

CARLETON RAVEN RANT

December 15, 2003



We hope that you enjoyed the first issue of the Raven Rant. This issue is full of some great news from our fellow athletes, but unfortunately not all the teams are represented. We are still looking for initial contributions from Women's Waterpolo, Fencing, Men's Basketball, Men's Soccer, Nordic Skiing and Golf. Please email us at carletonravenrant@yahoo.ca if you want to write about your team. This newsletter can't work without help from all the teams. Also, if you have a teammate who deserves recognition, email us so they can be featured in one of our Athlete Profiles.

Happy Holidays and look for our next issue in the New Year.

****Opinions expressed in Raven Rant are those of the athletes and do not necessarily reflect the opinions or views of the Carleton University Athletics Department*****

BASKETBALL (WOMEN'S)

WITH A ROAD VICTORY, RAVENS IMPROVE TO 2-6 IN THE OUA AND ARE 2-2 IN THEIR LAST FOUR GAMES

The women defeated the Ryerson Rams on the weekend in Toronto by a score of 55-49. Veteran Dasa Farthing led scoring for Carleton with 25 points, with Dawn Germain adding 10. (Continued below)

SWIMMING

MEN FINISH 3rd IN OUA EYNON DIVISIONALS, SET DIVISIONAL RECORD IN 4X50 MEDLEY RELAY, HARRIS AND MILLS QUALIFY FOR CIS

The Ravens posted an impressive result at the OUA divisional meet at Guelph University on the 22nd and 23rd of November. The men finished third and the women finished sixth. Along with countless season highs and record breaking performances, the men set an Eynon division record in the 4x50 Medley Relay. Women's captain Krista Boegel won the 100 breaststroke and finished second in the 200 breaststroke. Keegan Harris won gold in all three breaststroke events and qualified for CIS. John Mills swam to two silvers in the 50 freestyle and 50 backstroke, and also qualified for CIS. So far four swimmers have qualified for the CIS championships. They are veterans Krista Boegel (Women's Captain) and Keegan Harris, and rookie Paola Osorio and John Mills. (Continued below)

BASKETBALL – WOMEN'S

The Women's Basketball team has improved their record last weekend by defeating the Ryerson Rams last weekend in Toronto by a score of 55-49. In the first twelve minutes in the game the Ravens had a scare when their leading scorer, Ashley Kimmett, injured her ankle and was sidelined for the rest of the game. However, the Ravens pulled together to out score and out rebound the Rams in the second half. Veteran player Dasa Farthing had the best game of her season by scoring 25 points.

After the win against Ryerson, the Ravens met the University of Toronto Varsity Blues the following day. Unfortunately, the Ravens were defeated by the Blues 76-41. Germain led scoring for Carleton with 16 points.

This is the second weekend in a row that the team has split their two games. Their record now stands at 2-6, but in their last four games they have shown dramatic improvement. With results like this, the team will continue to improve in overall OUA standings. The Ravens now stand in 6th place, tied with Ryerson.

Over the holidays the Ravens will participate in a national basketball tournament at Concordia. This tournament will help the Ravens prepare for their playoff run in the New Year.



SWIMMING

The men's and women's swim teams returned from the OUA divisional championships with a lot to be proud of. The men finished 3rd and the women finished 6th overall. All the swimmers did an impressive job in both individual events and relays.

Keegan Harris started the meet with a respectable time in the 100 breaststroke, but it was on Day 2 when he stunned everyone with an unbelievable time of 2:22.95 in the 200 breaststroke. This was more than 1 sec under the CIS cut and broke the Carleton record and his personal best. Teammate Bob Farinas finished second with a time 2:31.05. Harris also won the 50 breaststroke to complete the sweep all three breaststroke events.

John Mills competed in the 50 back and recorded a time of 27.44, good enough for second, a new Carleton record (which he set on the 5th October), and a CIS qualification. He also won the silver in the 50 freestyle.

Other strong finishes included Captain Trevor McLoughlin with a 2nd place finish in the 100 butterfly in a time of 58.82, and Brandon Crawford who finished third in the 50 breaststroke.

For the women, Paola Osorio was seeded first in the 800 freestyle but was not happy with her result. Having qualified for CIS in the same grueling event two weeks prior, her body was not capable of a repeat performance quite yet. "When you put so much into it before, it's hard to do it again two weeks later", says Osorio. She finished 9th in the event. That aside, she finished 10th in the 200 freestyle, breaking the Carleton record that her sister, Luz Osorio, had just set in the previous heat.

Captain Krista Boegel also didn't fair so well. She finished first in the 100 breast, second in the 200 breast, and fourth in the 50 breast. Although these rankings don't seem anything to be disappointed with, Boegel was still unsatisfied. "I swam those same times today in practice", she says two weeks later.

However, it wasn't by any means a disappointing finish for the women overall. Still, plagued with low numbers that affect overall team results, they their share of impressive results. "Maegen (Kulchar) broke 10 minutes in the 800 free" adds Boegel. "If you were to look at points per swimmer, you'd see that we actually did quite well." One of last year's CIS qualifiers, Maegen Kulchar, and teammate Melissa Juergensen are two of the women veterans struggling this year. As stated by Boegel, Kulchar was able to break the ten minute mark in the 800 freestyle, good for 14th place.

What is more astounding, is Juergensen's 50 fly. It wasn't her 14th place finish in the highly competitive event, rather, she swam it in a personal best time of 31.53 which is just over one second away from the CIS cut. "She took a lot of time off from swimming", says fellow butterflyer Mark Blenkinsop, "but every time I see her race, I just say to myself - she doesn't forget (her technique)" Juergensen also finished 8th in the 200 butterfly in 2:34.20.

In all, six Carleton records were broken, 8 women and 13 men finished in the top 16 (only top 16 finishes score points), but the most impressive result of an already spectacular season was the men's 4x50 medley relay. The men not only won but set a new divisional record. They join the ranks of Canada's elite such as Janet Cook (Sydney 2000 relay alternate) and Matt Mains (former national team member and Athens 2004 hopeful). It began with John Mills who swam his leg (backstroke) in 27.42, breaking the Carleton record yet again. Then breaststroke superstar Keegan Harris took over and broke the 30 second mark, followed by Captain Trevor McLoughlin who swam his 50 fly in 26.36. Anchor Brandon Crawford finished the freestyle in 23.86. Unfortunately, due to the fact that it was a relay, only the lead off swimmer posts an official time. To put these times into perspective, had the times been counted officially, all four would be going to Toronto for the CIS championships, and some would have qualified (or almost qualified) for Olympic trials.

The team now must focus on the next phase of the season. With the holiday break approaching, most of the team travels to Florida for their annual intensive training camp. All the swimmers now focus on training for the OUA championships, and for those who have earned their place, the CIS championships. The next meet is the Queen's Invitational to be held 17 & 18 of January.



ATHLETE PROFILES

TREVOR MCLOUGHLIN - SWIMMING

Men's swimming team captain Trevor McLoughlin is an integral part of the recent revitalization of the men's aquatics program. The second year International History major got his start in swimming with the local Nepean-Kanata Barracudas swim club while he attended Canterbury High School for the elite visual arts program. Since beginning with Barracudas, Trevor's strength had been the breaststroke sprints until an unfortunate injury to his knee last season made swimming that stroke painful. Never being one to give up, Trevor explored his options and discovered, much to the chagrin of Carleton's competition, that he was an excellent butterfly swimmer as well. Despite not training the stroke all year, Trevor was able to come within a second of qualifying for the CIS national championships with a very impressive 27.47 seconds in the 50m butterfly. He has continued to build off that momentum this year by capturing a silver medal in the 100m butterfly at the recent OUA divisional championships being out-touched by a mere 2 tenths of a second. At that very same competition, Trevor clocked the fastest butterfly split ever done by a Carleton swimmer while helping the 4X50m medley relay to a gold medal as well as a new divisional championship record.

In what little spare time he has, Trevor enjoys visual arts, writing, and giving back to the sport that has given him so much by coaching the developmental "I can swim" program. Trevor and the rest of the varsity swim squad are now focused intently on the OUA championships, which are taking place this year at the University of Ottawa in February.

AVELY SERIN – WOMEN'S BASKETBALL

Avely Serin has come to Carleton from Kingston Ontario. She is a rookie on the team and has adjusted quickly to the high standard of play. Her vast experience has proven to be an asset as it has helped her excel as both an individual and team player. She is also succeeding in the adjustment to University life, which for her primarily involves her studies, and juggling them with the demands of being a varsity athlete. Off the court she studies Commerce, but on the court she is one of the up and coming Raven point guards.

So far this season, Avely has done an excellent job for the Ravens at the point guard spot. She has played beyond what can typically be expected of a first year player. Her experience makes her stand above her opponents and portray her as a definite threat. She leads the team in assists with 14, and has been recognized five times in preseason and regular season play for leading the team in this aspect. In the years to come she will be a key player and leader on the Raven squad. Avely also has a great sense of humour and is always up for a good prank. Avely is one seven first year players on this year's team, many of whom have already played key roles for the Ravens this season.

Raven Rant is an indepth newsletter that covers all varsity sports at Carleton equally. If you wish to write for Raven Rant, email us at this address. If you wish to nominate a teammate for athlete profile please speak with your team rep.

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Thank you for reading.