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SPORTS HOTLINE • JAMES MCCARTHY

Phone: (867) 873-4031 • E-mail: sports@nnsi.com • Fax: (867) 873-8507

Swimmers break records in Alberta

Territorial marks broken in boys' relays and girls' individual medley events

by James McCarthy
Northern News Services

It was another record-breaking weekend for Yellowknife swimmers in Alberta.

Five Polar Bear Swim Club athletes hit the water in Medicine Hat, Alta., for the Alberta Senior Provincial Short Course Championships from Jan. 29 to 31. Although there were no medals to speak of, the kids set some new territorial records.

The team of Noah Colford, Sean Kearnan, Tanner Dolynny and Stephen Giovanetto managed to set new times in the 400 and 800-metre freestyle relays, while Cas-

sie Mooney, the lone female swimmer who went, is the new record holder in the girls 400-metre individual medley for girls aged 15 to 17.

All the swimmers were gunning for A level and national times, which would put them within the top 5 per cent of swimmers in Canada. Colford and Dolynny came the closest, with Colford missing out by two one-hundredths of a second in nail-

ing a national time in the 50-metre freestyle. Colford said the more amazing thing was setting a new personal best.

"I took off half a second

and that's huge," he said. "I just sat in shock after I was told I just missed my national time. I've been taking chunks off my time all year, but it was close."

As the only female in Medicine Hat, Cassie Mooney said she didn't feel any pressure to perform.

"It was fun to hang out with the guys," she said. "I just tried to keep up with them as best as I could."

Cassie had no idea about breaking the record when she got out of the pool, but she said she had a time in mind.

"It was my best race of the weekend, for sure," she said. "As a team, though, I'm proud of everyone because we did so well."

Head coach Jane Mooney said these results are just more proof a small club like Yellowknife's can compete with the bigger southern clubs.

"Any meet we go to, our swimmers perform very well," she said. "Going to meets such as this one pays huge dividends down the road."

Mooney also said if there were more opportunities for the senior swimmers to go to major events, there's no telling how good the results could be.

"Imagine how well Tanner or Noah would do, both ranked 10th or better in their strokes in Alberta/NWT, if they competed every second weekend," she said. "The same goes for Stephen, who is nationally ranked (in breast-stroke). When Stephen shows up at one of these meets, he attracts the attention of other swimmers and coaches alike."

"We would have a very potent relay team if they could compete more than three or four times a year."

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SPORTS Check

with James McCarthy

e-mail: sports@nnsi.com



World invite for Argue

Yellowknife's Mike Argue will be back in a major cross-country ski race, this time in an international capacity. Argue has been selected by Cross Country Canada to take part in the men's 1.2 km World Cup sprint races on Feb. 6 in Canmore, Alta. Argue will be one of over 200 competitors from 25 countries to take part in the weekend's events.

The Canmore course has been very kind to Argue in the past as it's the very same venue where he won a NorAm Series sprint race last January. Fort Smith's Sarah Daitch has also been invited to race in the women's sprint event on the same day.

See the next edition of *Yellowknifer* for a recap of Argue's exploits.

Big wins for Cormier

Yellowknife's Sharon Cormier has fallen back a bit at the 2010 Scotties Tournament of Hearts in Sault Ste. Marie, Ont. Fresh off her big 10-4 win against Team Canada on Feb. 1, Cormier's rink, which includes third Tara Naugler, second



photo courtesy of Daryl Dolynny

Noah Colford practises his backstroke before a meet last August. Colford came within two one-hundredths of a second of obtaining a national time at the Alberta Senior Provincial Short Course Championships in Medicine Hat, Alta., on Jan. 30.