

## 2011 EXECUTIVE COMMITTEE

### **President**

David Vijn  
53 Gray  
Baie D'Urfe, QC, H9X 3V3  
514-457-2257  
[david.vijn@sympatico.ca](mailto:david.vijn@sympatico.ca)

### **Vice-President**

Michael Pitts  
7 Brynmor Ave.,  
Montreal West, QC H4X 2A8  
514-486-9646  
[mpitts@videotron.ca](mailto:mpitts@videotron.ca)

### **Treasurer**

Ray Oldenburg  
375 - 51<sup>st</sup> Avenue  
Lachine, QC, H8T 2W4  
514-634-4118  
[oldie375@hotmail.com](mailto:oldie375@hotmail.com)

### **Secretary**

Garry Milton  
110 Stillview  
Pointe-Claire, QC, H9R 2X8  
514-695-3626  
[glmilton@sympatico.ca](mailto:glmilton@sympatico.ca)

### **Diving Coordinator**

Kaila Freeman  
48 10<sup>th</sup> Avenue  
Roxboro, PQ, H8Y 2N5  
514-236-0035  
[kaila\\_freeman@hotmail.com](mailto:kaila_freeman@hotmail.com)

### **Synchro Coordinator**

Sarah Milton  
110 Stillview  
Pointe-Claire, QC, H9R 2X8  
514-695-3626  
[sarah.milton@hotmail.ca](mailto:sarah.milton@hotmail.ca)

**Waterpolo Coordinator**

Justin Oliveira  
7 rue de la Poudriere  
Verdun, QC, H4G 3J5  
514-668-0067  
[oliveira.p.justin@gmail.com](mailto:oliveira.p.justin@gmail.com)

Andrew Robinson  
514-637-6149  
[andrewbrob@gmail.com](mailto:andrewbrob@gmail.com)

**Director, Competitive Swimming**

Ross Fraser  
432 Strathcona Ave.  
Westmount, QC, H3Y 2X1  
(H) 514-846-0903 (W) 514-342-0050  
[rifraser@fraser-furniture.com](mailto:rifraser@fraser-furniture.com)

**Swimming Section "A" Coordinator**

Greg Bielby  
114 Ave. Cragmore  
Pointe-Claire, QC, H9R 5M1  
514-630-5706  
[gbielby@voldelta.com](mailto:gbielby@voldelta.com)

**Swimming Section "B" Coordinator**

John Rogers  
12 Av De L'Eglise.  
Pointe-Claire, QC H9S 5J2  
514- 695-4538  
[jwrogers@videotron.ca](mailto:jwrogers@videotron.ca)

**Swimming Section "C" Coordinator**

Robert Cox  
192 Thorncliffe Place  
Pincourt, QC, J7V 5C9  
514-453-9327  
[cox.robertw@gmail.com](mailto:cox.robertw@gmail.com)

**Past President**

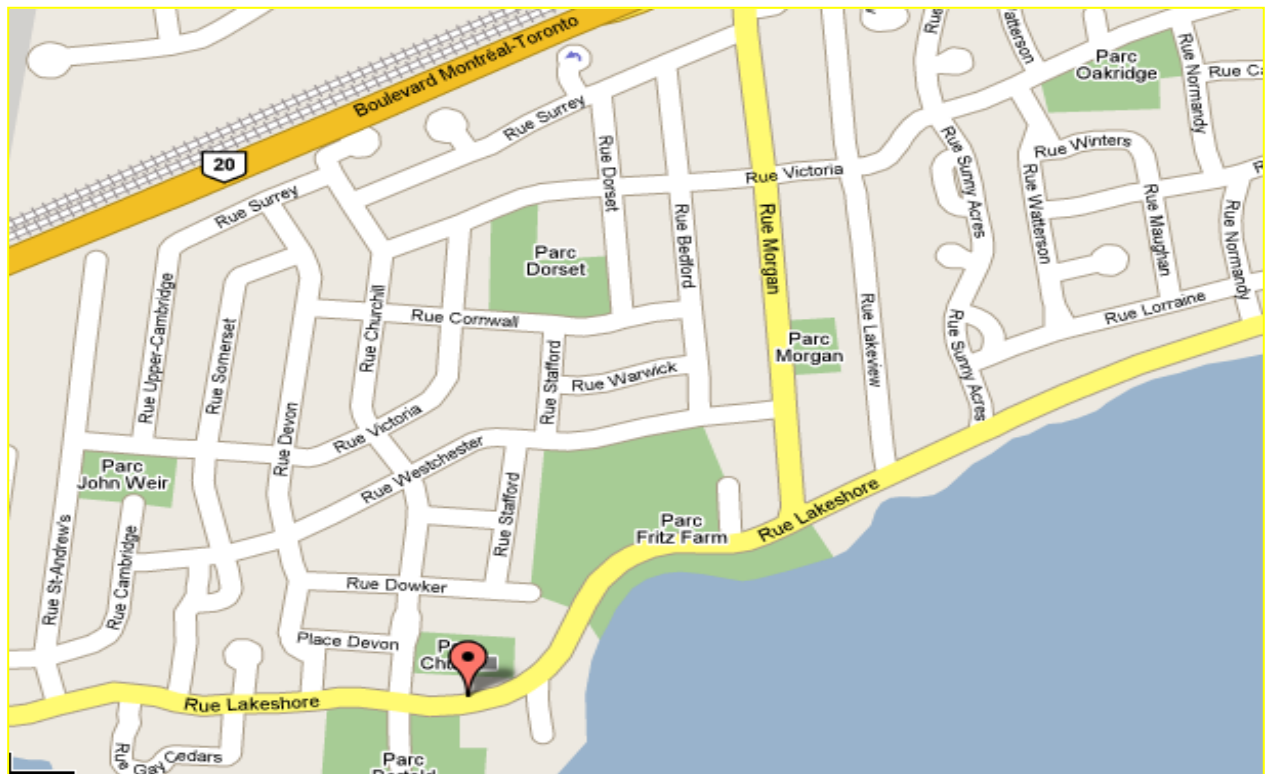
Don Norris  
184 Ave Rowan  
Beaconsfield, QC, H9W 1J6  
514-695-5084  
[norris47@msn.com](mailto:norris47@msn.com)

**Webmaster**

Brenda Chance  
77 Lexington Drive.  
Beaconsfield, QC, H9W 5J5  
514-697-8514  
[bchance@videotron.ca](mailto:bchance@videotron.ca)

**BAIE D'URFÉ AQUATIC CLUB**  
 20599 Lakeshore Road, Baie d'Urfe, QC H9X 1R3  
Mailing Address: 51 Perrault, Ste Anne de Bellevue, QC H9X 2E1  
Website: [www.bdac.ca](http://www.bdac.ca)    Pool email: see website  
Phone: 514-457-1901

ALPS REP	Sarah Marshall	514-457-4199 sarahmarshall@sympatico.ca
Manager	Mike Marak Morgan Birrell	
Swim Team Head Coach	Kelsey Sonnell	
Diving Team Head Coach	Mike Marak	
Synchro Team Head Coach	Monika Wittmer	
Waterpolo Team Head Coach	Mike Heseltine	
Leaders Coordinator	Sarah Hojabri	



**CLUB DE NATATION BEAUREPAIRE SWIM CLUB**

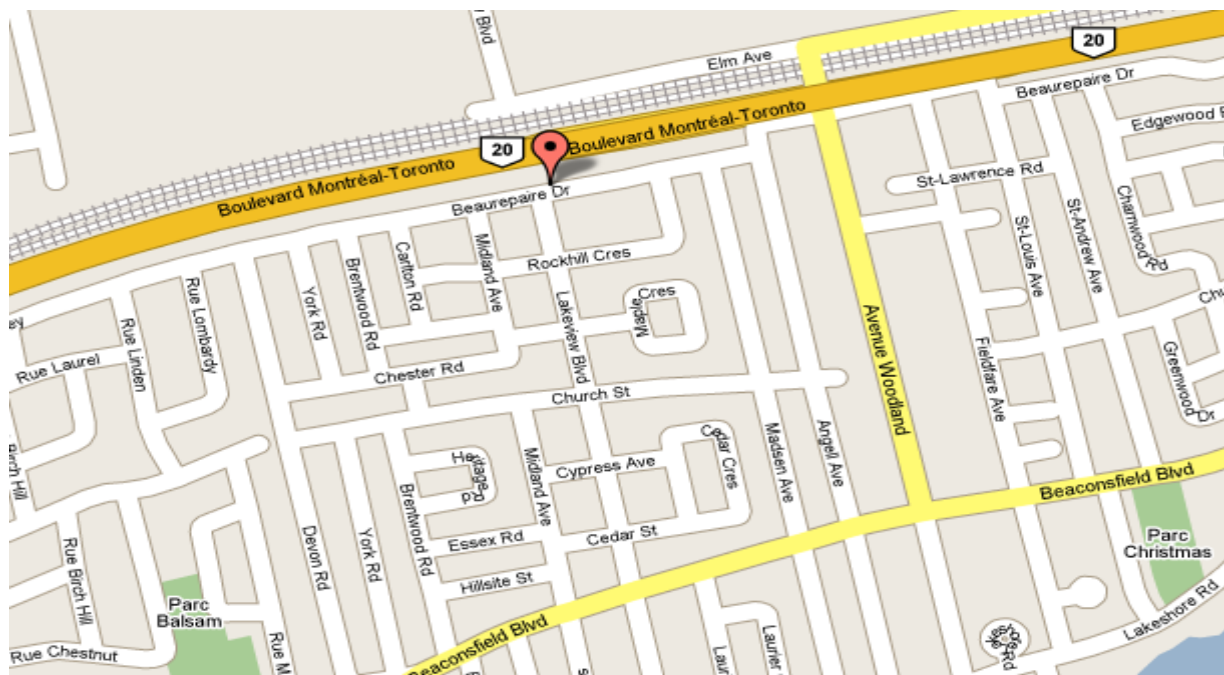
545 Beaurepaire Drive, Beaconsfield, QC

Mailing Address: 1974 City Lane,  
Beaconsfield, QC H9W 6B1

Website: [www.beaupool.ca](http://www.beaupool.ca) Pool email: [information@beaupool.ca](mailto:information@beaupool.ca)

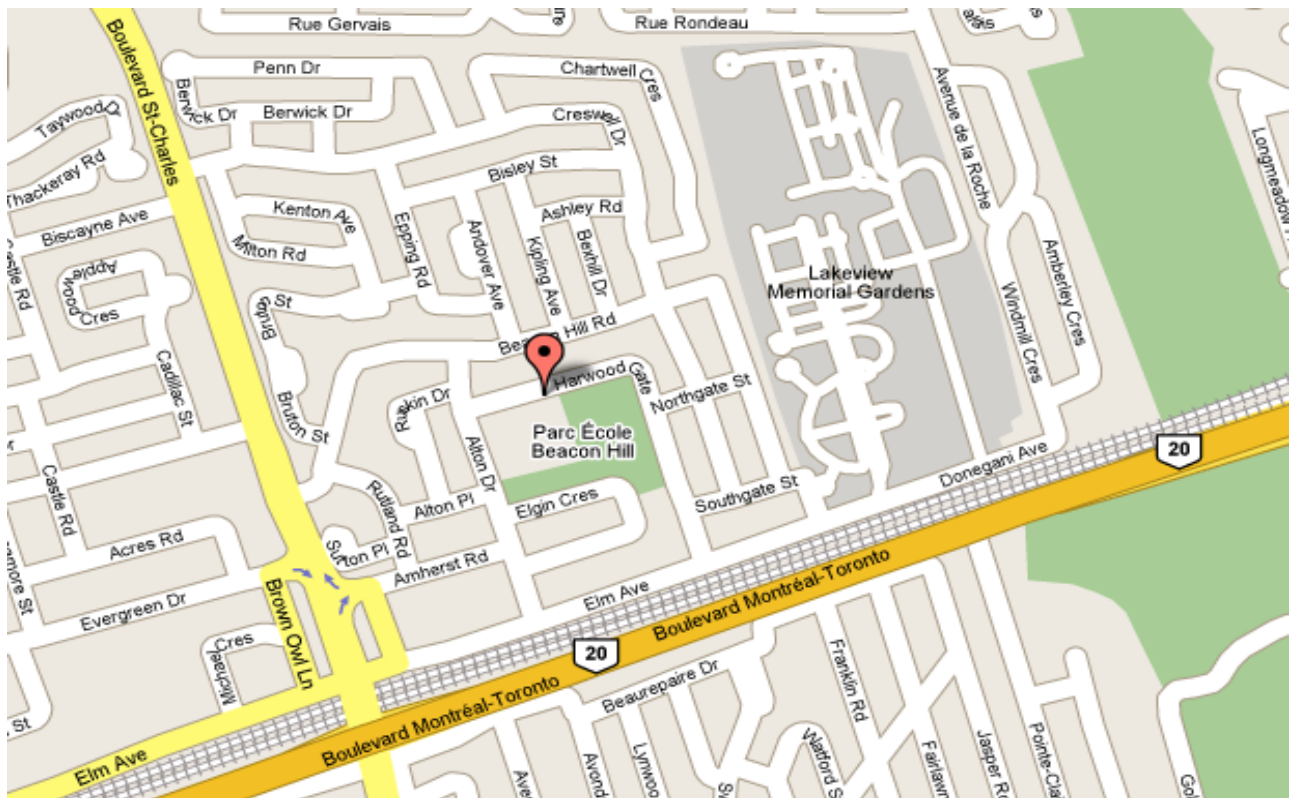
Phone: 514-505-1423

ALPS REP(S)	Suzanne Katigbak	514-515-7904 sue_katigbak@videotron.ca
Manager	Vanessa Mumme	
Swim Team Head Coach	Erin Berry	
Diving Team Head Coach	Catherine Polson	
Synchro Team Head Coach	Vanessa Mumme	
Waterpolo Team Head Coach	Dan Bekhazi	
Leaders Coordinator	Erin Berry	



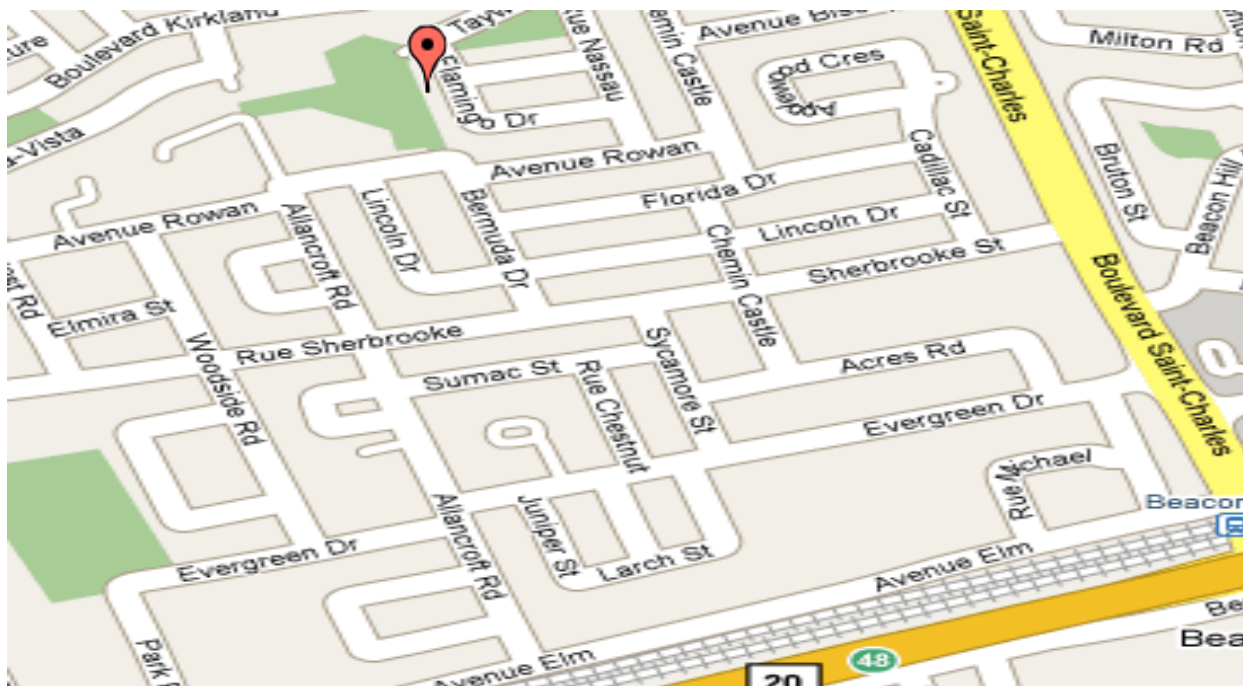
**BEACON HILL COMMUNITY POOL**  
 110 Harwood Gate, Beaconsfield, Quebec, H9W 3A3  
Website: [beaconhillcommunity.org](http://beaconhillcommunity.org) Pool email: [beaconhillpool@gmail.com](mailto:beaconhillpool@gmail.com)  
Phone: 514-697-3461

ALPS REP	Lorne Hindle	514-428-5863 lorne.hindle@td.com
Manager	Spencer Ayre	
Swim Team Head Coach	Spencer Ayre	
Diving Team Head Coach	Alex Schram	
Synchro Team Head Coach	Justine Coote	
Waterpolo Team Head Coach	Tristan Bresolin	
Leaders Coordinator	Joanna Cadieux	



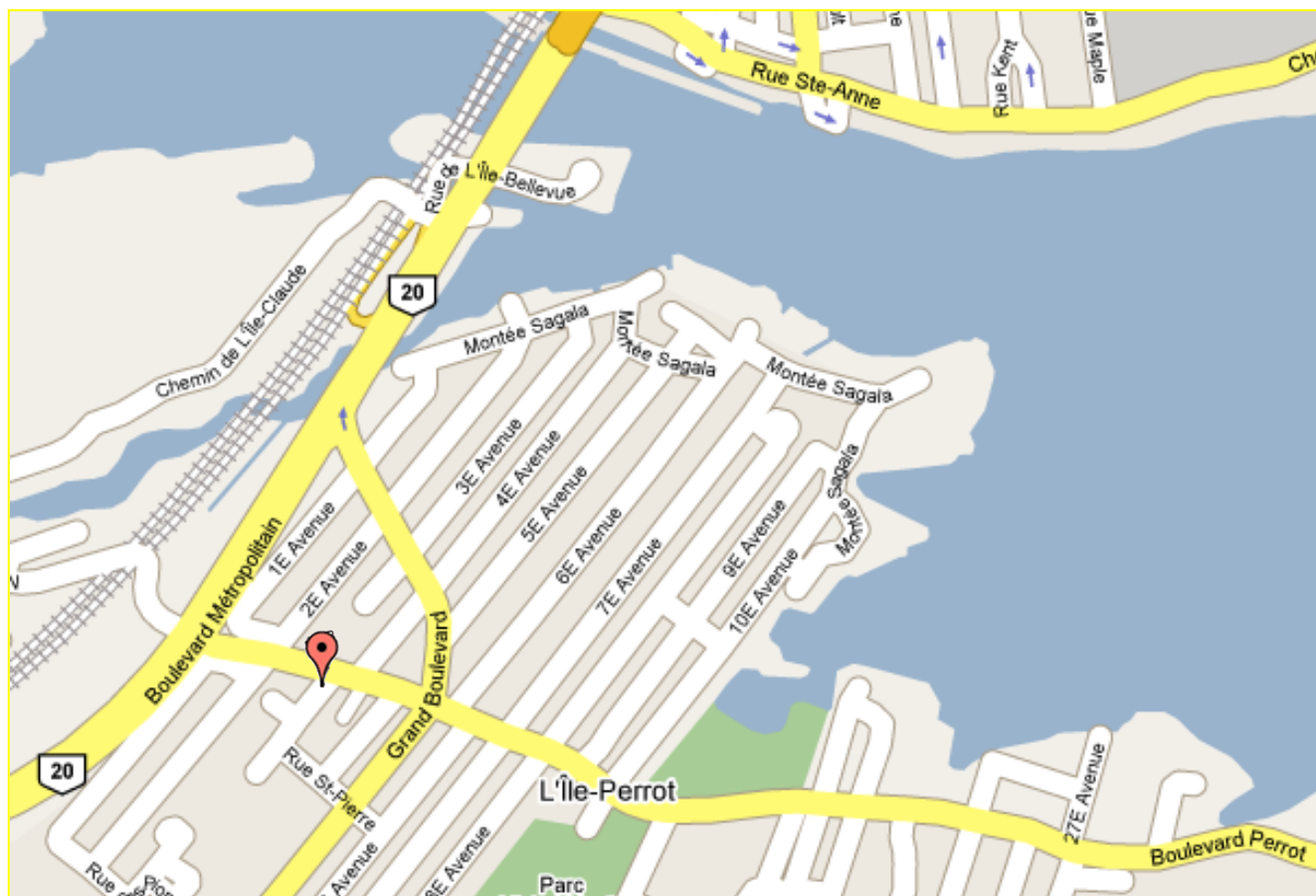
**BEACONSFIELD HEIGHTS COMMUNITY SWIMMING POOL**  
 275 Allancroft Rd., Beaconsfield, QC H9W 5T6  
 Mailing Address: 3551 St. Charles, Suite 434, Kirkland, QC H9H 3C4  
 Website: [www.heightspool.ca](http://www.heightspool.ca) Pool email: [missdonna@videotron.ca](mailto:missdonna@videotron.ca)  
 Phone: 514-695-2522

ALPS REP	Donna Callard	514-428-9187 missdonna@videotron.ca
Manager	Meagan Roulet	
Swim Team Head Coach	Sofie Hojabri	
Diving Team Head Coach	Andre Gerard	
Synchro Team Head Coach	Meagan Roulet	
Waterpolo Team Head Coach	Jordan Lavoie	
Leaders Coordinator	Jesse Raza Spencer Grenade	



**CLUB AQUATIQUE VILLE ILE PERROT**  
 Corner of 3<sup>rd</sup> Ave. & Boul. Perrot, Ville Ile Perrot, QC  
Website : <http://clubcavip.blogspot.com/>  
Pool email : [clubaquatiqueileperrot@gmail.com](mailto:clubaquatiqueileperrot@gmail.com)  
 Phone: 514-425-9147

ALPS REP	Lynn Lecuyer	514-453-8226 poolmom24@hotmail.com
Manager	David Marzell	
Swim Team Head Coach	David Marzell	
Synchro Team Head Coach	Jessie Kulaga- Yoskovitz	
Leaders Coordinator	Louis-Michel Dubreuil	



**CEDAR PARK POOL**

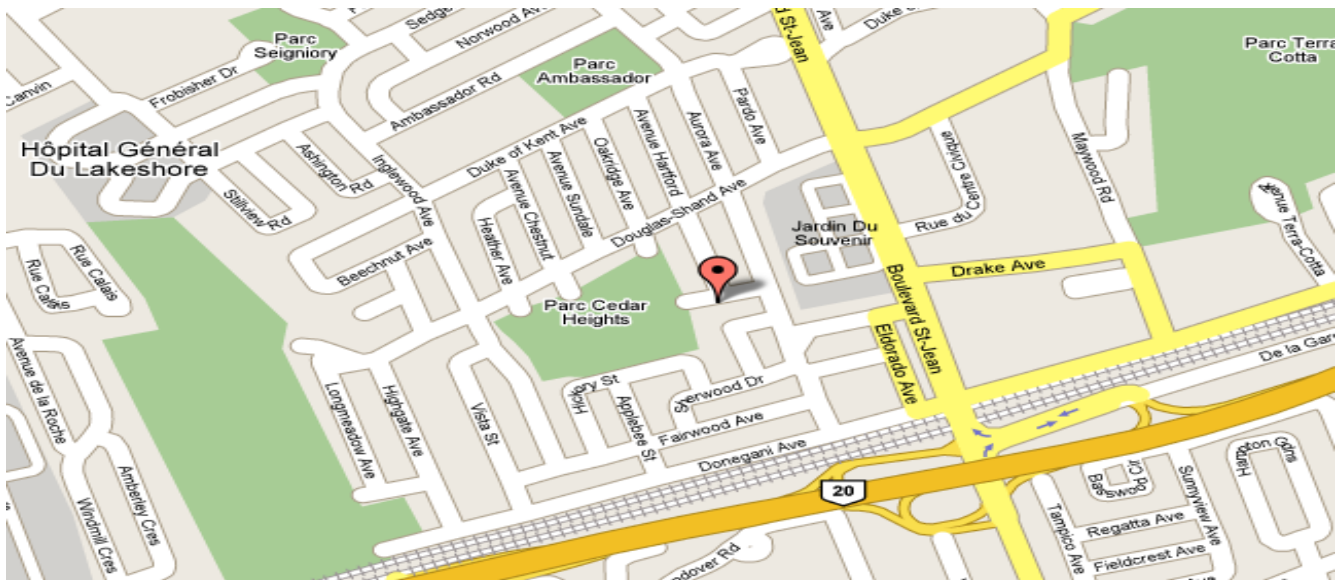
22 Robinsdale Avenue, Pointe-Claire, QC

Mailing address: 158 Douglas Shand, Pointe-Claire, QC, H9R 2E4

Website: [www.cedarparkpool.ca](http://www.cedarparkpool.ca) Pool email: [president@cedarparkpool.ca](mailto:president@cedarparkpool.ca)

Phone: 514-697-3236

ALPS REP	Patricia McDonald Brigitte Joncas (Assistant Rep)	514-693-9653 pmcdonald@onlineitservices.com 514-630-0205 brigitte.joncas@domtar.com
Managers	Jeff Zeidel Jen Milton	
Swim Team Head Coaches	Jen Milton Marie-Anne Ruel	
Diving Team Head Coach	Veronique Allard	
Synchro Team Head Coach	Michelle Larocque	
Waterpolo Team Head Coach	Lauren Zeidel	
Leaders Coordinator	Justyn Manryk	



**ASSOCIATION PISCINE DIXIE POOL**

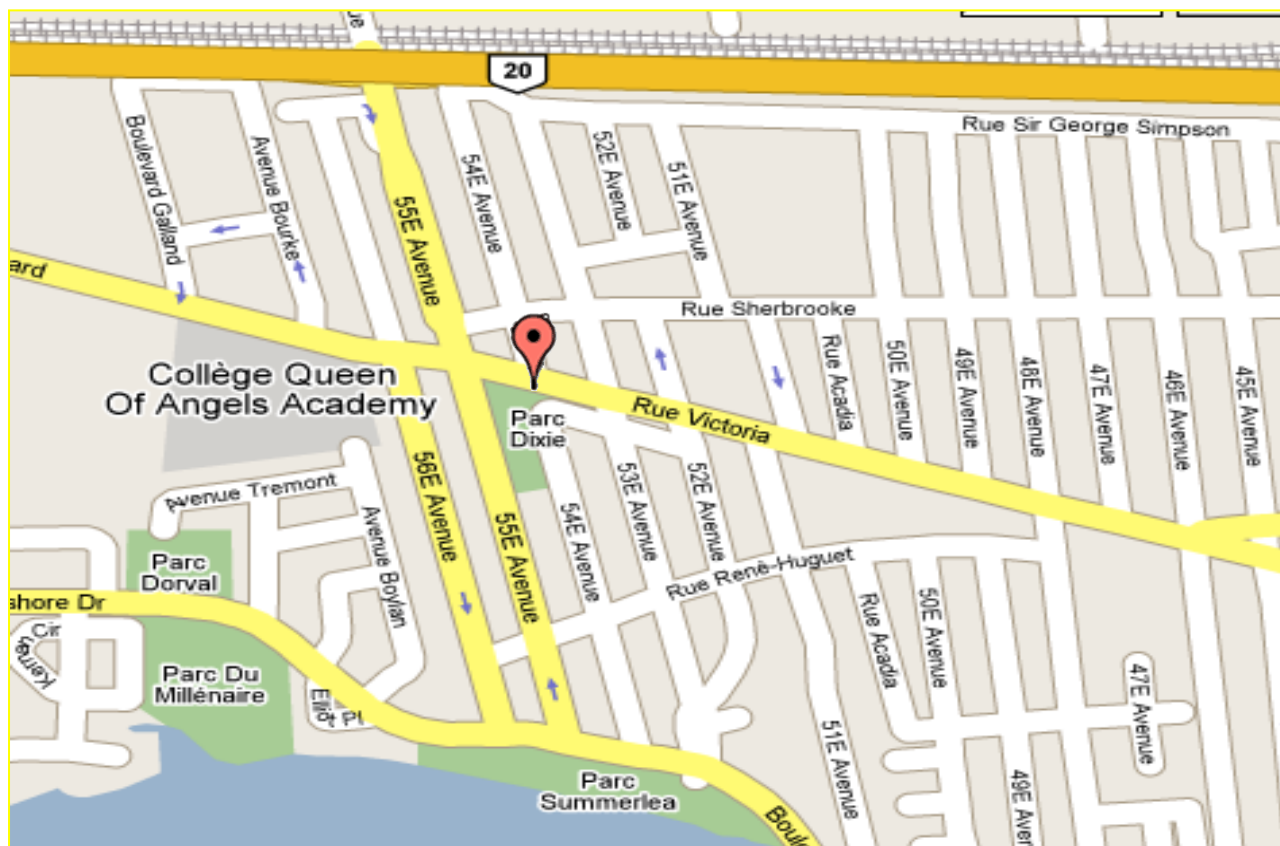
695-54th Avenue, Lachine, QC

Mailing Address: C.P. 34045, Lachine, QC H8S 4H4

Website: [www.piscinedixiepool.com](http://www.piscinedixiepool.com) Email: [Dixie-conseil@yahoogroups.com](mailto:Dixie-conseil@yahoogroups.com)

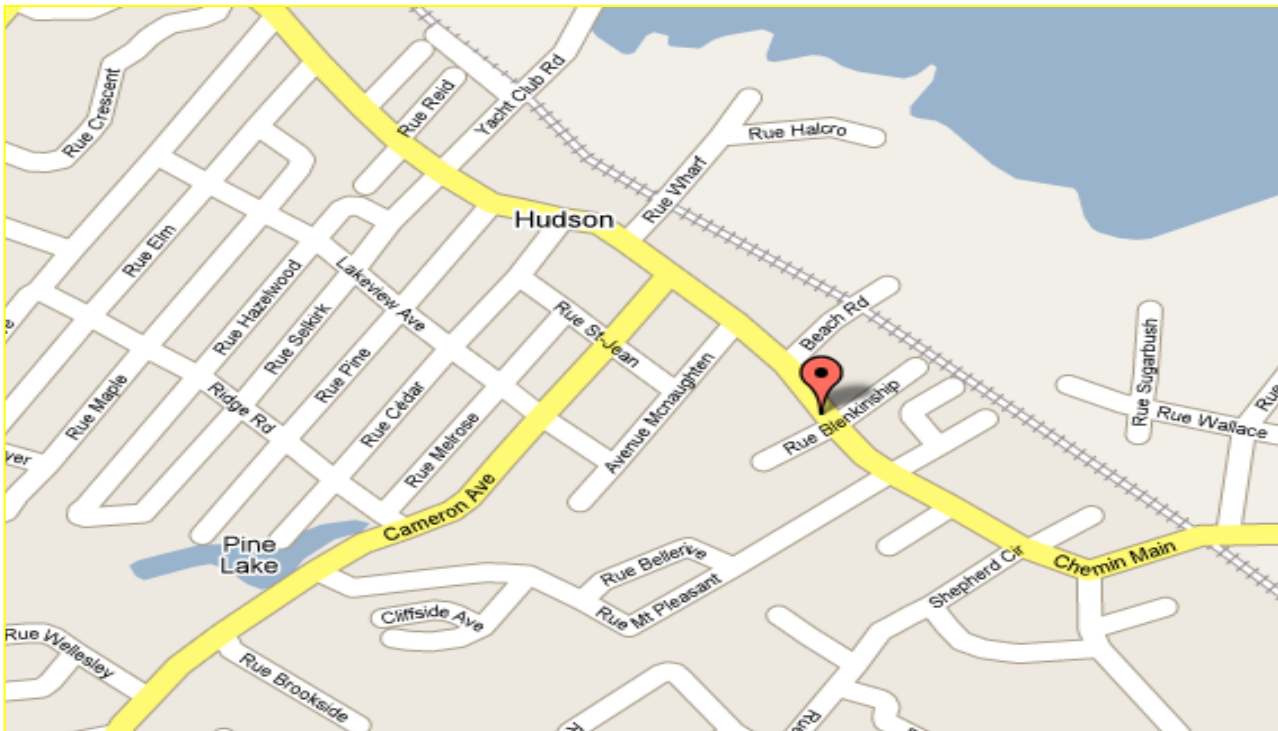
Phone: 514-637-6149

ALPS REP	François Carrier	514-506-6921 carrier@ca.ibm.com
Manager(s)	May Antaki Andrew Robinson	
Swim Team Head Coach	May Antaki	
Diving Team Head Coach	Marisa West	
Synchro Team Head Coach	Laura Swift	
Waterpolo Team Head Coach	Andrew Robinson	
Leaders Coordinator	Bronwyn McMoran	



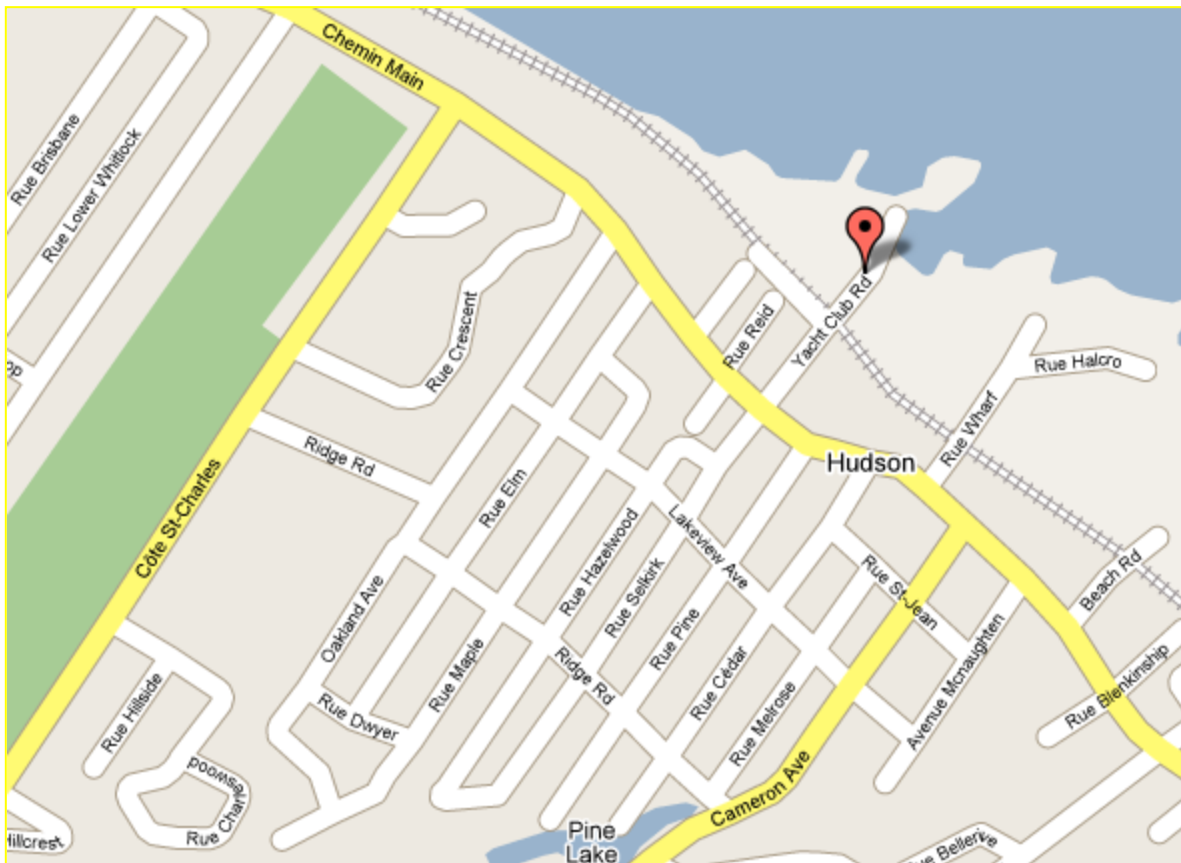
**HUDSON COMMUNITY POOL**  
 394 Main Road, Hudson, QC J0P 1H0  
Mailing Address: 394 Main Rd, Hudson, QC J0P 1H0  
Website: [www.ville.hudson.qc.ca](http://www.ville.hudson.qc.ca)  
Phone: 450-458-6699 Fax: 450-458-7764

ALPS REP	Sarah Holding	514-972-0460 sarahliz@videotron.ca
Manager	Zachary Del Greco	
Ass. Manager	Adele Deakin	
Swim Team Head Coach	Zachary Del Greco	
Synchro Team Head Coach	Emily Gribin	
Waterpolo Team Head Coach	Nicholas Boudreau	
Leaders Coordinator	Zachary Del Greco	



**HUDSON YACHT CLUB**  
 10 Yacht Club Road, Hudson, QC J0P 1H0  
Website: [www.hudsonyachtclub.com](http://www.hudsonyachtclub.com)  
Phone: 450-458-5326 (ask for pool)

ALPS REP	Laura Mohammed	450-458-0036 lauramohammed@gmail.ca
Manager	Dagnee Goldenberg	
Swim Team Head Coach	Alivia Goldenberg	
Leaders Coordinator	Matt Guilbault	



**PISCINE du PARC LASALLE**

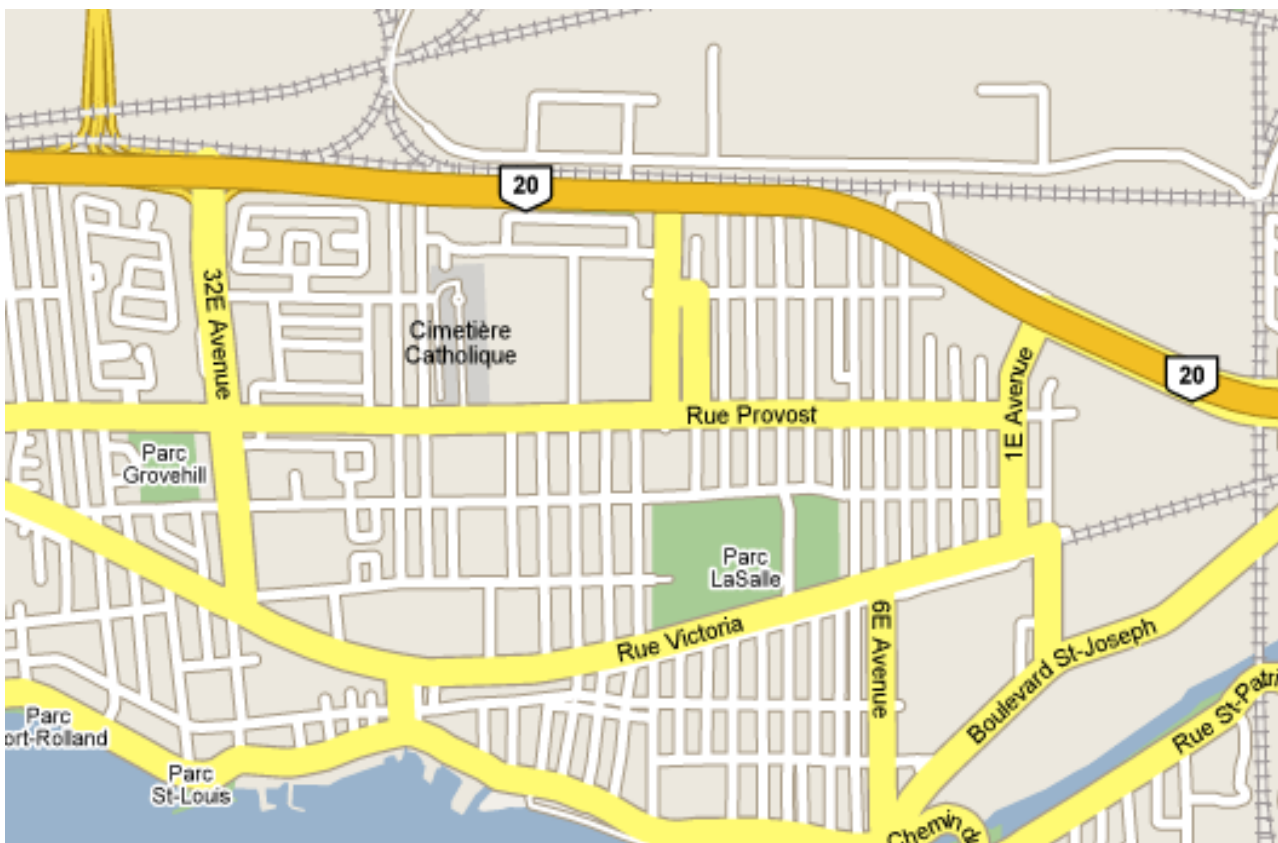
470-10ième Ave., Lachine, QC

Mailing Address: 1800, boulevard St-Joseph, Lachine, QC H8S 2N4

Website : [www.lachine.ca](http://www.lachine.ca) email : [loisirspiscine@lachine.ca](mailto:loisirspiscine@lachine.ca)

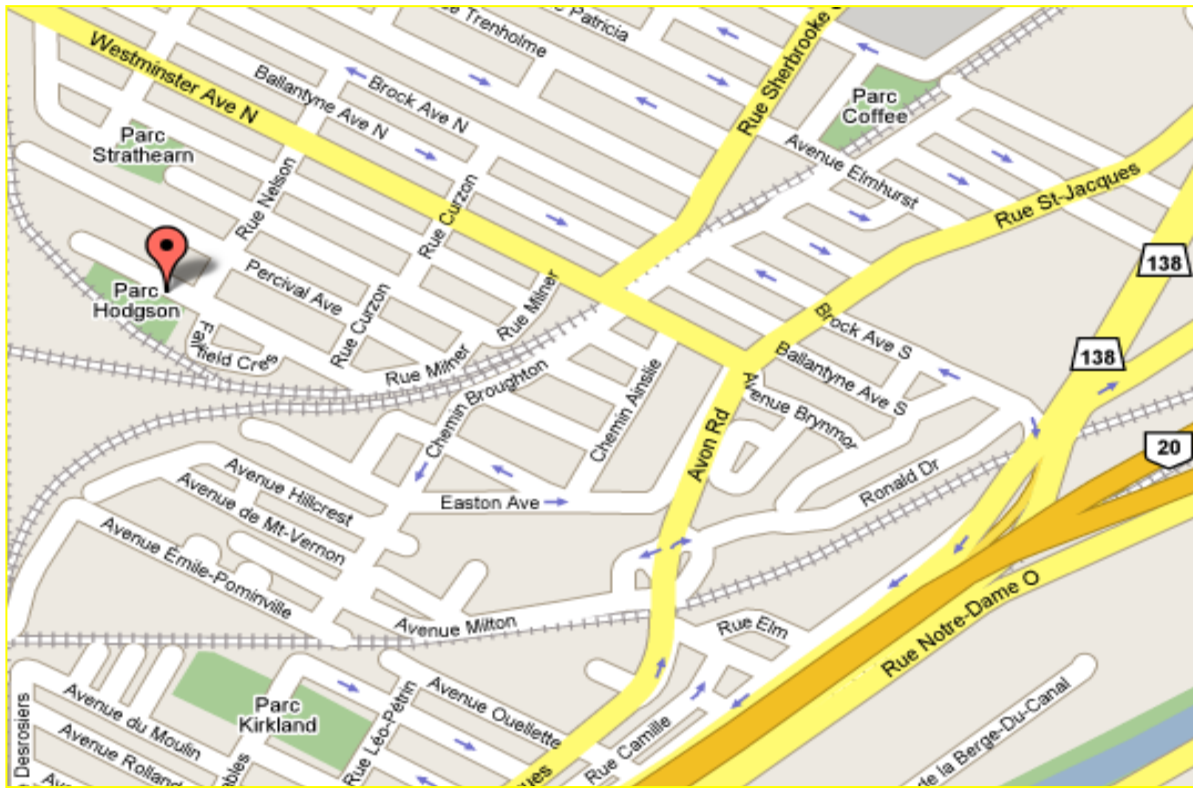
Phone: 514-634-3471, poste 327 Fax: 514-634-3470

ALPS REP	Pascal Boivin	514 634-3471 poste 308 pascalboivin@ville.montreal.qc.ca
Manager	Pénélope Reid	
Swim Team Head Coach	Myriam Feltham- Lauzon	
Leaders Coordinator	Simon Racicot	



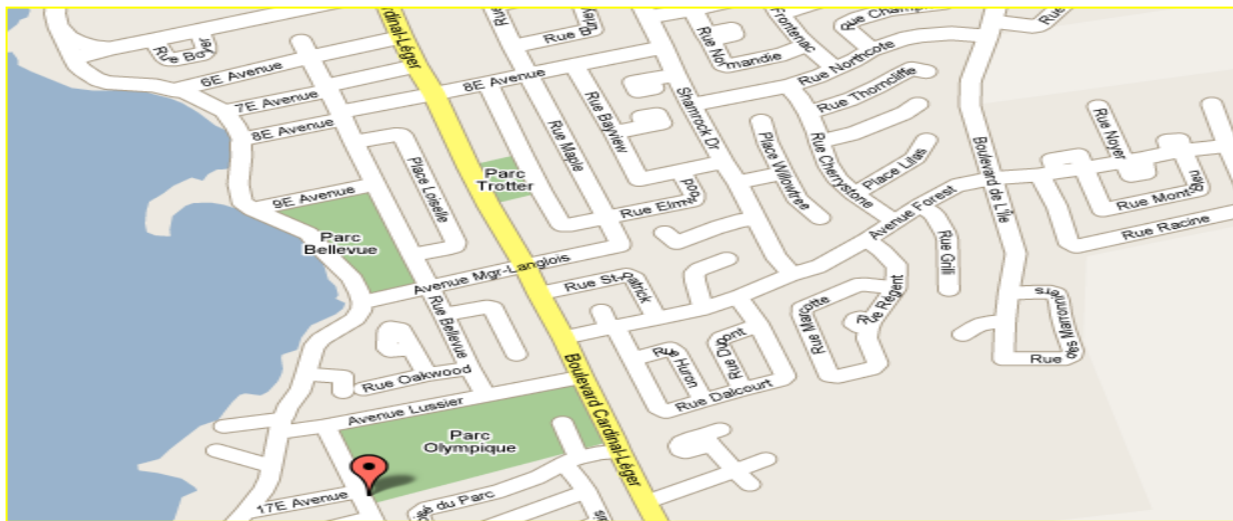
**MONTREAL-WEST AQUATIC CLUB**  
 220 Bedbrook, Montreal West, QC H4X 1S1  
Website: [www.montreal-west.ca/en/arena-and-pool/](http://www.montreal-west.ca/en/arena-and-pool/)  
Pool email: [pool@montreal-west.ca](mailto:pool@montreal-west.ca)  
Phone: 514-489-6472

ALPS REP	Michael Pitts	514-486-9646 mpitts@videotron.ca
Manager	Jon Piquette	
Swim Team Head Coach	Aija Thompson	



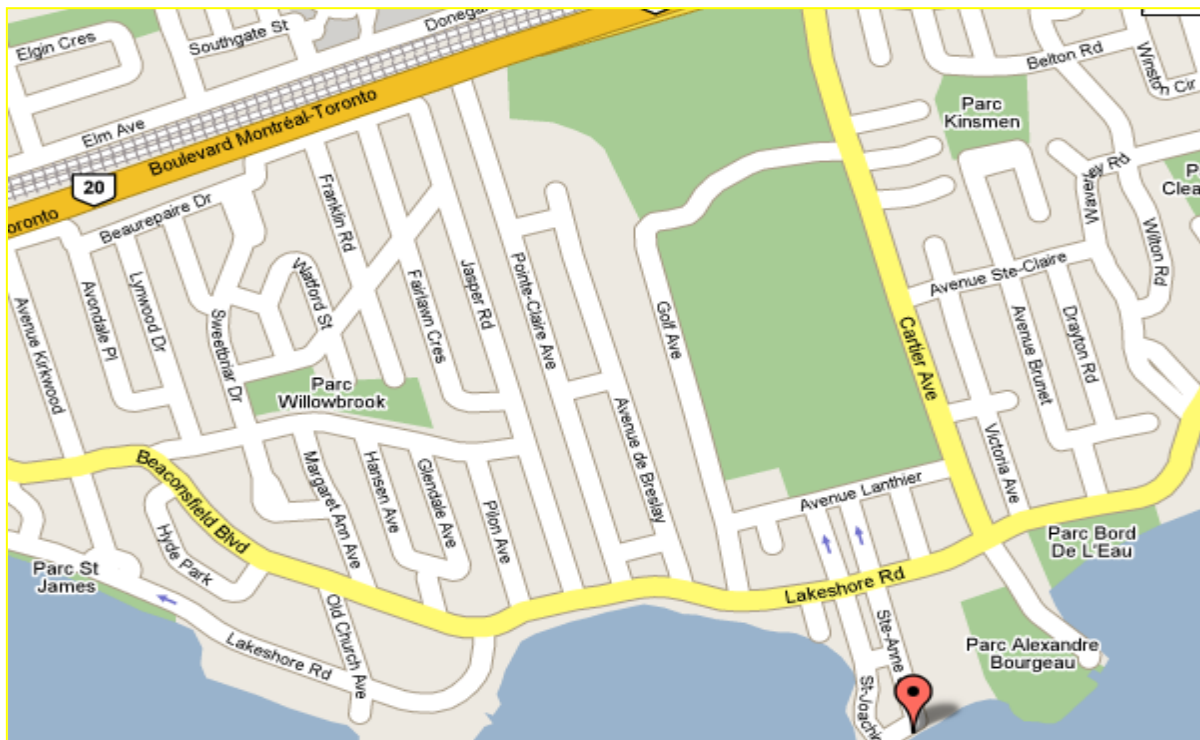
**PINCOURT POOL**  
 364 Boulevard Olympique, Pincourt, QC J7V 4G8  
Website: [www.aqua-pincourt.org](http://www.aqua-pincourt.org)  
Phone: 514-453-3976

ALPS REP	Veronica Bougie	514-453-9783 steve_bougie2001@yahoo.ca
Managers	Alannah Bougie Amélie Cadoret Coté	
Swim Team Head Coach	Alannah Bougie	
Diving Team Head Coach	Amélie Cadoret-Coté	
Synchro Team Head Coach	Lauren Bougie	
Waterpolo Team Head Coach	Chris Drolet	
Leaders Coordinator	Amélie Cadoret-Coté Ursula Cherrier	



**PISCINE VILLAGE de POINTE CLAIRE**  
 5 rue Sainte-Anne, Pointe Claire, QC H9S 4P6  
Website : <http://pvpcweb.yolasite.com/>  
Pool email: [sandraandjohn@videotron.ca](mailto:sandraandjohn@videotron.ca)  
Phone : 514-694-5966

ALPS REP	John Belvedere	C:514-952-2262 H:514-697-1957 sandraandjohn@videotron.ca
Managers	Dane Robertson  Allie Pogue	
Swim Team Head Coach	Dane Robertson	
Diving Team Head Coach	Kalyna Spooner	
Synchro Team Head Coach	Allie Pogue	
Waterpolo Team	Brandon Grasso	
Leaders Coordinator	Faye Khatchadourian	



**RIVERSIDE PARK RECREATION ASSOCIATION**  
 625 - 35<sup>th</sup> Ave., Lasalle, QC  
Mailing Address: P.O. Box 47025, Champlain Station,  
 Lasalle, QC H8P 3H9  
Phone: 514-365-3450

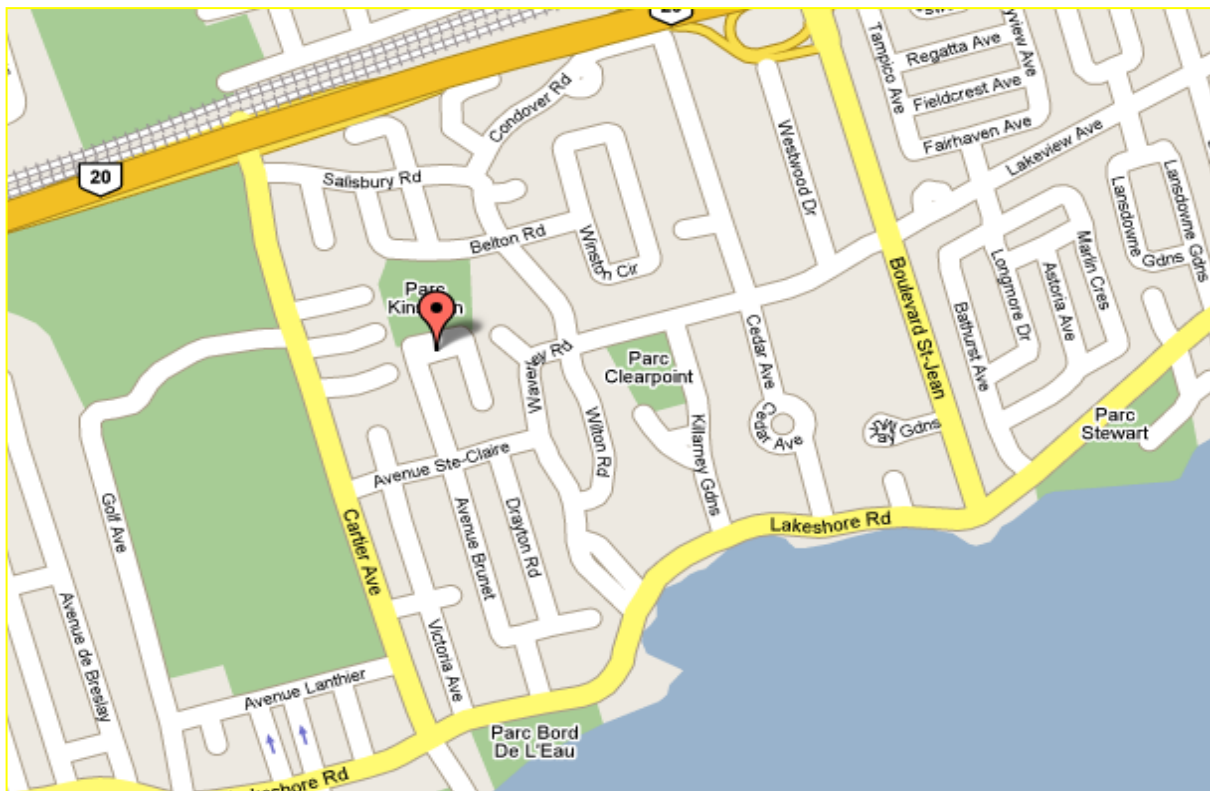
ALPS REP	Garry Dearn	514-595-5555 gapdearn@sympatico.ca
Manager	Sabrina Forbes	
Swim Team Head Coach	Bruno Guerin	
Leaders Coordinator	Sabrina Forbes	





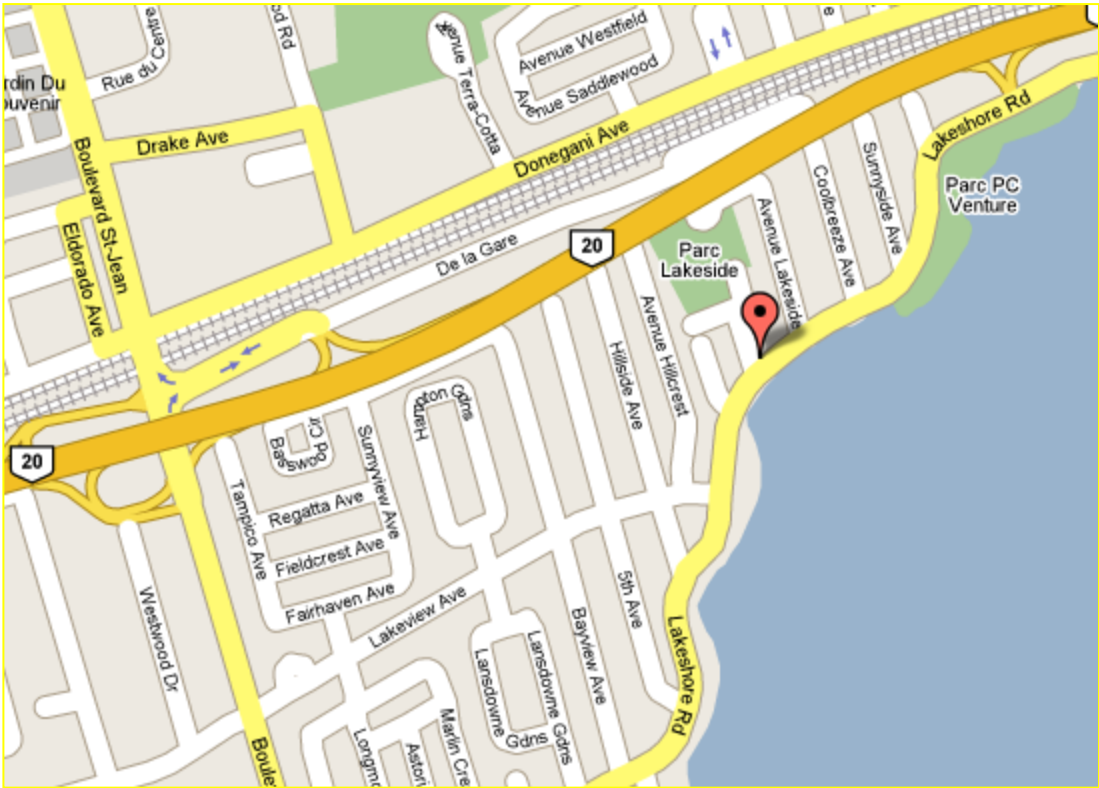
**PISCINE LAKESHORE POOL**  
 1 Crewe Road, Pointe-Claire, QC H9S 4T6  
Website: [www.piscinelakeshore.com](http://www.piscinelakeshore.com)  
Pool email: [infolakeshore@gmail.com](mailto:infolakeshore@gmail.com)  
 Phone: 514-630-1239

ALPS REP	Jean-François Richard	514-695-4746 jfrca@yahoo.ca
Manager	Meagan Clarke	
Swim Team Head Coach	Laura Hossari	
Diving Team Head Coach	Daniel Beliveau	
Synchro Team Head Coach	Katherine Gravel	
Waterpolo Team Head Coach	Kyle Armstrong	
Leaders Coordinator	Vanessa Luttrell	



**CLUB DE NATATION LAKESIDE SWIMMING CLUB**  
22 Avenue Ovide, Pointe Claire, QC  
Mailing Address: C. P. 1071, Pointe Claire, QC H9S 4H9  
Website: [www.lakesideinfo.ca](http://www.lakesideinfo.ca)  
Phone: 514-694-5223

ALPS REP	John Rogers	514-695-4538 jwrogers@videotron.ca
Manager	Bruce Malcolm	
Swim Team Head Coach	Bruce Malcolm	
Diving Team Head Coach	Devon Butters	
Synchro Team Head Coach	Sarah Volstad	
Waterpolo Team	Shawn Watson	
Leaders Coordinator		



### PISCINE VALOIS POOL

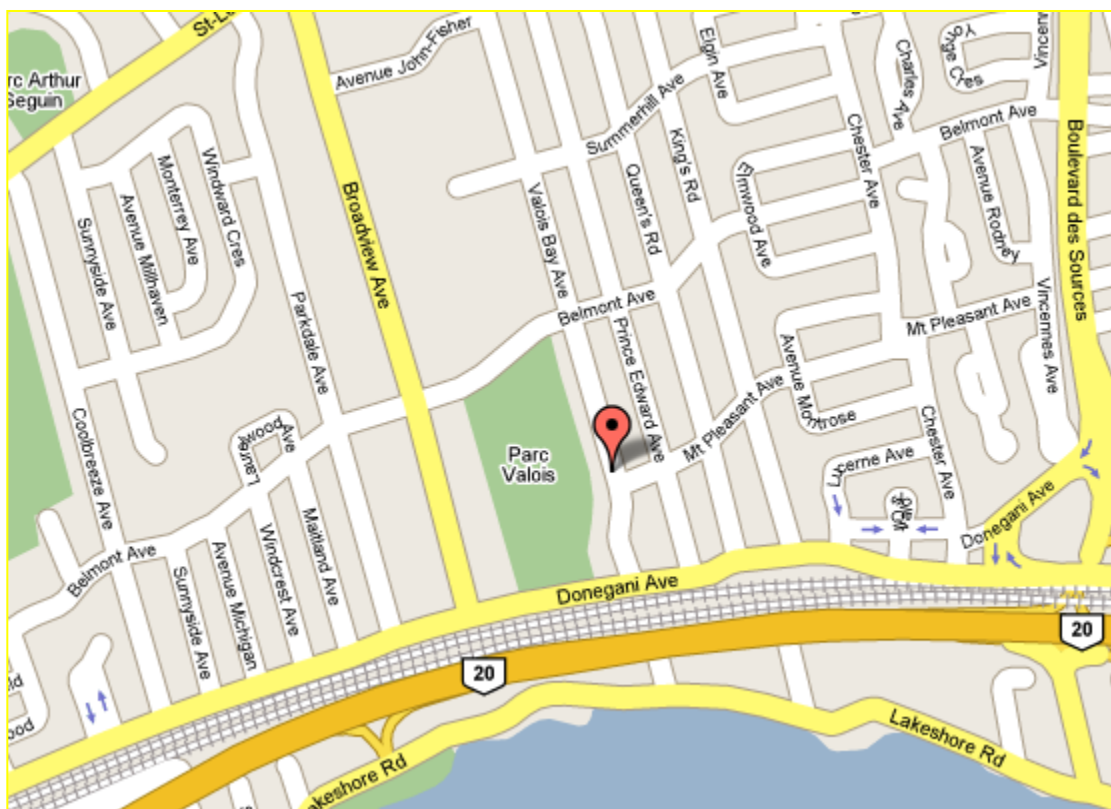
40 de la Baie Valois, Pointe-Claire, QC, H9R 4B3

Website: [www.piscinevaloispool.ca](http://www.piscinevaloispool.ca)

email: [alps@piscinevaloispool.ca](mailto:alps@piscinevaloispool.ca)

Phone: 514-426-8961

ALPS REP	Beth Hazel	514-426-0695 beth.hazel@sympatico.ca
Manager	Michael Bellows	
Swim Team Head Coaches	Laura Mendonça  Michael Bellows	
Diving Team Head Coach	Thomas Jirasek	
Synchro Team Head Coach	Sara Wight	
Waterpolo Team Head Coach	Jeff Hamilton	
Leaders Coordinator	Kristyna Spooner	



**VIKING POOL**

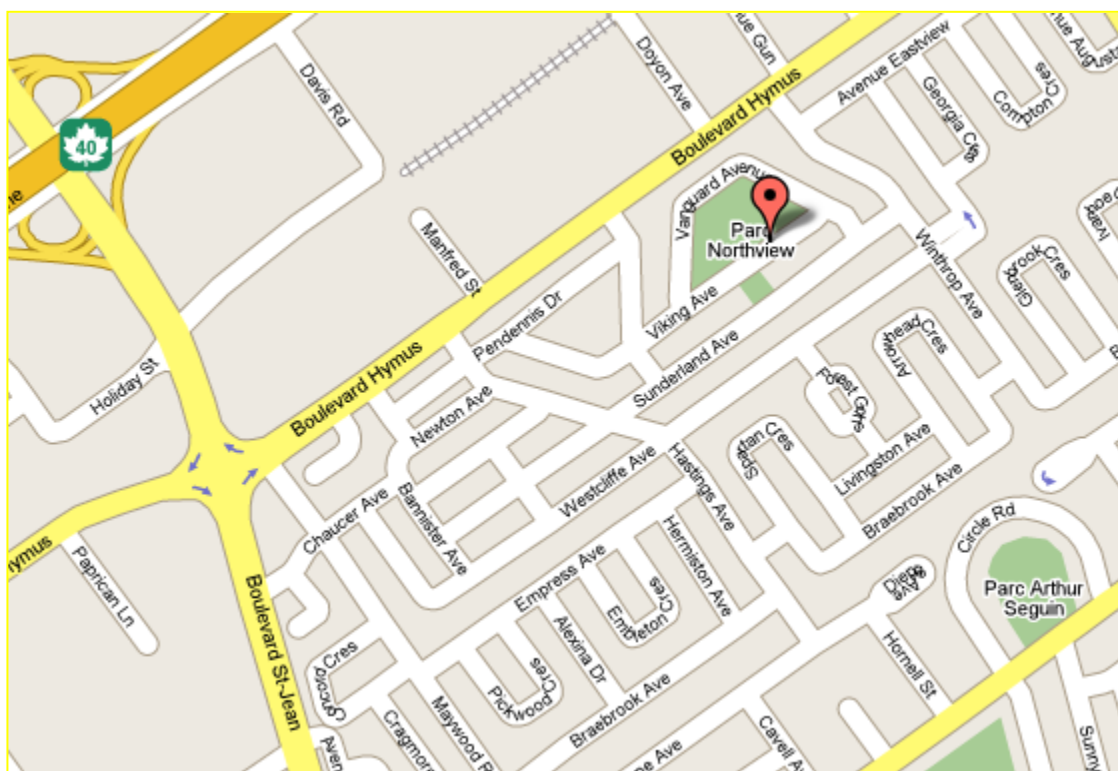
111 Viking Avenue, Pointe-Claire

Mailing Address: 113 Champs d'Avions, Pointe-Claire, QC H9R 5S7

Website: [www.piscinevikingpool.ca](http://www.piscinevikingpool.ca) Pool email: [infolhra@gmail.com](mailto:infolhra@gmail.com)

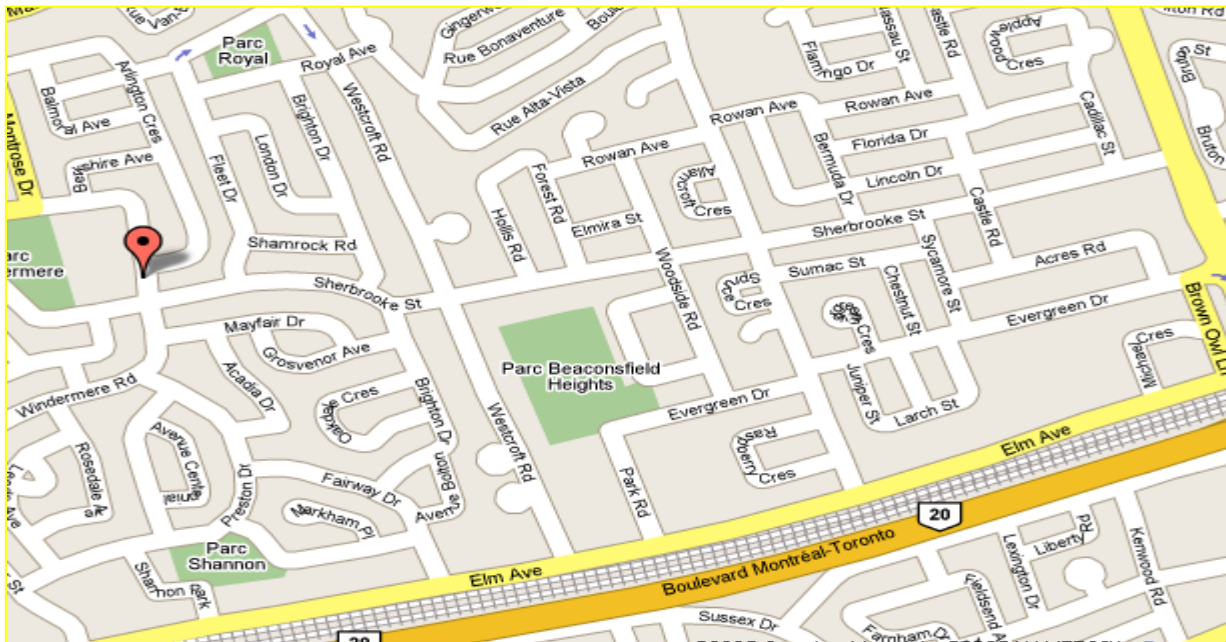
Phone: 514-428-9309 (Viking) 514-428-9310 (Sunnyside)

ALPS REPs	Karen Walker Paul Hammond	514-630-5706 karenleswalker@gmail.com 514-695-6065 or 514-688-7890 paulhammond@sympatico.ca
Managers	Brigitte Desrosiers James Tobin	
Swim Team Head Coach	Natalia Kalbarczyk	
Diving Team Head Coach	Kristina Rudko	
Synchro Team Head Coach	Katie Macleod	
Waterpolo Team Head Coach	Olivia McMullen	
Leaders Coordinator	Natalia Kalbarczyk James Lachance	



**WINDERMERE AQUATIC CLUB**  
 323 Windermere, Beaconsfield  
Mailing Address: P.O. Box 26738, Succursale "Beaconsfield", Beaconsfield,  
 QC H9W 6G7  
Website: [www.windermere.ca](http://www.windermere.ca) Pool email: [carlotta@windermere.ca](mailto:carlotta@windermere.ca)  
Phone: 514-630-2992 Fax: 514-426-3703

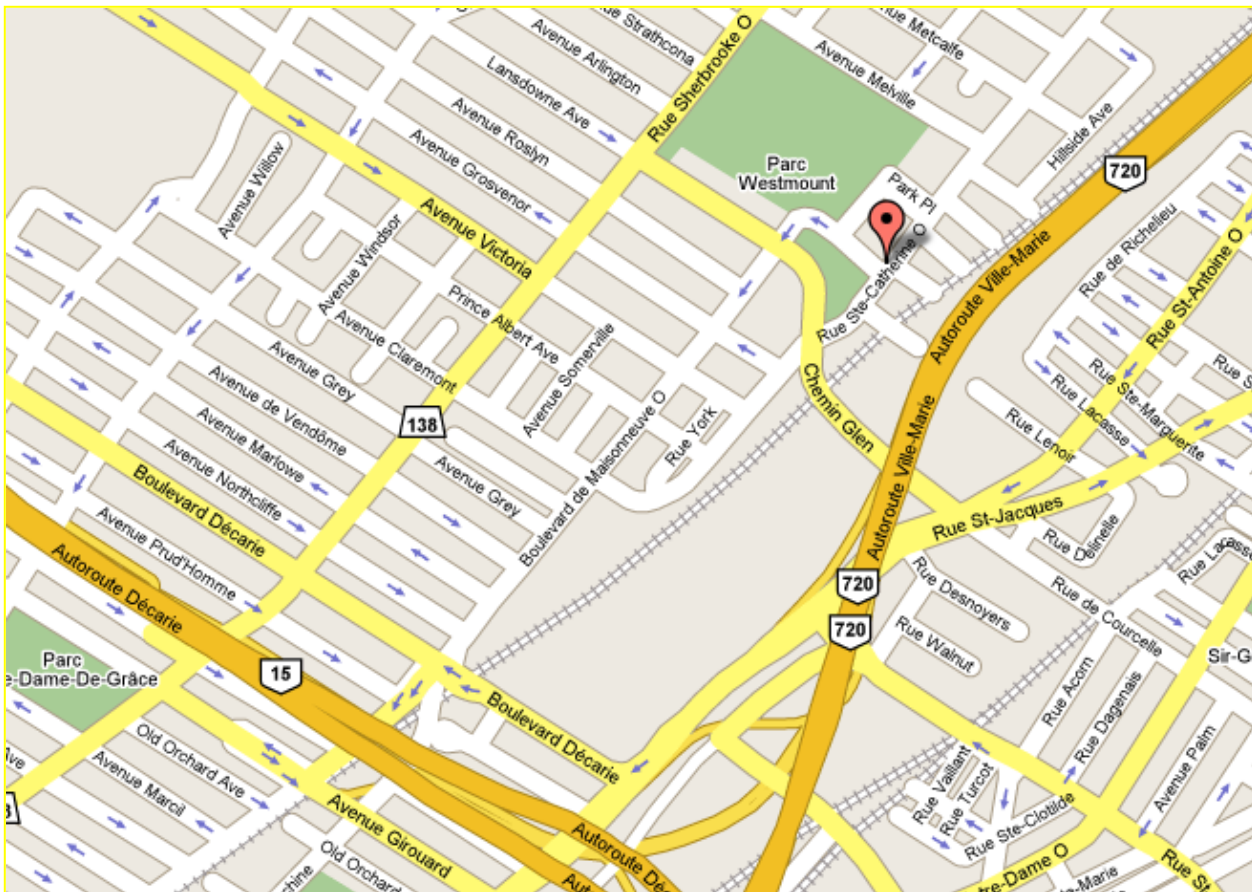
ALPS REP	Carlotta Di Fiore	514-518-3238 carlotta@windermere.ca
Manager	Gabe Rondos	
Swim Team Head Coach	Jimmy Mellos	
Diving Team Head Coach	Alec Neely	
Synchro Team Head Coach	Chenoa Cooney	
Waterpolo Team Head Coach	Emilio Colangelo	
Leaders Coordinator	Marc Glaude	





**WESTMOUNT MUNICIPAL POOL**  
 4675 Ste. Catherine St. West,  
 Westmount, QC H3Z 1S4 (north end of the Arena)  
Website: <http://www.swim-management.com/>  
Phone: 514-989-5324, ask for pool manager

ALPS REP:	Rodney Roberts  Lynn Bourdeau	514-243-5031 rodney.given.roberts@gmail.com 514-484-0549 lbourd@hotmail.com
Pool Managers	David Pickering Lauren Jardin	
Swim Team Head Coach	Taylor Bond	



## 2011 SEASON MAJOR EVENTS

### SWIMMING

EVENT	DATE	HOST POOL
SECTION A FINALS	AUGUST 13, 2011	CEDAR PARK
SECTION B FINALS	AUGUST 13, 2011	LAKESIDE
SECTION C FINALS	AUGUST 13, 2011	POINTE-CLAIRE VILLAGE
FINALS	AUGUST 20, 2011	BAIE D'URFE

### SYNCHRO

EVENT	DATE	HOST POOL
SUMMER SWIMMERS COMPETITION	AUGUST 11, 2011	WINDERMERE
JUNIOR & SENIOR SOLOS & DUETS	AUGUST 16, 2011	VIKING
TEAM COMPETITION	AUGUST 18, 2011	BEAUREPAIRE

### DIVING

EVENT	DATE	HOST POOL
NOVICE DIVERS' MEET	AUGUST 1, 2011	WESTERN LACHINE
FINALS	AUGUST 21, 2011	POINTE-CLAIRE VILLAGE

### WATER POLO

EVENT	DATE	HOST POOL
ATOM TOURNAMENT	JULY 9, 2011	DIXIE / WESTERN LACHINE
BANTAM TOURNAMENT	JULY 23, 2011	BEACONSFIELD HEIGHTS
QUEBEC GAMES	AUGUST 6-7, 2011	DDO POOL
CADET FINALS	AUGUST 15, 2011	CEDAR PARK
JUVENILE FINALS	AUGUST 17, 2011	LAKESIDE