

## SWIMMING NOTES

# Pennsbury, Wood make big splash

By **KAREN SANGILLO**  
COURIER TIMES

Two area girls swimming teams scored important league victories last week.

Archbishop Wood notched its first win against host Archbishop Ryan in eight years with a 107-63 Philadelphia Catholic League triumph Tuesday over the Ragdolls. The Pennsbury posted a 96-90 SOL National Conference win Wednesday over defending champ North Penn.

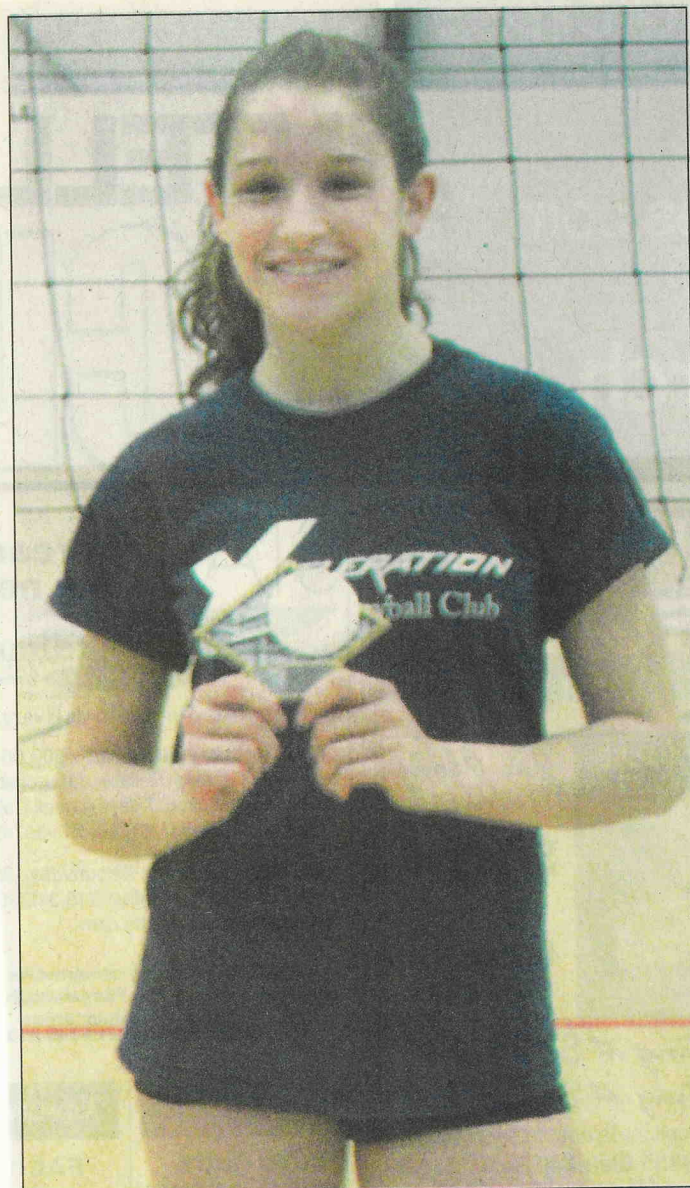
Wood's last win over Ryan was a 90-80 victory on Jan. 12, 2000. Ryan is the five-time defending PCL champion. Wood won its only crown in 1991.

"In my 11 years as head coach this was the best any of my teams have ever swum in a meet, and I've had some very good teams over the years," Wood coach Charlie Stillwell said.

"When I scoped out the meet ahead of time, I had it coming out a tie and, as you can see, we did a heck of a lot better than that.

"I told the girls before the meet started and during practices that this could be their year; this could be the year they beat Ryan. They were really disappointed last year [a 98-72 home loss] and they listened to me and everybody did the best they could possibly do.

They were very, very excited going in because they've been pointing for this meet all year.



**Xceleration player Jen Whelan received the "Best Attacker" award in the 15-and-under age group at the Capitol Hill tournament.**