



Spirit / Guide photo – REGINA RAHIL

Archbishop Wood's Jaclyn Smith swims the 200 freestyle during last Friday's Easterns Championship at La Salle University.



ATHLETES OF THE WEEK

Honorable mention

WRESTLING

Mike Esham, Archbishop Wood: Recorded a pin in the Philadelphia Catholic League semifinals for his 100th career win.

BASKETBALL

Derek Wright, Pennsbury: Scored 14 points each in victories over CB South and Academy of the New Church.

Honorable mention

SWIMMING

Jaclyn Smith, Archbishop Wood: Won the 50 freestyle and 100 butterfly and was on the winning 200 freestyle relay in a victory over St. Hubert.

INDOOR TRACK

Ije Iheoma, CR-South: Captured first place in the 400 meters at the Pennsylvania Track and Field Coaches Association Carnival with a time of 58.03.

Athletes receive 2 weeks of training at Fitlife's Richboro Facility or our NEW Location in Newtown. Call 215-357-2000