

sports & recreation

Swimmers get ready for indigenous games

Team heading to Duncan B.C.



Colton Yee, 15, will be competing in the North American Indigenous Games this August in Duncan, B.C.

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Swimmers from across the Northwest Territories are preparing body, mind, and spirit for the 2008 North American Indigenous Games (NAIG) taking place in Duncan, B.C. this August.

The team's head coach Ian Legaree said that there should be approximately 16 kids on the team if all goes as planned. They will come from

a wide range of communities, including Inuvik, Fort Smith, and Fort Providence.

"There is no year round pool in Fort Providence," said Legaree. "The kids with year round pools train at home but our swimmer from Fort Providence comes to Yellowknife when she is able and does dry land training at home."

The Fort Providence swimmer is 14-year-old Erin Sullivan. She said that she usually does dry land training

for five hours a week. Earlier in January she went to Inuvik for a swimming clinic with coach Alex Legaree.

"There are some NAIG records that Erin can definitely challenge," said Alex.

Colton Yee, 15, of Hay River is another swimmer who is planning on attending. Yee is currently recovering from a leg injury that he sustained while performing a front flip in gymnastics.

"It will probably slow me down a bit. I'm doing what dry land training I can do in order to stay in shape, mostly sit-ups and push-ups."

New opportunities

Yee hopes to be back on both feet and in the water by mid-February, which he hopes will be lots of time to get back into shape before August. He says he is looking forward to meeting new people at the games, as well

as the opportunity to break some records. He feels he has a chance at breaking the record in the 50-metre freestyle.

Two swim clinics have already been held in Inuvik and Yellowknife. Legaree is hoping to hold one more clinic in April.

The NAIG will host teams from all across Canada and 20 American states. There will be approximately 7,000 athletes, and about 500 will

compete in swimming.

Coach Ian Legaree took the NWT swim team to the 2002 NAIG games in Winnipeg. He said in that year, they brought home 35 medals. That year the NWT team ranked seventh overall.

"I'm sure we'll do very well over all this year," said Legaree.