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Friday, September 2, 2005

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# THE WINDSOR STAR

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## Shallow, Sedlacek back to school

Local swimmers at U.S. colleges

**Jordan Press**  
Windsor Star

September 2, 2005

Last year, Heidi Shallow and Chris Sedlacek swam in the same Windsor pool for the same Windsor club.

Now, they're on different parts of the continent, far from home, at school and ready to take on the National Collegiate Athletic Association in the United States.

Both swimmers landed scholarships to two universities in the U.S -- Shallow at Campbell University in North Carolina (Division 1) and Sedlacek at Fairmont State University in West Virginia (Division II).

"For me, (swimming) is just a hobby and I was lucky enough for it to pay for my education," said Shallow, 17, from her dorm in North Carolina.

"There's no way I was going to pass up an opportunity like this."

Shallow said her nearly 20 hours of practice time is scheduled around her classes.

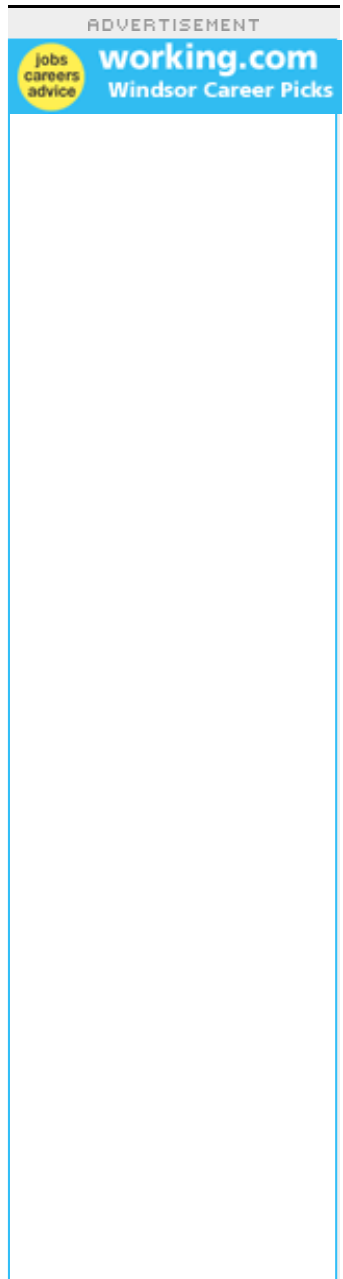
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Arrested  
Development  
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20/20



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She's the only Canadian on the young team of female swimmers and Shallow said the coaches are looking for her to take a leadership role on the team.

Sedlacek is also one of the young-est on his team.

FUTURE CONSIDERATIONS

The breaststroke specialist said his coaches see him as taking a bigger role on the team next year.

"The coaches wanted me for the team because their current breast-stroker is graduating this year," Sedlacek said in an e-mail.

"So for this year, I am training with him so I can take over his spot next year when he is gone."

Both said they see themselves swimming for the next four years.

After that, Shallow plans to graduate with a degree in biology and Sedlacek a double major in biology and forensic sciences.

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