

## SWIMMING NOTES

# Final lap for Wood in PCL

By KAREN SANGILLO  
COURIER TIMES

This is Archbishop Wood's final season before the Philadelphia Catholic League enters the PIAA in the 2008-09 school year.

For the girls team, this is the last try to win the PCL title before switching over to a new postseason.

"It's really important that we go out strong," senior Bridget Gannon said. "As seniors we want to try to win it, and we also want to win the last Catholic League title before everything changes.

"There will still be a Catholic League and a championship, but I don't think it's ever going to be the same."

Some seniors rue missing the opportunity to swim in the PIAA.

"In a way I am sorry that I won't be here for the move because it'll be different and a new challenge," said senior Kellina Keown. "But we still have this season to swim, and hopefully we'll win the league."

The team lost some good swimmers to graduation.

"We're still going to do well, I think," senior Amy Finn said. "We feel that we're really strong. Who we lost is made up by the freshmen we got in. I think all of us are going to step up our game, and this could be our best year."

Last year the Vikings lost just one dual meet, to Archbishop Ryan.

"We did really well last year, and even though we lost to Ryan we didn't hand it to them," senior Rachael Gnias said. "We put up a great fight.

"That's been such a great rivalry for us. We're not specifically focused on beating Ryan this year, although, of course, we'd love to do that. We're focusing on every meet we have because it's important to swim well at all of them.

"This year even if we don't win it all, our goal is to make a lasting impression. If we can do that, it will have been a good season."

The Wood girls team opens the 2007-08 PCL season Wednesday, traveling to Archbishop Prendergast's home pool at Widener University's Schwartz Athletic Center. The boys will swim Monsignor Bonner at the same time to complete the double dual meet.

The teams swim a non-league double dual meet at Council Rock-North on Tuesday. It is the first meet of the year for the girls. The boys are 0-1 for the year, having lost to La Salle, 57-31, in their PCL opener.

## La Salle, GA take second

By Patrick Foy  
Sportswriter

Several local high schools tested their mettle against the top swimming programs on the East Coast last Friday and Saturday at the 108th Eastern Interscholastic Swimming and Diving Championships at La Salle University.

La Salle College High School and Germantown Academy each came away with successful weekends. La Salle finished second overall in the boys' team rankings, while the Germantown Academy girls' squad took the runner-up position in the girls' team standings.

The Patriots' team finish capped a terrific weekend for the Germantown Academy girls, amassing 276 team points, which fell just short of New Jersey power Peddie School with 290.

Senior Teresa Crippen set a school record in the 100-yard backstroke with her winning time of 54.16 seconds, and she tied school and Easterns records with her 54.60-second win in the 100 butterfly. Crippen's efforts earned her the Easterns' Outstanding Female Athlete award.

Fellow senior Katie Riefenstahl broke school and meet records as well when she won the 200 freestyle in 1:46.60.

Yet another school record was set in the 200 freestyle relay, with Crippen, Riefenstahl, Sarah Aemissegger, and Liza McDevitt completing the event in 1:34.41.

On the boys' side, the Patriots' small squad finished 14th with 59 points, but senior diver Jeff Cragg placed first overall with a score of 528.90 in the boys' diving competition.

For La Salle, the second-place result was a satisfying one for the Ex-

plorers, who were competing in the Easterns for the 19th and final time. As the Philadelphia Catholic League moves into the PIAA full-time next year, participation in District 12 and state meets will prevent the Explorers from competing in Easterns again.

La Salle also recorded times that met all-American standards in the 200 freestyle relay and 400 freestyle relay events. The Explorers' relay team consisted of Ted Walker, Todd Domanski, Andrew Sideras and James Mahoney.

Domanski fought off an illness to register a seventh-place finish in the 50 freestyle and 12th in the 100 freestyle.

Archbishop Wood, another school participating in its last Easterns meet, posted a respectable finish of 15th on the girls' side.

"I was very happy with the way they swam," Wood coach Charlie Stillwell said.

Vikings freshman Taylor Kane turned in a strong performance, finishing ninth in the 500 freestyle and 11th in the 200 freestyle.

In the preliminary 500 freestyle event, Kane posted a time of 5:13.53, besting her personal record by five seconds.

Meanwhile, Wood senior Christina Rios anchored a 15th-place group in the 200 medley relay; that group also featured Alyse Davis, Bridget Kerins and Bridget Gannon. Rios complemented that with finishes of 20th in the 100 freestyle and 22nd in the 100 backstroke. Freshman Grace Cochrane posted a time of 2:21.76 in the 200 individual medley, which was good for 18th, and followed that up with an 11th-place finish in the 100 butterfly.

"They weren't afraid to swim," Stillwell said. "The seniors generally rose to the occasion."