

## Dorado's Routcliffe is medalist in Pan Pacific Games

The 2014 Para-Pan Pacific Championship Games were held in Pasadena, California last month and Canada was well represented. The 32 swim team members had a staging camp in B.C. prior to heading to California for this high-calibre competition that saw many incredible athletes competing at one of the most advanced levels in para swimming.

This competition also created early opportunities for athletes to potentially be selected for the upcoming Pan Am Games.

The Dorado Stars very own Tess Routcliffe represented her country, her home town of Caledon and Club team with an extraordinary meet performance and experience. She accomplished six personal best time swims, qualifying for finals in all of her events.

The final day of competition saw her in her best event, the 100-metre breaststroke. Her morning swim placed her second against one of the most decorated Paralympic athletes swimming for the United States, Jessica Long. Routcliffe had a personal best time in her prelims with a 1:43.42 dropping 5.09 seconds from her previous best time. That evening, she continued to bring her 'A' game and attitude to race to another personal best with a 1:41.28, placing second and winning the silver medal for Canada.

This silver medal swim was also a new Canadian record.

Routcliffe continues to push herself to new levels of not only what she can do in the water but in how she prepares and handles the high level competitions mentally and physically. Her accomplishments are a true testament to the power of desire, commitment, passion, work ethic and attitude. It was very exciting to witness her growth this season as an athlete, teammate and individual. This is only the beginning for this swimmer who continues to dream big.

The Dorado Stars are incredibly proud, supportive and honoured to be a part of her swimming journey.



Mayor Marolyn Morrison was on hand recently to help congratulate Tess Routcliffe, who has been 'making waves all over Ontario and North America,' according to her coach Courtney Desjardins (also seen here). 'I think she does all of us very proud,' Morrison said. Photo by Bill Rea