



## Media Release

For immediate release  
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# Sask Sport Inc. Announces the December Athlete of the Month Award Recipient

Cassandra Brassard of Regina is the recipient of the Sask Sport Inc. December Athlete of the Month Award.

On December 13th – 15th Cassandra competed in the Thunderbolt Junior International Swim Meet in Portland, Oregon. This is a high level senior swim meet with 32 teams from three countries.

Cassandra won a silver medal in the 100m Backstroke, a bronze medal in the 800m Freestyle, placed 6th in the 200m Backstroke and placed 8th in the 50m Backstroke.

As a result of Cassandra's performance at this competition, she broke a total of 8 Provincial records: In the 15 to 17 Girls she broke the records in the 50m Backstroke, the 100m Backstroke (in the prelims and again in the finals); and in the 200m Backstroke.

Cassandra also broke the records in the Open Women 50m Backstroke, the 100m Backstroke (in the prelims and again in the finals); and also broke the record in the 200m Backstroke where this record has stood since 2004.

Cassandra now holds all the Backstroke (50m, 100m, and 200m) Provincial records in both the 15 to 17 Girls and the Open Women in Short Course meters.

The other nominee for the December Athlete of the Month was Shannon Comerford of Saskatoon, in the sport of Fencing.

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For more information contact Pat Rediger at 306-780-9307 or [prediger@sasksport.sk.ca](mailto:prediger@sasksport.sk.ca)

For information regarding the Athlete of the Month Awards program, including previous nominees and recipients visit [www.sasksport.sk.ca/awards.php](http://www.sasksport.sk.ca/awards.php)

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