

Chetrat determined to improve

Continued from page 45
becomes increasingly more difficult, Chetrat has already identified areas in which he can improve.

"In watching the (world trials) race, my turns under water are not as fast (as they should be)," he said. "I'm going to be working on getting stronger to muscle things out and get my turns where they need to be."

Chetrat said his performance at the trials "leaves me wanting more." That has to be welcome news to University of Toronto coach Byron MacDonald, who already has no doubts about Chetrat's desire to do whatever he needs to in order to achieve his goals.

"Zack is such a workhorse, he can take a hard workout and turn around the next day and give you a great race. He's a tough, tough guy," MacDonald said after Chetrat's record-setting performance at the Ontario University Athletics (OUA) championships. "He might be too tired to set a record but he'll give you everything he has."

That's exactly what Chetrat did for the Varsity Blues this season. He won gold medals in the 100m and 200m butterfly at the Canadian Interuniversity Sport championships and added a bronze in the 1,500m freestyle and 4x200 freestyle relay.

That came on the heels of a dominating performance at the OUA championship where he broke three long-standing individual records and helped the Blues break another in the relay. His accomplishments earned him the University of Toronto male athlete of the year, continuing a streak of Oakville swimmers to win the award. His Oakville Aquatics Club teammate Marco Monaco won the award in 2008, Colin

Russell took it in back-to-back years in 2009-10, and now Chetrat holds the honour.

The 20-year-old White Oaks grad said it's not always easy balancing training and studying, but he issued himself a challenge.

"This year I wanted to step up and see what I could do while I'm still in school," Chetrat said. "Sometimes it's tough when you have exams and mid-terms. Sometimes school suffers, sometimes swimming suffers. A lot of the guys racing (on the national team) are not in school. They don't have that added stress and you see when they get a break from school, they see a big jump (in performance)."

Chetrat, now in his third year, has two years remaining due to a lighter course load to accommodate his training with John Rogers at the high performance centre at U of T.

While the Olympics may still be a work in progress, Chetrat will represent Canada at the World University Games in China in August. He said the opportunity to compete at international events helps him when it comes to representing his school.

"When you've been around the world and faced a lot of different situations, it helps keep me level headed," he said. "Some people let nerves get the best of them. That experience helps you eliminate them and perform how you want."

With an important year ahead of him, performing how Chetrat knows he is capable of will take on added significance.

— Follow Beaver sports reporter Herb Garbutt on Twitter at @herbgarbutt

Local players lead Canadian U17 rugby team to win in UK

Oakville's Sawyer Herron scored two tries to lead Canada's under-17 team to a 43-24 victory over the Yorkshire under-16 team to open the team's United Kingdom tour Tuesday.

SPORTSBRIEFS

Herron is serving as the Canadian squad's captain. Also scoring a try was Herron's former Abbey Park teammate, Djustice Sears-Duru.

Abbey Park's Chris Woodhead was also a member of Canada's starting lineup for the game. So was Scott Gauer, a Mississauga resident who plays for the Oakville Crusaders.

Jake Yune of Oakville, an Appleby College student, is a reserve on the team.

Oakville players earn OVA bronze

Four local players helped the Halton Hurricanes 14-under black team to a surprising bronze-medal performance at the Ontario Volleyball Association championships recently in Waterloo.

Samantha Creighton, Courtney Evans, Sierra Hardy, Jordan Wales and the ninth-ranked Hurricanes went undefeated until the semifinals, where they fell in three sets to the Markham Stingers. The Hurricanes

bounced back in the bronze-medal game, defeating the Scarborough Titans 25-20, 25-20.

The Hurricanes will compete in the national championships next month in Sherbrooke, Que.

Kronic, MVC U15 girls win tourney

Despite moving up an age division, Mila Kronic and the Mountain Volleyball Club 15-under girls' team won gold at the 16-under Bugarski Cup-Trillium competition recently in Preston.

MVC finished third in its pool before defeating Brock, Waterdown, Kitchener-Waterloo and Niagara in the playoffs.

Kronic is the lone Oakville resident on the team.

Field hockey registration open

Registration is now open for the Halton Field Hockey Club's upcoming season.

Openings are still available in the youth sections (10-and-under and 11-14) and junior house league (high school age). Limited openings remain for the women's league (18 and older). No previous field hockey playing experience is required.

For more information or to register, visit www.haltonfieldhockey.com or call 905-632-7522.

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