

**GREGORY STREPPPEL, CAMBRIDGE MAVERICKS, ONTARIO**



started swimming as a master in Cambridge in 2011 as part of a core group of swimmers who formed Cambridge Mavericks based out of the Cambridge Chaplin Family YMCA.

Other original members include Erin Pagan, Anita Pittens and John Carson. They approached and enlisted the services of his brother, Anthony Streppel, to coach on deck, providing workouts focused on technique, stroke connection and pace.

of masters swimmers, triathletes and recreational swimmers wanting to improve has grown and changed over the years, adding new members every year and losing some to moves, but they continue to draw people in because they're a fun group, they're supportive of one another, and did we mention they have fun?

They are not a large team but at the National Championships in 2015, 11 out of 12 members won a medal. They have grown into a group that supports the YMCA in its fundraising efforts with the annual Megathon (where they collectively swam across Lake Ontario one morning) and, as a group, they have advocated in Cambridge for a suitable aquatic presence within Cambridge's planned recreational facility. Additionally, the group supports various open water races in the province with their increasing participation and, within Cambridge, they are a great example to show that exercise and competition can be part of a healthy and enjoyable lifestyle.

Greg, himself, holds 10 National records:

Records broken in 2015:

400fre	25m	45-49	CMAV ON	4:11.35	MTL MAY 15
800fre	25m	45-49	CMAV ON	8:38.56	MTL MAY 15
1500fre	50m	45-49	CMAV ON	17:26.41	TEX AUG 15
400im	25m	45-49	CMAV ON	4:43.36	MTL MAY 15

Records broken in 2014:

400fre	25m	45-49	CMAV ON	4:17.66	WND MAY 14
400fre	50m	45-49	TOMS ON	4:17.73	MTL AUG 14
800fre	25m	45-49	CMAV ON	8:52.28	WND MAR 14
800fre	50m	45-49	TOMS ON	8:59.81	MTL AUG 14
1500fre	25m	45-49	CMAV ON	16:56.54	WND MAY 14
200fly	50m	45-49	TOMS ON	2:17.75	MTL AUG 14
200im	50m	45-49	TOMS ON	2:19.78	MTL AUG 14
400im	50m	45-49	TOMS ON	4:56.57	MTL AUG 14

Recent Top 20 Placings:

			VAL	EVENTS	AVG.	POS	FINA
2015 45-49							
5 GREG STREPPPEL'68	CMAV ON		1031	11	93.7	174	5539
2014 45-49							
2 GREG STREPPPEL'68	CMAV ON		1280	14	91.4	205	6418
2013 45-49							
6 GREG STREPPPEL'68	CMAV ON		883	10	88.3	157	4049
2012 40-44							
5 GREG STREPPPEL'68	CAM ON		821	9	91.2	127	4127
2011 40-44							



