

**Marco Polo Ocay: COMPETITIVE LESSONS**

**A little bit about Marco:**

Marco began swimming in 2009 with the NDG-Côte des Neiges swim team. He joined CSLA in 2017 and currently swims in the Senior Sprint Group.

Marco is a great sprint breaststroker and has competed at the AAA Championships.

Began coaching the CSLA Summer Swim Team in 2019, working in his Level 1 coaching.

**Contact Info:** [Marcopoloocay@gmail.com](mailto:Marcopoloocay@gmail.com)



**Nikita Ciobanu: YOUTH PREP- INTRO TO COMP**

**A little bit about Nikita:**

Nikita was a member of the CSLA team from 2009 to 2018

Has accomplished National Age Group times for breaststroke and finished in the top 5 at AAA Championships.

Level 1 Coach, Coaching since 2017

**Contact info:** [Nikita.ciobanu@gmail.com](mailto:Nikita.ciobanu@gmail.com)

**Sara Yamani: YOUTH PRE & INTRO TO COMPETITION**

**A little bit about Sara:**

Sara began her swimming career in 2009 with the CALAC Swim Club before joining CSLA in 2014 and is a member of the Senior Elite Group.

Sara was a AAA swimmer and finished in the top 5; she has competed in the Canadian Eastern Championships. Has coached with the CALA Swim Club in 2018; began coaching with CSLA in September 2019; she is currently working on her Level 1 Coaching.

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**Linda Babins: YOUTH & YOUTH PREP**

**A little bit about Linda:**

Linda has been swimming since she was 18 months old. Her claim to fame is having been the youngest in Canada to pass the Senior Red Cross swimming level. The Red Cross subsequently added more levels and set age requirements. Linda has her Level 1 coaching certification.

As a younger swimmer, Linda swam for the Davis YM-YWHA and the Montreal West Winter Teams. In high school, she started a swim club because none was offered. Linda swam for Vanier College and the University of British Columbia. Linda continues to swim with CSLA Masters. She has been coaching the Westmount Masters since 2017 and with CSLA since 2018.

**Contact Info:** [Linda.babins@gmail.com](mailto:Linda.babins@gmail.com)

**Damian Amaral- YOUTH**

**A little bit about Damian:**

Damian started swimmer in 2010 at PPO (Olympic pool); he moved on to CAMO in 2013 and joined CSLA in February of 2015.

Coach with the Westmount Dolphins during the summer of 2019.

Currently working on his Level 1 coaching certification.

**Contact Info:** [Damianamaral3851@gmail.com](mailto:Damianamaral3851@gmail.com)



**Laurie Carrier- YOUTH**

**A little bit about Laurie:**

Laurie has been a Masters swimmer since 2007.

Became a coach because of her love for the sport.

She has been with CSLA since early 2018 and remains constant in her desire to transfer her love of the sport onto her athletes. Laurie is a qualified Level 1 Coach.

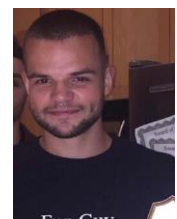
**Contact Info:** [laucARRIER@hotmail.com](mailto:laucARRIER@hotmail.com)

**Devin Kreuzer: SENIOR SPRINT**

**A little bit about Devin:**

Competitive swimmer from 2009 to 2017 and coach since 2015. Ranked in the top ten for his age in breast stroke in the province and Qualified for Eastern Nationals in 2016. Appointed Assistant Head Coach of the Westmount Dolphins in 2015 and Appointed Head Coach of Westmount Dolphins in 2016. Level 1 Coach. Currently at McGill in Physics and Computer Science.

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**Javier Cuevas: SENIOR-ASSISTANT AGE GROUP ELITE**

**A little bit about Javier:**

**Thirty two years of swimming experience**

Thirty two years of experience; as a swimmer from 1987 to 2011 and a coach since 2013;  
National Team Member for the Dominican Republic, 1998 at the Caribbean islands Swimming Championships;  
National Champion, 13-14 year old, 1500m Freestyle  
National Champion, 13-14 year old, 400m IM  
As a swim coach, Regional Champion Réseau du sport du Québec (RSEQ) Lac St Louis 2014-2015-2016; many of his swimmers achieved gold medals at the Regional and Provincial RSEQ Championships.  
Javi has his Level 3 coaching certification.

**Contact Info:** [Jay.cuevas1@gmail.com](mailto:Jay.cuevas1@gmail.com)

**Jean-Sébastien Prévost : AGE GROUP**

**A little bit about Jean-Sébastien:** Born and raised in St-Jérôme, QC Jean-Sebastien began swimming at the age of 10 because of his exuberant energy. He began with 12 hours of training a week! After a serious injury at the age of 17 his coach asked him to help out with the school swim team. A passion for coaching was born and developed and remains strong to this day. Jean-Sebastien has his Level 1 Coaching certification.

**Coaching Highlights:**

ARLPHL: Coached swimmers with adapted needs, 2010 -2015  
Natation Neptune, 2006-2014: Masters, Sports Études, Age group, Development  
Westmount Barracudas 2014, Age Group  
CSLA 2015 to present, Age group

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**Abdenour Hammadache: ASSISTANT HEAD COACH / AGE GROUP ELITE**

**A little bit about Coach Hammadache:**

Coaching since 1984, a successful 35 year career to date!  
Head Coach in Algeria 1997-2005  
Youth Coach CALAC LaSalle: 2007-2011  
Head Coach, YMCA Westmount: 2012-2015  
Assistant Head Coach CSLA: 2015-Present  
Level 2 NCCP Coach  
Bachelors in Theory and Methodology of Sport, Swimming Concentration

**Coaching Highlights:**

Head Coach, National University Team Algeria: Bronze medal, 2004  
Canadian Junior Nationals Coach, 2012 -2015

**Contact Info:** [abdenourhammadache@gmail.com](mailto:abdenourhammadache@gmail.com)



**Michael Calcutt: HEAD COACH – SENIOR ELITE**

**A little bit about Coach Mike:**

CSLA, Head Coach (2015 – present); Assistant Head Coach (2013-2015)  
Westmount YMCA, Head Coach Youth & Masters Swim Team (2011-2013)  
CALAC Swim Club, Head Coach (2001-2009); Assistant Head Coach (1987-2001 & 2009-2011)  
Lasalle Masters Club, Head Coach (2003-2005), a passionate swimmer since 1976, and dedicated coach since 1987. Level 3 NCCP Coach

**Coaching Career Highlights:**

Quebec Games Assistant Head Coach, 1988  
Top Development Coach Lac Saint-Louis, 1996  
Canadian Head Coach, Special Olympics, Rome 2001 & Melbourne 2005  
Quebec Coach Tri Meet, 2007  
Canadian Junior Team Tour, Austin TX 2018  
FNQ Top Coach, 2018

**Swimmers' Top Results:**

15 International medals, 5 gold  
12 Canadian National medals, 5 gold  
7 Provincial Records  
100+ AAA Provincial Championships Medals

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