

Sports

athlete of the week

Coming home with hardware

By Mitch Gallo
The Suburban

St Leonard's Kiara Quieti and her artistic swimming team came home with a silver medal from the 2019 Canada Games in Red Deer, Alberta.

"I was very happy after obtaining the silver medal not only because going to the Canada Games was a big accomplishment for me but coming home with a medal was even better," said Quieti. "All the sacrifices I made and the hours of training I put in paid off."

The Canada Games only takes place every four years and the event features the best amateur athletes representing their province or territory. The team got together back in July when 10 girls were chosen to make Team Quebec and compete at the Sync Invitational Competition in Toronto.

"Throughout the whole summer we trained together and stayed in a hotel together and during our weekend practices

when the season started we also stayed in a hotel together," said Quieti. "We were basically together 24/7. All the girls got along and I think that's what made us all get a lot closer and have a really strong bond with each other."

The work put in was intense; Queiti would spend up to six hours a day in the pool to prepare while keeping up with schoolwork. The team got together for practice on various weekends in Montreal and Quebec.

The 16-year-old is also quick to point to the people who helped her and Team Quebec along the way. Her mother Tanya Crivello was a chaperone, driving and preparing home meals. Coach Nathalie Lagrange was also instrumental and was able to push the girls past their limits.

"She believes in me, she motivates me. I have had different coaches over the years that have helped me but I would say that Nathalie brought me to where I am today and not only am I a better swimmer but

also a better person."

The next big artistic swimming event will be qualifiers from March

27-31 at Claude Robillard Centre in Montreal. Quieti will be competing in the Duo Tech, Duo Free, Team Teach, Team Free and Combo events. The competition will determine she qualifies for the Canadian Championships in May held in Kamloops, British Columbia.

"I'm excited to compete my Montreal Synchro routines again and also to see the girls from Team Quebec who will be competing with their home clubs as well," said Quieti. ■

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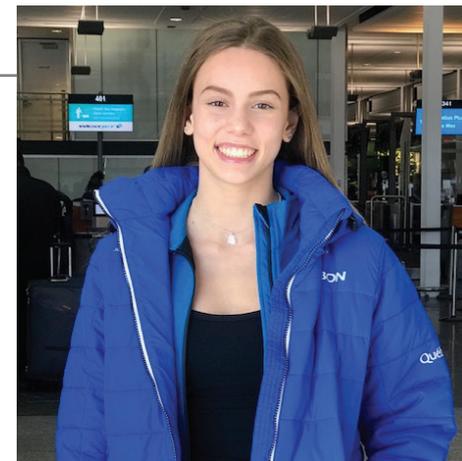


PHOTO COURTESY TANYA CRIVELLO

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PHOTO COURTESY TAYLER LARRENIE/CANADA GAMES

Drop The Puck Montreal enjoys a successful launch

By Mark Lidbetter
The Suburban

Not even the snowy, inclement weather could put a damper on the inaugural Drop the Puck event that took place at the Crowne Plaza Hotel on Cote de Liesse last Sunday. From noon until 7:00 pm families of hockey enthusiasts dropped by the event that was organized by Dominic Servello. Exhibitors presented a wide array of hockey needs including gear and cutting edge products, demonstrations, and give aways. Families had

the opportunity to check out scholastic hockey programs with the English Montreal School Board on site as well as summer and winter camps offered. Rounding out the event were chances for players to test themselves in the fastest shot, and accuracy shooting challenges plus brain training devices. "I want to thank everyone who participated in our very first Drop The Puck Montreal event," Dominic Servello said. "It was a great show put on by all and we are looking forward to putting on our next event." ■

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ROB TAUSSIG/THE SUBURBAN

Peter Broccolini stepped into the Hockey Lab and tested his shooting skills.



ROB TAUSSIG/THE SUBURBAN

Samuel Brochu Grenier tests his visual acuity in a brain training exercise as part of the Drop The Puck event.

Rocket touch down at Gardenvue Elementary

By Mark Lidbetter
The Suburban

Members of the Montreal Canadiens American Hockey League farm team, the Laval Rocket paid a visit to the students of St. Laurent's Gardenvue Elementary School on Monday afternoon. The visit was in support of the Rocket Read program, where they encourage the enjoyment found in books.

Students had the opportunity to meet goalie Charlie Lindgren, forwards Michael McCarron and Daniel Audette, team mascot Cosmo and game animator Olivier Duclos. Charlie Lindgren read Roch Carrier's classic book *The Hockey Sweater* to Grade 1 and 2 students then took to the gym for a ball hockey game against the Grade 6 team. A surprise addition to that starting line-up was the author of *The Hockey Sweater* Roch Carrier, who spoke to the students in attendance. ■



ROB TAUSSIG/THE SUBURBAN

Rocket goalie Charlie Lindgren read to the students, with *The Hockey Sweater* being the book of choice.



ROB TAUSSIG/THE SUBURBAN

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