove, Conner Gallagher, trainer Ryan Woollings, head coach Kory Shirliff and assistant coach Craig Frasier*

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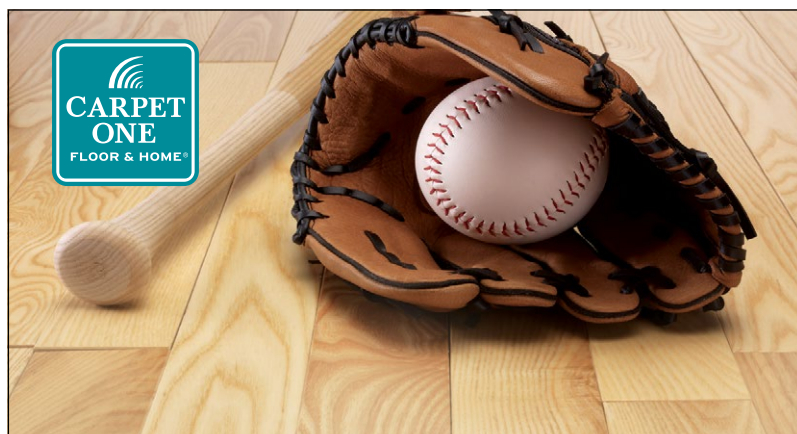
Find us online as well. Check us out on [shopmuskoka.com](http://shopmuskoka.com). See the 'downloads' section to open an edition.

The tournament, and team itself, is to promote and develop girls hockey. Some of the best players ranging from the GTA to Ottawa to southwestern Ontario participate in this program.



## SEND US A NOTE

Have something to say...let us know. Whether it's kudos for a coach, raspberries for something else. We welcome your input & opinions—even if it's about OT. Send to: [submit-overtime@hotmail.com](mailto:submit-overtime@hotmail.com).



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# Curling Matures IN BRACEBRIDGE

It didn't take long, after the inaugural meeting in 1898 that formed the first curling organization in Bracebridge, for things to get rolling. Although there is not much reference to the construction of the curling club building on Hunt's Hill (Taylor Road at Front Street), it apparently was in use in 1904 when enthusiasts George W. Ecclestone of Bracebridge and William F. Wasley of Gravenhurst got together and presented the Ecclestone-Wasley Cup for competition between the two Towns.

Obviously, curling quickly became popular in both areas. There is no reference to the location of the curling rink in Gravenhurst.

Artificial ice was unheard of at this early stage, and maintaining

proper natural ice for competition would have been difficult in the Taylor Road curling rink. One would wonder why the curling building wasn't built closer to the river to ensure a constant water supply for flooding. No reference is made as to how they got water up the hill for that purpose. It is doubtful that the town would have allowed the primitive water system, installed in 1894, to be tapped into for flooding so it remains that horse drawn sleighs carrying barrels of water might have been used.

To facilitate the forming of the ice surface, it is reported that, in 1906, there was a multi-purpose hardwood floor in the curling building that greatly aided in ice-making, although it did little to prevent the devastating warm weather in that same year from interfering dramatically with the curling season.

Kenneth Carman Veitch  
Bracebridge Historical Resources  
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## TRIVIA

### QUESTIONS

1. Before Skydome/Rogers Centre, where did the Blue Jays play?
2. Name all 8 Pennsylvania-based professional sports teams (NHL, NFL, MLB, MLS, NBA).
3. Rickey Henderson holds baseball's all-time stolen base record with 1406. Who's 2nd with 938?
4. Who is the only athlete to be inducted into Canada's Sports Hall of Fame twice?
5. In tennis, who was known as 'Superbrat'?
6. Dallas Cowboys' Emmitt Smith is the NFL's career rushing leader. What other team did he play for?
7. Where is Canada's Sports Hall of Fame?



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## SUMMER SOCCER CAMP RETURNS

Submitted by Bracebridge Soccer Club

The Bracebridge Soccer Club is bringing back the Premier Soccer Institute, led by coach Ray Wright to run the summer soccer camp, July 4-7 at Gostick Park.

The full day camp is for boys and girls U9 - 14 (born 2003 - 2008). It will be a highly technical oriented camp for those that seriously want to improve their soccer skills and enhance their enjoyment and understanding of the beautiful game.

Wright has a "National A" coaching licence from the Canadian Soccer Association, and has previously been an Ontario Soccer Association provincial and regional team coach. He's held the position of OSA Master Learning Facilitator, and was also a full-time Technical Director for ten years at a very large club. Ray, and his team, have been holding elite soccer training academy programs in Bracebridge since 2015 for children age 8 to 16.

For full details on the camp, visit [www.bracebridgesoccer.net](http://www.bracebridgesoccer.net).



## UNEXPECTED INDOOR SOCCER

Submitted by Muskoka Lakes Soccer

The season kicked off to a very rainy start!

The fields were so wet, week one was cancelled. Week 2 took us indoors to the Bala arena and community centre! Still, a great experience that many have never encountered before!

We welcomed 135 kids over 3 days - playing from ages 3-16! Excited to say our club finally took it back outside...in 25 degree temps.

Everyone was patient with the wet start...and we still played some great games!



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# 1st Kayak Polo Tourney— SHARKS TO NATIONALS

Submitted by Muskoka Kayak School

The first Muskoka Kayak Polo Tournament was held in the Huntsville pool. Huntsville 'A' beat Huntsville 'B', for the championship.

After the 6-game tournament, both Huntsville teams were tied. Goal difference was the deciding factor with 5 tournament goals by Colin Austin (top goal scorer) and the fine goalkeeping of Kevin Farley (MVP), only conceding 2 goals. The Port Sydney team, with both the oldest, Roger Irwin and youngest player Daniel Parry, took third.

The Muskoka River Sharks team heads to their first Canadian National Kayak Polo Championships in July in Sudbury to compete in Division 'B'.

Recently, the team travelled to train with the Greater Toronto Kayak Polo Club and received coaching from Canadian Team members.

Kayak Polo's proving popular in Muskoka. The Town of Huntsville, alongside Muskoka Kayak School, run programs throughout the winter, with plans to run more in September. Should outdoor Kayak Polo Goals be acquired, an outdoor program will be offered in Huntsville during the summer.

For updates/information on Kayak Polo, contact Andy at 705-644-0987 or visit [www.muskokakayakschool.ca](http://www.muskokakayakschool.ca)

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# Paddle Club Gets 'BIG' & Summer Youth Program

Submitted by Muskoka Paddle Club

The Muskoka Paddle Club has acquired a 26-foot North Canoe for its recreational and competitive programs. Built by Michael Ruddock, formerly of Washago, it will be the workhorse in many of the 2nd year club's activities.

Commodore Charles Schofield says the 26-footer will be key in promoting healthy paddling for many of the groups ranging from seniors to those wanting to test their taste for competition. "In this year of Canada's Sesquicentennial Anniversary of Confederation, we will read about voyageur canoes as they make epic voyages on the traditional waterways formerly used as highways in early Canadian history", stated Schofield. The upcoming October Great Muskoka Paddling Experience event will feature North Canoe racing, exciting to participate in and watch.

Contrasting the smaller 1-2 person canoes, the North requires close co-ordination by the paddlers. It will be awkward to handle at the start, but when the paddlers click in perfect sync, the speed and grace provide "a terrific paddler's high", exclaimed Schofield. Members of the club will be able to paddle the canoe after an orientation session.



The Club will be hosting their first Youth Racing Kayak and Canoe Summer program for 8-18 year olds. The twice a week, weekday evenings (6:30 and 8:30), program will introduce kayaks, canoes and SUPs. The program will develop techniques and racing skills with qualified coaches while offering fun on-water activities during July and August.

The Muskoka Paddle Club welcomes new members seeking a healthy alternative to powered boating. Many clinics will be held to elevate members' skills to the next level. Weekly recreational paddling, evenings and daytime, explore the magnificent waterways of Muskoka. The club's collection of kayaks and canoes offers varied experiences for the members.

Schofield feels fortunate the club's programs are backed by a strong team of committed directors which is evidenced by a wide variety of activities.

More information about the club can be found at [muskokapaddle.club](http://muskokapaddle.club).



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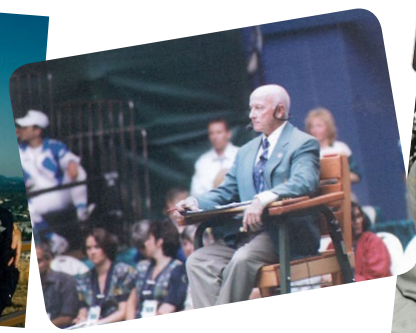
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## Canadian Hall Of Fame Inductee

# JIM LYNCH

*Submitted by Gravenhurst Falcons Badminton - Warren Brownlee*

With happiness and pride, we announce the induction of Jim Lynch, long-time resident of Gravenhurst, into the Canadian Badminton Hall of Fame.

A book is required to enumerate Jim's accomplishments, to explain the significance of their importance, and dramatize his real-life circumstances.

The Hall's selection committee had difficulty deciding how to categorize Jim for entry. Of the three – Player, Builder (Coach/Organizer) and Official – they chose Official. Jim's involvements were stellar in all three.

Jim umpired at the Regional, Provincial and National levels. Aware of the need to grow the sport, he trained aspiring umpires and spent twenty years as Chair/Member of the Canadian Badminton Officials Association.

As a National umpire, Jim worked International tournaments like the Commonwealth Games and World Championships. In 1983, at the World's in Denmark, Jim was selected to train as an International umpire.

Until 1996, Jim officiated many top International tournaments - highlighted by the '92 Barcelona and '96 Atlanta Olympics - where he umpired the Men's Singles Gold Medal Match.

Many would be satisfied to match what Jim had done in Officiating. But, that doesn't complete Jim's story.

Jim started as a player. In over 40 years of competition, he won over 300 titles. Among the most prestigious were 15 Ontario 'A' Provincial Titles, a Canadian Men's Doubles Championship and Gold Medals at the Canada Winter Games.

In 1972, as part of Canada's National Team, Jim had the unforgettable experience of participating in an exhibition tour through China playing against their National and Regional players. This Canadian contingent was the first country to tour China.

His wife Nancy (nee Vincent of Gravenhurst - the reason Gravenhurst is home) partnered with him on and off the court assuming many equal responsibilities.

For top level competition, they travelled extensively to Toronto. This was done as they followed successful education careers in Muskoka while raising a family. Son, Michael, resides in Markham, daughter Krista lives in Gravenhurst. Both are married with children who are involved in sport, and both coach/manage youth teams.

Jim's involvement extended to coaching. He and Nancy coached and managed teams/clubs from the local level in Gravenhurst (juniors and adults) to University (York and McMaster) to National (Canada Winter Games). As an NCCP Level 3 Coach, Jim also trained coaches throughout Canada and the U.S. at various levels.

Jim is deserving of this honour. The induction ceremony is July 28 at the Junior Pan-Am Games taking place at the Markham Pan-Am Centre, Unionville. For those wishing to attend, this is also the Finals of the Games - a memorable occasion in many ways.



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- 1. MSK Kayak Polo - Port Sydney team.
- 2. MSK Limberettes - Marley in Burlington.
- 3. MSK Lakes Soccer outdoor action.
- 4. MSK Lakes Soccer having a blast.
- 5. MSK Dance Connection's Lily Whittle in 'Piano Man'. Photo courtesy DRC Video Productions.
- 6. MSK Dance Connection 'Smooth Criminal'.
- 7. BB Knight Hawks smashing.
- 8. BB Men's Fastball action.
- 9. Branwyn Shaw (middle) at 'Dara's Fund' event, with Dara Howell to her left. Photos courtesy of Al Shaw.



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# SEASON ENDS WITH A BANG!

Submitted by Bracebridge Knight Hawks Badminton

5 Knight Hawks attended the Junior 'B' Ontario Championships - Tyler Blair, Katie Garth, Paige and Kiersten Hillman with Matthew Schmanda playing doubles with Tyler. Improved play this year allowed them to compete against larger GTA-area clubs, who play more hours and have private coaching, with a chance to win. These Knight Hawk's put Bracebridge on the badminton map.

The four singles players had great success, in most cases losing against medallists in tough, lengthy matches. In mixed, the players were knocked out earlier than hoped. In doubles, Kiersten and her partner, who rarely play together, played strong and brought home the Bronze medal. Katie and Paige fought extra hard to make the finals, earning Silver.

The Georgian Bay High School Tournament saw the BMLSS team of Kiersten, Katie, Paige, Siiri Rea/Ethan Melvin-Bell and Ian Legault/Sheldon Groenevelt take home the team trophy. Kiersten, Katie/Paige, and Siiri/Ethan qualified for OFSAA along with Matthew and Tyler from Huntsville. Five players are juniors on senior teams. Muskoka schools will dominate Georgian Bay badminton for years.



The Knight Hawks all started OFSAA by winning their first round. Siiri/Ethan lost a close one, then Katie/Paige lost a 3-game set with a 23-21 heartbreaker. They'd eventually walk through 4 matches to win the 'C' division. Kiersten improved from last year's 'C' win to capture 'B' Silver. Matthew/Tyler won another 'B' game before tough competition knocked them out. Siiri/Ethan, who didn't play competitive-level, pulled out one win. This year's OFSAA included Canadian champs, Pan Am players and potential Olympians.

Great achievements by all prove Muskoka can compete with the best! And, it's topped off with great attitudes from the players. They've made friends with other club players and are always respectful. Awesome season - congratulations to all.

Knight Hawks badminton starts again in September. All levels of play can join and new players are always welcome.



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# SPECTACULAR Start To Competitions

*Submitted by Muskoka Dance Connection*

Muskoka Dance Connection's Competitive season started in spectacular fashion. At the 'BreakThru Dance Challenge' (BTDC) in Huntsville and 'On The Floor' (OTF) at the Nottawasaga Inn, every group and soloist scored in either the highest or second highest categories.

In Huntsville, MDC performed for 15 'Diamond' (highest , 94+ points) and 7 'Platinum' (2nd highest, 92-93.9 points) finishes. In Alliston, 5 'On The Floor' (highest , 95+ points) and 17 'Platinum' (2nd highest, 90-94.9 points) finishes.

Highlights from both included: 'Hot Knife' (Lily Whittle, Emily Landry, Mary Bernais) Contemporary Trio - 1st overall BTDC, 3rd at OTF; 'Stillness' (Whittle) Contemporary Solo - 1st at BTDC, 3rd OTF; 'All Aboard' Senior Tap - 1st and highest mark minor division at BTDC, 3rd OTF; 'Smooth Criminal' Junior Jazz - 1st large group BTDC, 3rd OTF.

Special acknowledgement to 'Piano Man' Senior Jazz - overall 1st at both competitions with highest mark major division and the Choreography Judges Choice Award for the entire competition that had about 500 entries at BTDC and 'Lonely' (Hannah Scholl) 1st major soloist at BTDC and named Ultimate Dancer at OTF earning her an

invitation to perform at the Toronto Sick Kids Gala in the fall.

From BTDC, Muskoka Dance Connection had numerous overall 1st place accomplishments - 'Welcome To The 60's', Intermediate Line; 'In The Mood For Trouble', Junior Large Group; 'Lemonade Stand', Junior Small Group; 'Newsies', Intermediate Large Group and 'Falling In Love', Over Senior Large Group.

Individually, Mamiko McEachran's Jazz Solo 'Chasing' performance earned 1st overall novice soloist at BTDC while Bernais' took 1st place soloist with 'Bennie And The Jets'.

From each competition, there were many other top placings, judges special awards/recognitions and scholarships which further enhanced the studio's results.

On top of the stellar performances by the dancers, MDC was honoured with the Studio Spirit Award from a group of 15 studios in attendance at OTF.

The studio appreciates the hard work and dedication of all the dancers throughout the season which culminated in probably the best showing at competitions since the studio opened.

*(Muskoka Dance Connection's next competition took place in Collingwood after deadline...highlights in the next edition.)*

*Top photo courtesy DRC Video Productions.*



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# Special Olympics Basketball GRABS TOP HONOURS

The Town of Bracebridge hosted their Community Recognition and Sport Awards at the Rene M. Caisse Theatre.

This year's recipient of the Norm Harkness Memorial Award for Bracebridge Team of the Year is the provincial gold-winning BMLSS Special Olympics Basketball Team - also named the Special Olympics High School Sports Team of the Year by the provincial branch of the Special Olympics.

Charlotte Wood, track/cross-country, Athlete of the Year. Charlotte trained at York University, competed in Edmonton and Moncton, attended the '17 Ontario Athletics training in Florida and broke the 800m record at the GBSSA finals.

Nigel Griffiths, Bracebridge Tennis Club, Community Coach of the Year Award. Nigel launched the Muskoka Junior Tennis League, providing a supportive environment for youth learning the game.

Also recognized, 4 new members of the Bracebridge Baseball Wall of Fame. Sue Crawford - player for over 40 years, Sue has been instrumental in the continuing development and success of the Muskoka Ladies Softball League (player); Don Collison - started coaching minor ball in '78 and had numerous teams reach the OASA final round, 2 years as finalists plus many years umpiring all types of ball (coach/official); Tom Holiday - though he never played the game, Tom was always at the diamond cheering and knew the stats for every team and each player (fan/supporter); Shawn Lee grew up playing minor ball and, for the last decade, has served on the executive, organized many ball clinics, coached select and established a midget travelling team (builder/sponsor).

Bracebridge Recognition Awards went to: Jean Polak (Good Citizenship), Jim Hartill (Senior Achievement), Megan Evans (Young Volunteer), Sydney Smith & Kathleen and Richard Gurbin (Volunteer Service), Hilda MacFarlane (Senior of the Year), Don and Joyce MacKay and Family (Christopher Todd Lang Accessibility), Arlie Freer (Outstanding Volunteer) and Bracebridge Legion Pipes and Drums (Recognition of Merit) **OT**

1. Charlotte Wood - Athlete of the Year
2. Two members Special Olympics Basketball - Team of the Year
3. Nigel Griffiths - Community Coach of the Year




## Shaw Selected A 'Dara's Fund' Recipient

*Submitted by Muskoka Aquatic Club*

Congratulations to Branwyn Shaw, a competitive swimmer with the Muskoka Aquatic Club (MUSAC) was one of 3 female athletes selected to receive a 'Dara's Fund' grant! Branwyn was chosen for the 12 year-old athletes category. Olympic Gold Medalist Dara Howell made the presentation to each recipient during a celebration in early May at the Mark O'Meara Golf Club in Huntsville.

Branwyn, your future is bright!



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# Dhir Takes Provincial B & Solid Showing With Shrey

Submitted by Gravenhurst Falcons Badminton

Dhir Patel is the BSU15 Ontario Provincial B Champion!

For any player from outside of Markham or Ottawa to win at any level is extremely rare and difficult. Not only did Dhir defeat his opponents from these dominant centers of badminton, he did it with relative ease and poise. Despite some very long, arduous rallies, he was never threatened on the scoreboard, and never lost a game.

His hardest match, against #1 seed Victor Zhan, saw tough rallies against this very skilled player. Dhir won in 2 games 21-11 and 21-14. In the final against Ervin Wang of Mandarin (Markham), Dhir struggled in the opener, eventually winning 21-18. Once he understood his opponent, he cruised through the final game 21-8.

In Doubles, Dhir played up an age category partnering with Shrey Patel in U17. Winning their opening match



fairly easily, they lost an extremely close match to an E-Badminton (Markham) team 22-20 and 21-18.

Shrey made it to the quarterfinals in Singles, taking out the #2 seed in his second match. In the quarters, Shrey lost to the eventual silver medalist, Jonathan Ma of Teraki Badminton (Markham).



In high school competition, Dhir (grade 9) and Shrey (grade 10) partnered and qualified for OFSAA after claiming the Georgian Bay Championship. There is no junior OFSAA. To qualify for OFSAA players must compete at the senior level (Grades 11-12). Their toughest competition at the GB level was the Huntsville team of Tyler Blair and Matthew Schmanda. At the MPS level these 2 teams met 3 times, each match going the full 3 games with Dhir and Shrey squeaking out the victory.

At OFSSA, Dhir and Shrey defeated a Toronto team in a tight 3-game match, lost their second match putting them in 'B' division. They advanced to the quarterfinals but lost their final match 23-21, 21-19. This was a very strong showing for these young competitors and forebodes well for next season.

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# UP TO THE CHALLENGE

Submitted by  
Muskoka Limberettes

The Muskoka Limberettes competitive team attended the Burlington Spring Cup last month.



Going up against various teams from southern Ontario, the competition was tough. Lots of the girls achieved personal bests and competed at new levels.

Zoey DaPonte did her first competition as a level 8 athlete. She earned silver on vault, beam, and floor, bronze on bars and bronze all around. Alex Marsden did her first competition as a level 7 athlete, placed 7th over all with a silver on floor, bronze on vault.

Ella Plested, Trista Fry, and Taryn Makale all obtained their highest all around score for the year.

Other highlights were: Danica Clark bronze on bars, Maiya Dyni silvered on beam, Emily Nicholson won gold on beam, silver on vault, and silver over all.

*Pictured above is Abby at the award ceremony.*

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# Meet Ella Plested

Submitted by  
Muskoka Limberettes



Ella is 13 years old, in our 8 hour Interclub group and our provincial Trampoline group. Ella is being recognized as May's Athlete of the Month because of her success over the year. This was Ella's first year competing as a level 6 gymnast and a level 2 trampolinist. Between the three provincial trampoline qualifiers, Ella achieved a score allowing her to attend provincial championships in Barrie in June. Ella also recently achieved a personal best all-around score in Burlington for gymnastics. Ella always has a great attitude and a smile on her face in the gym and at competition. Way to go Ella, we are very proud of your accomplishments!

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## It's Also About ENCOURAGEMENT

Submitted by Muskoka Aquatic Club

The third of 3 developmental meets was held early May. Jarryd McLellan, age 8, was thrilled with his results!



Swimming encourages young athletes through developmental meets, which builds self-esteem and focuses on improvement while swimmers learn the technical demands of each stroke. Once swimmers experience the meet environment, they're often hooked. It's less about winning, more about how each individual betters their times, making success achievable!

"This is Jarryd's first year with MUSAC. He has completely enjoyed his experience", according to Mom, Erica. "He's been shy and unsure of sports. His interest in swimming started during the 2016 Olympics. From there, we registered him with MUSAC and, though he was nervous, he pushed through. After his first meet, he was over the moon excited with how he did, and for coming 1st in one heat." She credits the coaches "for the encouragement and confidence they've given my son. As a parent, I am so thankful."

MUSAC's goal is to have children experience the wonderful world of swimming, even for a year or many more!

## PERSONAL BESTS At Eastern Championships

Submitted by Muskoka Aquatic Club

The Speedo Eastern Canadian Championships brings together a mix of Canada's senior, youth and junior swimmers. This competition is hosted by a different city each year and runs the same time as the Western Championships. This long course competition is an excellent racing and development opportunity for the competitors.

3 MUSAC swimmers qualified for this year's event in Etobicoke: Allyson Goldring, Mark Cox, and Caroline Lewitt. This high level meet saw our athletes race against 15-16 years olds while only being 14.

Despite the challenge, all 3 swam personal best times and made 'B' finals (9-16th placings)! Ally hit the mark in the 200m breaststroke, finishing 6th. Mark and Caroline each excelled in 200m backstroke. Mark placed 6th, Caroline 8th.

This was a reminder to all that it's not always about medals. At this level, every second or hundredth of a second that a swimmer shaves off their personal best, is an accomplishment. Congrats to these 3 for their tremendous efforts at this meet!



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# IN CONTROL

## Shooting For Nationals?

He earned 2 silvers and a bronze. Took 4-plus minutes off his personal best in the 5k - that's huge - and apparently resembled a mountain goat going up a hill passing other racers. That was Nordic skiing...last year.

Now, he attempts the next step in...golf. He's the boss - Branden Boss, Muskoka's Special Olympics Athlete of the Year.

Encouraged by Mom Jan, Branden joined the Special Olympics about 8 years ago. He played baseball and hockey but chose skiing and golf as all he has to do is focus on his own play and times. Having swung a club since he can remember, he started golf with the program 5 years ago.

With no formal teaching, no golf pro, he frequently hits 300+ yards at the range. He admits when the pressure's on, his drives dip to the 250-280 yard range. He's won the longest drive at the Hines Memorial Golf Tournament, a Special Olympics fundraiser, against able-bodied golfers.

Branden's preparing for provincials in July. In Special Olympics, the road to nationals is lengthy. Last year, Boss won regionals to qualify for provincials...nationals are next year.

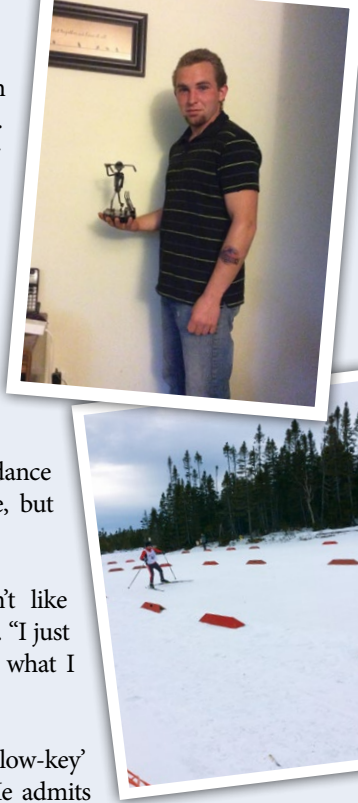
A Port Sydney resident, Branden primarily golfs at Huntsville Downs. He credits and appreciates their efforts with helping him get the golfing bug, especially after he eagled (2-under par) hole 17 there. "That was just luck", he said nonchalantly.

His attention now lies in the nuances of the game...when to lay up, which side of the fairway to play to get his best angle for the green - that it's not just 'whack it'. With continued guidance from Mom, he's thinking the game, but confesses he'd rather 'whack it'.

Not unlike most of us, he doesn't like practice and the organizational rules. "I just love getting out and playing. That's what I want to do", declares Boss.

Quietly unassuming, he feels his 'low-key' nature helps him maintain focus. He admits he internalizes perceived pressure - whether from others or himself.

He's the only Muskoka athlete going to provincials. It started with a 'natural ability', now it's fine-tuning. As the 24 year-old Special Olympian progresses, he maintains control.



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# HIGH SCHOOL ROWERS & YOUTH ROWING AT MRC

Submitted by Muskoka Rowing Club

The Muskoka Rowing Club offers options for adult competitive rowers and recreational rowers alike. We also have university students and high school students rowing with us.

BMLSS has two rowers who participated in the indoor rowing season this year, Lily Baker and Jasmine Foreman. The girls attended the Canadian Indoor Rowing Championships in Mississauga this past February. Lily placed 7th in the Junior 'A' race, and Jasmine placed 25th in the Junior 'B' race. Unfortunately, high water levels and current on the Muskoka River caused a delay in getting the high school rowers on the water.

Lily rows in Port Carling during the summer and has been able to train in Port Carling this spring while the Muskoka River was unrowable. Lily participated in time trials at Rosseau Lake College in mid-May. There she placed first in both the sprint and the 3.5 Km row.

The following week, Lily attended the South Niagara Rowing Club

Invitational regatta in Welland. She raced in heats for both the Senior Women's 63 kg single and the Club Senior Women's single. Lily advanced to the finals in both. The finals were cancelled due to weather, so places were determined by times.

Lily finished 4th in the Senior Women's 63kg and 6th in the Club race.

Next, the students will be attending the Canadian Secondary School Rowing Association regatta in St. Catharines early June.

This summer there will be youth rowing offered at MRC for any students wishing to continue rowing, or to learn how to row. Information will be posted on facebook.com/Muskoka-Rowing-Club and the MRC website [www.muskokarowingclub.ca](http://www.muskokarowingclub.ca).

A HUGE thank you to everyone who made it out for our open house in May. We welcomed new members and were able to rig the boats, despite the weather.



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