

BANTAM OLYMPICS



THE BANTAM OLYMPICS EDITION

The Bantam Olympics

Read about the
revival of Bantam
Olympics.

Results from Bantam Olympics

See who our
Olympians are!



The Revival of Bantam Olympics was a HUGE success!

On February 20th athletes from Sack-a-wa, Mic Mac, Maskwa, Orenda and Cheema participated in Bantam Olympics. For those of you who don't know Bantam Olympics is an event to measure the fitness of our Bantam and Peewee athletes through the events of flex arm hang, sprinting, medicine ball toss, swimming and a beet test to generate an overall fitness score. Like the days of old the event was well received by athletes and parents who attended the event.

The ADCKC would like to thank those coaches who helped out at the event Chad Brooks, Robert Conrad, Corey Firth, Chris MacPherson and Jeff Houser, and the ADCKC Awards Committee who held the pizza party after the competition.

Finally, to the athletes. Thank you for coming out and participating. We hope you enjoyed the spirit of competition and to Morgan and Robin our female and male athletes respectively, we hope that you are both looking forward to defending your titles! As you will read in the final pages of this newsletter you will now have a whole group of competitors training hard to battle you for the title at the next event!

For a full list of results and for additional photos from the event visit the [ADCKC website](#).

Women's Results

1. Morgan MacIntosh Maskwa
2. Laura Clark Maskwa
3. Erica Rideout Orenda
4. Anna Dugie Maskwa
5. Jessican MacDonald Sack-a-wa
6. Courtney Davis Maskwa
7. Lillie Coolen Sack-a-wa
8. Jenaya Fabrizi Cheema

Men's Results

1. Robin Kendall Maskwa
2. Graydon Thomas Sack-a-wa
3. Nathan Haley Maskwa
4. Ryan Dobbin Sack-a-wa
5. Iain MacDonald Mic Mac
6. Daniel MacDonald Sack-a-wa
7. Gavin MacDonald Mic Mac
8. Matt Peachy Sack-a-wa
9. Scott Hartigan Mic Mac
10. Ben Courrier Sack-a-wa
11. Dawson Peachy Sack-a-wa
12. Mark Smith Cheema

Results by Event

Swim Results	Anna Dugie Maskwa 3:24 Ryan Dobbin Sack-a-wa 3:49
Flex Arm Hang	Morgan MacIntosh Maskwa 39 Seconds Robin Kendall Maskwa 90 Seconds
Sprint	Morgan MacIntosh Maskwa 53 Seconds Nathan Haley 47 Seconds
Medicine Ball	Erica Rideout Orenda 4.08 metres Graydon Thomas Sack-a-wa 6.14 metres
Beep Test	Morgan MacDonald Maskwa Stage 10.7 Robin Kendall Maskwa Stage 12.9

The Revival of Bantam Olympics!

I was glad to recently hear that ADCKC is bringing back Bantam Olympics this February. It was an inspiring time for me as a young athlete and I hope that other young athletes can take as much from the experience as I have. Even now, after years of world-level competitions I think of Bantam Olympics is a defining moment in my personal and athletic development.

My most memorable Bantam Olympics experience was from the winter of 1998/99, after a year of second place finishes to my rival and comrade Matt Grose in the summer racing season. Every time we lined up against each other there was always a buzz in the crowd about who would be victorious but he always managed to edge me out. At the end of the season, there were no more chances to compete against Matt so I looked forward to training hard in the off-season and winning the Bantam Olympics.

The competition events were swimming, a running sprint, a flexed arm hang, a medicine ball throw, and a beep test. Matt won the swim and took the lead early, holding the lead throughout the sprint and medicine ball toss. Matt was a great athlete and I knew that I had to do something amazing to beat him. When it was time for the flexed arm hang I decided I was NOT letting go until I knew I had outdone Matt. I managed to hold on for over two minutes (my arms violently shaking) and won the flexed arm hang to tie Matt for the lead. The tiebreaker came down to an exciting beep test; a test where competitors run between two lines and must reach the lines before an audible beep to avoid elimination. The beeps came faster and faster and when the levels went up to the twenties, Matt and I were the only athletes left with the other athletes

Bantam Olympics Basics

Date: February 20th, 2010

Location: Bell Aliant Racing Centre & Banook Canoe Club Dartmouth NS

Age Requirement: Peewee & Bantam Age Paddlers

Events:

- Flex Arm Hang
- Beep Test
- Sprint
- Medicine Ball Toss

cheering us on. By now, we were sprinting with no rest at the lines. After several minutes of head-to-head racing, I screeched to a halt and, as I darted toward the next line I noticed that Matt had disappeared from my periphery. Just as my foot hit the next line I heard a beep and turned to see that Matt had just missed the line. I had won the Bantam Olympics! Fueled on sheer happiness and cheers from the crowd, I managed another couple of lengths before keeling over with a smile on my face, knowing that I had finally conquered my rival.

For me, Bantam Olympics was more than just a fun time and camaraderie. It showed me the power of working hard toward a goal, and set me on a path of many future triumphs. I hope that Bantam Olympics this year will provide meaningful experiences for the up-and-comers of today and that young athletes will enjoy it as much as I did.

Mark DeJonge is one of ADCKC most elite athletes and recently competed at the World Championships here in Dartmouth. Thanks Mark for being a guest writer on this edition of The Atlantica.

CHECK OUT THE FOR SALE ITEMS

PLASTEX DOMINATOR

BRASCA KIDS PADDLE

C-1 SUPER COMPETITION

HODY SPORT C-1

To view more items, get contact info or to sell your old equipment visit www.adckc.ca/forsale

White w. Red stripes. Comes with bag.

Kids paddle w. adjustable shaft. \$100.00

Blue on white. Wing model around 7 years old. \$875.00

Blue and white. Very stable. \$800.00