

Archbishop Wood

Coach: Charlie Stillwell (11th year)

2006-07 record: 1-7 overall and PCL

Key performers: Robert Cohen (Fr., backstroke, sprint freestyle); Dave Keller (Sr., sprint freestyle, backstroke); Gregory Opredek (So., all strokes).

Coach's quote: "The team will remain small but could be a better overall team than last year. With the loss of our half our team to graduation we realistically have a brand new team. The new swimmers will be counted on to jump right in and get the needed experience through on the job training. Overall, I look for a better year than last year with our times, but around the same record as last year."

When a school has deep roster, it is tough for some extremely talented individuals to crack the lineup. Those athletes consider themselves lucky to get a chance to swim one event let along the four they're allowed.

That is not a problem at **Archbishop Wood**, where coach Charlie Stillwell has no trouble seeing that each swimmer competes in four races — because the Vikings roster includes just six boys.

There is senior Dave Keller, sophomores Andre DelValle and Greg Opredek, and freshmen Robert Cohen, Gary Bone and Andrew Gnias. That's the whole roster.

But ask Stillwell about this Dedicated Half Dozen, and his voice brightens.

"You know something," he asked rhetorically. "This probably is my best team simply because of their attitude."

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Boys' Swimming

Roman Catholic 92, Archbishop Wood 57—Robert Cohen won both the 200 individual medley and the 100 breaststroke and was also a member of the winning 400 freestyle relay team last Wednesday in the Vikings' 92-57 loss to Roman Catholic. Another member of that relay team, David Keller, finish second in both the 100 backstroke and the 50 freestyle.

Roman Catholic 92, Archbishop Wood 57

200 medley relay—Roman Catholic (Gillespie, Lahann, Sheridan, Keown), 1:56.88; 200 freestyle—Steve Metzinger (RC) 23.98; 200 individual medley—Robert Cohen (AW) 2:19.16; 50 freestyle—Andrew Gillespie (RC) 23.98; 100 butterfly—Rich Mahan (RC) 1:00.63; 100 freestyle—Gabe Keown (RC) 54.90; 500 freestyle—Luke Lahann (RC) 5:50.89; 200 freestyle relay—Roman Catholic (Metzinger, Keown, Gillespie, Mahan), 1:43.68; 100 backstroke—Avery Sheridan (RC) 1:04.90; 100 breaststroke—Robert Cohen (AW) 1:20.78; 400 freestyle relay—Archbishop Wood (Keller, Opredek, Cohen, Gnias), 4:06.70.

La Salle 57, Archbishop

Wood 31—La Salle swimmers captured nine of 12 events in last Saturday's dual meet against Archbishop Wood. For the Vikings, senior David Keller won the 100 freestyle, freshman Gregory Opredek won the 100 breaststroke, and a four-man team (Keller, Gary Bone, Andrew Gnias, Andre Delvalle) won the 400 freestyle relay.

La Salle 57, Archbishop Wood 31

200 medley relay—La Salle (Rhoads Worster, Greg Woods, Phil LeTeavage, Brendan McGoldrick) 1:43.92; 200 freestyle—Ted Walker (LS) 1:53.67; 200 individual medley—Michael McGee (LS) 2:13.15; 50 freestyle—Todd Domanski (LS) 23.48; 100 butterfly—James Mahoney (LS) 58.39; 100 freestyle—David Keller (AW) 57.71; 500 freestyle—Ted Walker (LS) 5:19.29; 200 freestyle relay—La Salle (James Mahoney, Kyle Finlay, Conor Bracken, Paul McGee) 1:36.71; 100 backstroke—Rhoads Worster (LS) 59.04; 100 breaststroke—Gregory Opredek (AW) 1:09.40; 400 freestyle relay—Archbishop Wood (David Keller, Gary Bone, Andrew Gnias, Andre Delvalle) 4:32.08.

ROMAN CATHOLIC 92, ARCHBISHOP WOOD 57

200-yard medley relay: 1. RC (Andrew Gillespie, Luke Lahann, Avery Sheridan, Gabe Keown), 1:56.88; AW, 2:03.38; 3. RC, 2:14.72. 200 freestyle: 1. Steve Metzinger, RC, 2:13.54; 2. Andrew Thum, RC, 2:20.90; 3. Andrew Gnias, AW, 2:24.28. 200 individual medley: 1. Robert Cohen, AW, 2:19.16; 2. Rich Mahan, RC, 2:25.81; 3. Nikolay Vladimirov, RC, 2:59.57. 50 freestyle: 1. Gillespie, RC, 23.98; 2. David Keller, AW) 25.06; 3. Greg Opredek, AW, 26.02. 100 butterfly: 1. Mahan, RC, 1:00.63; 2. Opredek, AW, 1:01.31; 3. Tyler Perry, RC, 1:19.09. 100 freestyle: 1. Keown, RC, 54.90; 2. Sheridan, RC, 57.90; 3. Brown, RC, 1:03.92. 500 freestyle: 1. Lahann, RC, 5:50.89; 2. Andre Delvalle, AW, 6:07.89; 3. Thum, RC, 7:00.30. 200 freestyle relay: 1. RC (Metzinger, Keown, Gillespie, Mahan), 1:43.68; 2. AW, 1:55.54; 3. RC, 1:56.48. 100 backstroke: 1. Sheridan, RC, 1:04.90; 2. Keller, AW, 1:05.83; 3. Metzinger, RC, 1:05.84. 100 breaststroke: 1. Cohen, AW, 1:20.78; 2. Delvalle, AW, 1:28.02. 400 freestyle relay: 1. AW (Keller, Opredek, Cohen, Gnias), 4:06.70.

Boys swimming

CR-NORTH 130.5, ARCHBISHOP WOOD 45.5

200-yard medley relay: 1. CRN (Chris Pittler, David Brown, Erick Convery, David Boodey), 1:47.41; 2. AW, 1:56.10; 3. CRN, 2:04.33. 200 freestyle: 1. Convery, CRN, 1:57.86; 2. Robert Cohen, AW, 2:09.86; 3. Jake Meyers, CRN, 2:12.02. 200 individual medley: 1. Brown, CRN, 2:08.29; 2. Boodey, CRN, 2:11.68; 3. Adam McLane, CRN, 2:26.41. 50 freestyle: 1. Dave Keller, AW, 24.66; 2. Ryan Garven, CRN, 25.04; 3. Ryan Dolan, CRN, 28.54. Diving: unavailable. 100 butterfly: 1. Kevin Harrington, CRN, 1:01.85; 2. Greg Opredek, AW, 1:03.45; 3. Nathan Spector, CRN, 1:05.72. 100 freestyle: 1. Rob Wexler, CRN, 52.54; 2. Keller, AW, 55.87; 3. Gary Bone, AW, 1:01.63. 500 freestyle: 1. Kevin Dolan, CRN, 5:44.71; 2. Andy Brask, CRN, 6:05.76; 3. (tie) Sean Nyquist, CRN, and Andre Deluacie, AW, 6:15.77. 200 freestyle relay: 1. CRN (Vlad Karchevsky, Pittler, Boodey, Harrington), 1:38.00; 2. CRN, 1:43.69; 3. AW, 1:53.53. 100 backstroke: 1. Pittler, CRN, 1:02.71; 2. Cohen, AW, 1:02.91; 3. Garven, CRN, 1:13.49. 100 breaststroke: 1. James Sturmer, CRN, 1:07.14; 2. Opredek, AW, 1:09.12; 3. Karchevsky, CRN, 1:13.86. 400 freestyle relay: 1. CRN (Spector, Rob Albanese, Nyquist, Wexler), 3:45.94; 2. CRN, 3:57.26; 3. AW, 4:05.88.

Boys swimming

LA SALLE 57, ARCHBISHOP WOOD 31

200-yard medley relay: 1. LS (Rhoads Worster, Greg Woods, Phil LeTeavage, Brendan McGoldrick), 1:43.92; 2. LS, 1:56.57; 3. AW, 2:09.86. 200 freestyle: 1. Ted Walker, LS, 1:53.67; 2. Joe Houldin, LS, 1:57.35; 3. David Keller, AW, 2:11.56. 200 individual medley: 1. Michael McGee, LS, 2:13.15; 2. Gregory Opredek, AW, 2:14.05; 3. Conor Bracken, LS, 2:18.07. 50 freestyle: 1. Todd Domanski, LS, 23.48; 2. Paul McGee, LS, 25.62; 3. Gary Bone, AW, 29.05. 100 butterfly: 1. James Mahoney, LS, 58.39; 2. Robert Cohen, AW, 1:05.01; 3. Kyle Finlay, LS, 1:05.31. 100 freestyle: 1. Keller, AW, 57.71; 2. Tim Jeffers, LS, 58.02; 3. Brendan Stone, LS, 59.01. 500 freestyle: 1. Walker, LS, 5:19.29; 2. Tom Knab, LS, 5:21.09; 3. Andre Delvalle, AW, 6:35.09. 200 freestyle relay: 1. LS (Mahoney, Finlay, Bracken, P. McGee), 1:36.71; 2. AW, 1:49.98. 100 backstroke: 1. Worster, LS, 59.04; 2. Domanski, LS, 59.17; 3. Cohen, AW, 1:04.78. 100 breaststroke: 1. Opredek, AW, 1:09.40; 2. Andrew Gnias, AW, 1:29.11. 400 freestyle relay: 1. AW (Keller, Bone, Gnias, Delvalle), 4:32.08.

Cardinal O'Hara 92, Archbishop Wood 51

200-yard medley relay: 1. O'Hara, 1:54.63; 2. AW, 2:03.60; 3. N/A.

200 freestyle: 1. Tom Dinit (CO), 2:06.35; 2. Anrew Gnias (AW), 2:20.41; 3. Pasquale Cippoloni (CO), 2:24.94.

200 individual medley: 1. Ryan Mattson (CO), 2:33.91; 2. Andre DelValle (AW), 2:35.13; 3. N/A. 50 freestyle: 1. Nate Oropollo (CO), 23.95; 2. Dave Keller (AW), 24.56; 3. Casey Strus (CO), 24.90.

Diving: no diving

100 butterfly: 1. Tom Hawkins (CO), 58.74; 2. Gregory Opredek (AW), 1:01.59; 3. Thomas Dinit (CO), 1:05.47.

100 freestyle: 1. Nate Oropollo (CO), 58.16; 2. Gary Bone (AW), 1:00.94; 3. Pasquale Cippoloni (CO), 1:05.28.

500 freestyle: 1. Andrew DelValle (AW), 6:03.41; 2. James Bulicki (CO), 6:14.47; 3. Kevin Connolly (CO), 7:43.03.

200 freestyle relay: 1. O'Hara, 1:45.47; 2. AW, 1:52.12; 3. O'Hara, 2:01.50.

100 backstroke: 1. Tom Hawkins (CO), 59.11; 2. Casey Strus (CO), 1:03.63; 3. Gregory Opredek (AW), 1:05.69.

100 breaststroke: 1. Dave Keller (AW), 1:11.27; 2. Ryan Mattson (CO), 1:14.06; 3. Kevin Connolly (CO), 1:40.03.

400 freestyle relay: exhibition