

GIRLS SWIMMING PREVIEW



5 SWIMMERS TO WATCH

(listed in alphabetical order)

Tara Rogers, North Penn: She came out of nowhere last season to become the most talented freshman in the area. A certifiable threat in the sprint free events, she finished fourth in the district and 20th in the state in the 100.

Rachel Saunders, Central Bucks West: After finishing a disappointing seventh at district diving and just barely qualifying for states, Saunders was on the verge of a top-three finish at Bucknell until she slipped a bit in the final round but still finished fourth. She's bigger, stronger and a definite threat in the league and beyond.

Lyndsey Schmidt, Central Bucks South: This is "The Year of the Diver" in the area and Schmidt is the reigning queen in class AAA. She won the silver to a senior in districts and took home the bronze at states. This year she could easily win it all.

Natalee Szopo, Upper Moreland: In the small school diving ranks, Szopo is the best the area has to offer. In fact, her point total last season was tops in both classes. She won districts and was leading at states, eventually settling for the silver. This season she won't settle for anything less than gold.

Rachel Zilinskas, Germantown Academy: In a long line of truly great swimmers at GA, Zilinskas is the latest to stamp herself one of the best in the nation. She is an Olympic Trials qualifier after taking gold in IM and 500 free at Easterns. And to think she's only a junior.

5 TEAMS TO WATCH

(listed in order of strength)

Germantown Academy: A half-dozen outstanding seniors graduated but the Patriots should be just as strong if not stronger. Freshmen and sophomores contributed mightily to the team title at Easterns last spring; with Madeline Maher and Rachel Zilinskas leading the way, this is the team to beat in the area.

North Penn: Some teams lose seniors and struggle to replace them. The Maidens simply reach down into their crew of talented underclassmen and seldom miss a beat. Until somebody proves it in the pool, the SOL Continental Conference title is North Penn's to lose.

Souderton: OK, the Indians are in the same league as North Penn and, yes, North Penn has another strong team and is the justifiable favorite to repeat. But it says here the Indians have more than a "puncher's chance" to knock the Maidens off their pedestal. It won't be easy, but it could happen.

Central Bucks East: The creme-de-la-creme of area leagues is the SOL Continental and just about everybody expects North Penn and Souderton to battle for the team title. However, if the Maidens and Indians are smart, they will not take the Patriots lightly. Definitely a dark horse but this is a deep, talented team.

Hatboro-Horsham: Numbers-wise, this is the smallest team the Hatters have ever had since Kip Emig took over as head coach two decades ago. That said, the roster is jammed solid with talent in freestyle and the breaststroke. The key to how many wins the team will have is developing depth in the other events.

5 MEETS TO WATCH

(listed in chronological order)

Abington at Upper Moreland, Dec. 12, 3:30 p.m.: A crossover meet pitting the SOL National Galloping Ghosts against the American Conference Golden Bears. Despite the size difference, they appear fairly evenly matched.

Central Bucks East at Souderton, Dec. 21, 3:45 p.m.: The Patriots and Indians meet to see which will stay in the hunt for the SOL Continental title as they jockey for early position behind North Penn. This could be a dandy.

Hatboro-Horsham at William Tennent, Dec. 22, 5:30 p.m.: The later start should enable fans of each team to get home from work so they can watch an interesting non-league battle between neighboring schools. The winner will get some much needed momentum heading into the holiday break.

Germantown Academy at Peddie School, Jan. 25, 4 p.m.: The meet swimmers from both schools prepare for from day one, even if their coaches won't let them admit it. Nobody in the Inter-Ac League should come close to the Patriots; a win here and they should finish undefeated.

Souderton at North Penn, Feb. 1, 3:45 p.m.: We saved the best for last. If Souderton gets past CB East, both it and the Maidens should be perfect in the league coming into this traditional grudge match. If you see only one meet all year, make it this one.

FILE PHOTO
Upper Moreland's Natalee Szopo won districts last season and was leading at states, eventually settling for the silver. Szopo and her sister, Sydney, also a diver, look to lead the Golden Bears this season.



Szopo

Continued from Page C1

the pool in sixth grade.

"I wasn't afraid to twist, I wasn't afraid to flip, I wasn't afraid to jump high, so that fear wasn't really there," she said. "However, gymnasts don't land on their heads or their hands, so that was a huge fear I had to overcome."

Helping her to conquer that fear was the kind of fighting spirit that continues to impress her coach.

"She's resilient so, when she has a setback, she doesn't let it affect her," Golden Bears fifth-year diving coach Bob Israel said.

"I go back to her sophomore season when she broke her hand when she hit it on the board. That was toward the end of the season, but she

still came back, dove in districts and qualified for states.

"I've never had an athlete who has done that and has been as successful as she has. She's a remarkable individual, and I have a lot of admiration for her."

Regardless how this season goes, Szopo knows what she'll be doing next year at this time.

"I'm diving at Towson University," she said. "The coaches were awesome and everybody just welcomed me. The campus is really nice and, (while) it's kind of close to home, it's not close to home."

Between now and then, Szopo will keep working hard with her eyes set firmly on the prize. When she returns from her fourth and final trip to Bucknell, she is determined she will finally be a golden Bear.

Bill Keen: 215-345-3185; e-mail bkeen@phillyburbs.com

GIRLS SWIMMING CAPSULES

Abington

Coach: Joe Lennon (13th year)

Last year: 5-7 (1-6 SOL National)

Key performers: Sr. Emily Ryan (breaststroke, freestyle); So. Alyssa Leatherman (butterfly, individual medley); Fr. Frances Erney (backstroke, freestyle); Fr. Aiofe Garvey (breaststroke, freestyle).

The season: With eight seniors lost to graduation, there are a lot of holes in the lineup that have to be filled. The good news is the strongest freshman class in years will help to fill them. The Ghosts will have a tough time in the SOL National but a winning record is not out of the question.

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: (9-2, 6-0 PCL)

Key performers: Sr. Bridget McGrath (breaststroke, sprint free); Sr. Orla Cole (backstroke, freestyle); Sr. Alexandra Fitzgerald (sprint free, backstroke); So. Hanna Cochrane (utility); Sr. Kristina Halner (distance free); Fr. Dominique DiRienzo (diving); So. Claire Cochrane (utility); Jr. Jennifer McGrath (butterfly); Sr. Haley Henzel (freestyle, backstroke).

The season: You can't lose athletes like Taylor Kane and Grace Cochran to graduation and not feel it. They will be nearly impossible to replace but there is a bevy of talent waiting in the wings that can't wait to try. Look for the Vikings to again be the team to beat in the Philadelphia Catholic League.

Central Bucks East

Coach: Tom Kane (36th year)

Last year: 8-3 (third SOL Continental)

Key performers: Sr. Kelly Kater (diving); Sr. Kendall Kirsteier (butterfly, individual medley, sprint free); Sr. Lindsay Dilemma (individual medley, distance free); Sr. Sarah Richards (freestyle); Jr. Nicole Guss (butterfly); Jr. Ellie O'Brien (individual medley, breaststroke, distance free); Fr. Hannah Whitman (individual medley, freestyle).

The season: Anyone looking for a strong darkhorse team to contend in the rugged SOL Continental, this is it. A total of 10 district qualifiers return in a lineup that is loaded with depth. The Patriots could easily better last season's regular season record and should be flying high for the post-season.

Central Bucks South

Coach: Kevin Murray (seventh year)

Last year: 6-4 (fourth SOL Continental)

Key performers: Sr. Sam Evangelista (individual medley, butterfly, distance free); Sr. Kelsey Schmidt (freestyle); Sr. Lindsay Schmidt (diving); Sr. Elicia Yoffe (sprint free, butterfly); Sr. Emily Quinlisk (backstroke, freestyle); Jr. Stephanie Nickerson (individual medley, backstroke, distance free); Jr. Sydney Mrozinski (individual medley, breaststroke, freestyle); So. Cali Corbett (freestyle, backstroke); So. Isabell DiNallo (individual medley, backstroke).

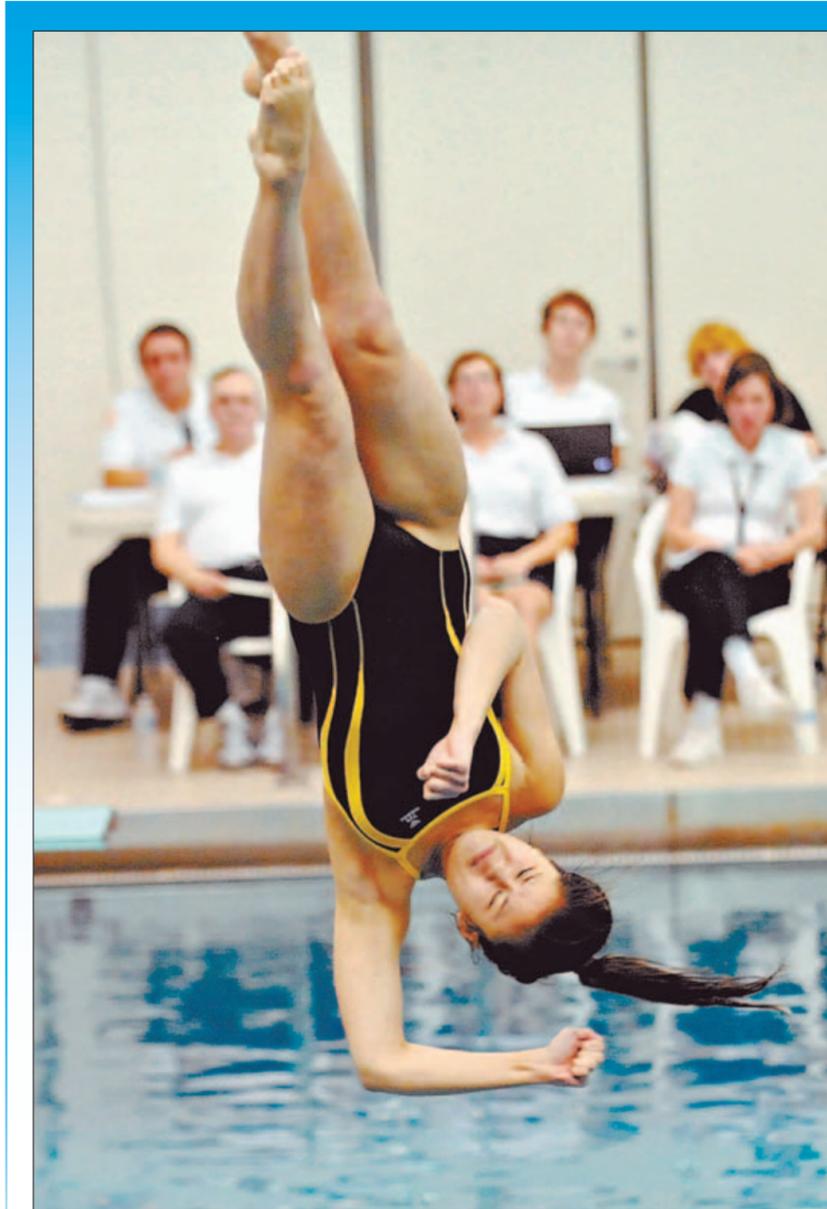
The season: At first glance, the Titans lineup resembles swiss cheese because there are holes everywhere. However, Lindsay Schmidt is back after taking home the bronze medal at states and there is sufficient talent among the returning swimmers to stamp this group a team to watch heading into the league championships.

Central Bucks West

Coach: Vibeke Swanson (21st year)

Last year: 8-5 (fifth SOL Continental)

Key performers: Sr. Andie Blaser (butterfly, sprint free); So. Quinn MacMillan (freestyle); Jr. Rachel Saunders (diving); Jr. Jen Strohmeyer (individual medley, backstroke, freestyle); Jr. Katherine Baltes (butterfly, distance free); Jr. Beth Hutchings (breaststroke); Sr. Crystal Kim (utility).



FILE PHOTO

CB West's Rachel Saunders performs a dive during the Suburban One League Continental Conference championships last season. Saunders is expected to help power the Bucks, who lost nine seniors to graduation.

The season: The good news is junior Rachel Saunders, one of the finest divers in the state, is back. The bad news is nine seniors were lost to graduation, and the roster this season is small in numbers. Depth may be a problem, so look for individuals to push hard for district qualifying times as the season progresses.

Germantown Academy

Coach: Richard Shoulberg (44th year)

Last year: 10-0 (Inter-Ac and Easterns team champion)

Key performers: Jr. Rachel Zilinskas (utility); Sr. Madeline Maher (individual medley, breaststroke); So. Meg Dollard (freestyle); So. Emily Erwin (backstroke, individual medley); So. Natalie Dowzicky (utility); Fr. Ally Acker (breaststroke, middle free); Fr. Madison Visco (utility).

The season: Everybody knew last season's team was deep in talent but only the insiders expected the freshman and sophomore class to produce some of the team's steadiest performers. Despite the loss of several extremely talented seniors, this is easily the area's strongest team once more.

Gwynedd-Mercy Academy

Coach: Heather Norman (eighth year)

Last year: 5-6

Key performers: Sr. Annalise Zaengle (breaststroke, individual medley); Sr. Rachel Tumolo (backstroke, distance free); Sr. Meg Curlev (distance free); Jr. Emily

Fesnak (middle free); Fr. Kieragh McMenamin (utility); Fr. Molly Riemenschneider (individual medley, utility).

The season: Hopes are riding high around the Monarchs' camp. A talented group of underclassmen advanced to districts last season. After bagging a bevy of season-best times, including all three relays, all signs point to a much more successful season with a trip to states a possibility for several girls.

Hatboro-Horsham

Coach: Kip Emig (21st year)

Last year: 7-6

Key performers: Sr. Abby Hitchens (breaststroke); Sr. Rachel Engelhardt (sprint free); Sr. Carey Johnson (freestyle); Sr. Kelli Fitzpatrick (sprint free, breaststroke); Sr. Rachel Riemenschneider (individual medley); Jr. Liz Schmele (sprint free); Jr. Meghan Pellicchia (backstroke, butterfly).

The season: The Hatters will definitely not be hurting for senior leadership, as five girls who qualified for districts are back for their final go-round. Also back are three others who made the trip to La Salle, which means nobody should take this team lightly, especially with the league looking to be wide open from third place on down.

Lansdale Catholic

Coach: Bob Birnbauer (17th year)

Last year: 2-7 (second place District 12 class AA)

Key performers: Sr. Katie Murphy (sprint free, middle free); Sr. Maura

Conley (breaststroke, individual medley); Sr. Dana Salanik (middle free); Sr. Julie Young (distance free); Jr. Nicole Marshall (backstroke); So. Amanda Matylewicz (distance free); So. Mary Murphy (utility).

The season: The Crusaders have a strong freshman class ready to contend for spots in the lineup and an excellent nucleus of returners to show them the way. After struggling in the regular season a year ago, there is every reason to expect the team to be considerably better and significantly stronger.

North Penn

Coach: Matt Weiser (4th year)

Last year: 11-0 (7-0 SOL Continental)

Key performers: Sr. Brooke Elise (freestyle, butterfly); Sr. Val Stearns (freestyle); Sr. Anna Janoff (freestyle); Sr. Ashley Liss (diving); Sr. Erica Elias (diving); Sr. Heather Paolone (diving); Sr. Charlee Branson (diving); So. Tara Rogers (freestyle); So. Eve Kosten (freestyle, breaststroke).

The season: Ben Franklin called death and taxes the only constants in life, but the Maidens being the team to beat in the SOL Continental and one of the top two or three in District One is about as close as you can get to joining them. The difference this year is some of the strongest contenders for district and state honors are underclassmen.

Pennridge

Coach: Rvan Griffiths (sixth year)

Last year: 4-8 (sixth SOL Continental)

Key performers: Sr. Alexis Detweiler (butterfly, individual medley); Jr. Chelsea Weiss (sprint free, backstroke); Jr. Julia Nadovich (individual medley, breaststroke); Jr. Katie Green (diving); Jr. Nikki Laderer (diving).

The season: Over the course of the last four seasons, school records have been falling like leaves in autumn. Considering the team lost only two seniors to graduation, there is every reason to expect even more records to fall and for the Rams to take a solid group of swimmers to districts.

Quakertown

Coach: Wendy Yons (fourth year)

Last year: 0-7

Key performers: Sr. Megan Renn (sprint free); Sr. Cheyenne Kresely (sprint free, distance free, backstroke).

The season: Only 10 girls answered the call this season but most of them were there last season as well. They've learned what it's like to compete against some of the strongest programs in the district on a regular basis and that can only make them stronger. The team goal is qualifying as many individuals for districts as possible.

Souderton

Coach: Todd Bauer (fifth year)

Last year: 12-2 (6-1 SOL Continental)

Key performers: Sr. Ann Fadden (sprint free); Sr. Sarah Kesack (breaststroke, individual medley, distance free); Jr. Alyssa Santangelo (backstroke, freestyle); Jr. Erica Witoslawski (freestyle, individual medley); Jr. Laureana Zrada (distance free); Jr. Megan Furey (butterfly, individual medley); Jr. Bronwyn Smith (distance free).

The season: Only one district qualifier graduated from a team that beat everybody last season except North Penn in the league. Is this the group that will unseat the Maidens? They very well could. Depth is not a problem nor is talent in every event. The Indians are loaded.

Upper Moreland

Coach: Mel Rowland (eighth year)

Last year: 3-7 (1-5 SOL American)

Key performers: Sr. Natalee Szopo (diving); So. Sydney Szopo (diving); So. Amber Saint Clair (backstroke); Jr. Anna Hakes (distance free); Jr. Saige Wenik (middle free).

The season: There are other teams that will have more depth than the Golden Bears but very few have as many legitimate contenders for individual District One gold medals. The Szopo sisters should go 1-2 in every diving competition, possibly through districts, while sophomore Amber Saint Clair was a huge surprise last season and looks to continue her quest for gold.

William Tennent

Coach: Lisa Forlini (22nd year)

Last year: 7-5 (3-3 SOL National)

Key performers: Sr. Shannon Connors (freestyle); Sr. Bridget Dooling (backstroke, freestyle); Sr. Staci Schaffing (butterfly, freestyle); Jr. BJ Clune (butterfly, individual medley, freestyle); Jr. Deanna Battis (freestyle, individual medley); Jr. Sarah Alps (breaststroke, individual medley); Sr. McKenzie Merrick (diving); Jr. Amanda Crawford (diving); Fr. Shannon Batiss (freestyle, backstroke); Fr. Karlie Brasch (backstroke, freestyle); Fr. Kendal Brasch (freestyle); Fr. Madi Crogna (breaststroke).

The season: The Panthers have been working hard to improve to build the kind of quality depth that will be important to the team's chances in the SOL National. If the girls can hit their stride in December with multiple individuals meeting district qualifying time, the rest of the season could be an enjoyable ride to the post-season.

—Bill Keen

Boys Swimming Preview



William Tennent senior Connor Forlini was the SOL National Conference champion in the 200 individual medley and 500 freestyle last year.

5 TEAMS TO WATCH

(listed in order of strength)

Germantown Academy: The Patriots fell short of their goal to win the team title at Easterns last spring but that's about the only thing that didn't go their way. They lost some quality seniors, but there is more than enough talent returning to keep the victory train on track.

North Penn: It's a no-brainer picking the Knights to win the SOL Continental, but it will also take a very talented team to defeat them in any dual meet this season. Even with the graduation of several very good seniors, this team might be even better.

Souderton: The roster is loaded with talented swimmers and two of the best divers in the state. Winning dual meets will not be a problem, but the key to the post-season is whether the Indians can find a few hammers to bring in a bucket of team points.

Central Bucks East: The Patriots have a nucleus of individuals who have faced the pressure of districts and some promising newcomers are ready to step up and contribute early. How quickly they do will determine whether East can equal or better last season's record.

Hatboro-Horsham: The Hatters may be deeper in freestyle and the breaststroke than any team in the area. While that bodes well for the 200 and 400 free relays, individuals have to step up to score points in the other strokes for the team to come close to last season's regular season record.

5 MEETS TO WATCH

(listed in chronological order)

Malvern Prep at Germantown Academy Dec. 14, 3:45 p.m.
Prep is the only team in the Inter-Ac with a legitimate chance to beat the Patriots. An early season blue-chipper.

Pennsbury at Central Bucks East Jan. 20, 3:45 p.m.
SOL National meets SOL Continental in a meet that will give competitors a chance to see how they stack up against a different league.

Souderton at Upper Dublin Jan. 27, 7 p.m.
The fact this one is at night is an indication of how important it is to each school. A great one to mark on your calendar.

Lansdale Catholic at Upper Moreland Feb. 3, 3:30 p.m.
Neither team is favored in its respective league but this duel between two evenly matched AA schools is one to watch.

North Penn at Emmaus Feb. 14, 4 p.m.
Don't let the fact it is Valentine's Day fool you. There is no love lost between these bitter rivals, especially after the Knights won last season's thriller.

5 SWIMMERS TO WATCH

(listed in alphabetical order)

Jason Deana, North Penn: Won the 50 and 100 free at the SOL Continentals and the 50 at districts. His disappointing trip to states, 21st in the 50, 12th in the 100, is why he has been working extra hard in the off-season.

Ian Forlini, William Tennent: Just a freshman last season, he had a sensational district meet and won the title. He went on to finish fifth at states; with three more years ahead of him he could be a multiple gold medalist before he's through.

Arthur Frayler, Germantown Academy: There's no telling how good he could be. Won the 200 and 500 at Easterns and in October, won the Pan Am Games gold in the 1500 meters and missed gold by 0.03 in the 10 K open ocean swim.

Ozzie Moyer, Souderton: Many were stunned when he finished second at districts, but he redeemed himself at states and finished fourth for the second year in a row. This is his final season and he won't be content with anything less than gold across the board.

Riley Weber, Central Bucks East: He may be the area's best freestyler never to win an individual gold at districts. Third in the 50, fourth in the 100 last season, finished eighth and 10th, respectively, at states. Has accepted an appointment to the US Naval Academy.

Weber

Continued from Page C1

"Having him to compete against at league and championship meets definitely motivates me," said Weber, whose best finish individually at states was a fifth place in the 100 free as a sophomore. "Jason pushes me to my limits to work as hard as I can so when I meet him in the pool next time, I'll know I put forth as much effort as I can."

East head coach Ed Walsh recognized Weber's leadership qualities as a freshman.

"He's always had an air of maturity about him," said Walsh, who wasn't sure what he was getting in Weber. "You don't really know how a young man is at that point until you get to know him a little bit. Riley was a very pleasant surprise because he lived

up to his billing."

Despite the near miss in the 50 last March, Walsh feels the 100 offers Weber his best shot at individual gold.

"He's quick, he's fast," the coach said. "He's a 21 flat start individually, he tells you that, but he split a 20.3 last year on the (200 free) relay which was, I think, the third fastest split at states."

As for Weber, he doesn't worry about the responsibility that goes with being the top sprint freestyler on a team known for having some of the region's best in the sprint events.

"I just want to focus on always working hard, always staying positive, always motivating the people around me," he said. "I worry about, not necessarily the pressure, but just the whole atmosphere of swimming, the sport in itself and the entire team. That's the thing that drives me."

Bill Keen: 215-345-3185; e-mail bkeen@phillyburbs.com

SECOND SHOT



INTELLIGENCER FILE PHOTO

North Penn's Jason Deana will get another shot this season, after a disappointing trip to states last season. He's been working extra hard in the offseason.

BOYS SWIMMING CAPSULES

Abington

Coach: Joe Lennon (eighth year)

Last year: 7-5 (2-4 SOL National)

Key performers: Sr. Tom Gerrity (distance free); Sr. Alexi Dubrunfaut (freestyle, individual medley); Jr. Liam Sweeney (backstroke, individual medley); Jr. Dakota Korn (individual medley, butterfly); Jr. Juan Munoz (sprint free, individual medley); So. Artem Peshenko (breaststroke, freestyle)

The season: The Ghosts lost only one individual from the group that advanced to districts, which means this year's team is a lot better off than the one that began last season. There isn't one "hammer" to score points each meet, but superior depth should take care of that. Competing in the SOL National, the goal is to qualify as many individuals as possible for the district meet.

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: 1-9 (1-6 PCL)

Key performers: Sr. Chris Conway (freestyle, backstroke); Fr. Reid Henzel (utility); Jr. Chris Atras (distance free)

The season: Eight seniors graduated from the team that struggled in dual meets but won the AA team title in the District 12 meet. This season's lineup is young and in many cases inexperienced. The Vikings should again in the regular season while as many individuals as possible try to top district qualifying standards.

Central Bucks East

Coach: Ed Walsh (30th year)

Last year: 8-3 (fourth SOL Continental)

Key performers: Sr. Clay Clemens (freestyle, breaststroke, individual medley); Sr. Ty Kooser (freestyle, breaststroke, individual medley); Sr. Riley Weber (sprint free); Jr. Alex Butler (freestyle, butterfly, individual medley); Jr. Kevin Jongeneel (butterfly, freestyle); Jr. Pat Zalesky

(freestyle, backstroke); Fr. Zach Colleston (freestyle); Fr. Evan Villafranca (freestyle, butterfly)

The season: A talented core of swimmers with district experience leads the Patriots into the SOL Continental Conference season. The problem will be replacing the team points lost when Kevin Magee and Kerry Thompson graduated. Another strong team record depends on how quickly individuals are found to fill the gap.

Central Bucks South

Coach: Jeff Lake (eighth year)

Last year: 8-4 (fifth SOL Continental)

Key performers: Sr. Ian Scullion (freestyle); Sr. Alex Sicilia (backstroke); Sr. CJ Gimple (diving); Jr. Ryan Troy (individual medley); So. Patrick Brogan (distance free)

The season: The loss of several key point scorers to graduation means this year's team needs to find individuals to step up and fill the gap. However there is help on the way in nine freshmen who joined the program, several with the kind of talent to fill the bill. Bettering last season's record could be tough but the Titans will be well represented at districts.

Central Bucks West

Coach: Rich Reshetar (fifth year)

Last year: 4-11 (sixth SOL Continental)

Key performers: Sr. Mike Chen (freestyle, butterfly); Sr. Sam Byers (freestyle, backstroke); So. Pat Blaser (freestyle, breaststroke)

The season: Depth will be a problem on a roster that is as green as Kermit. The Bucks will struggle in the league unless members of this season's freshman class can make immediate contributions. That said, there is enough veteran talent to show the newcomers the ropes as all of them try to meet district qualifying standards.

Germantown Academy

Coach: Richard Shoulberg (44th year)

Last year: 10-0 (Inter-Ac champions, second at Easterns)

Key performers: Sr. Arthur Frayler (utility); Sr. Bryan Draganosky (distance free, breaststroke); Sr. Nelson Glendinning (sprint free); Sr. Adam Sjolholm (freestyle); Sr. Justin Tang (individual medley, butterfly); Sr. Carl Dowziky (individual medley, backstroke); Fr. Alex Lebed (utility)

The season: Start with Pan Am Games gold medalist Arthur Frayler and fellow Olympic Trials qualifier Bryan Draganosky and the top of the Patriots roster is as talented as any scholastic team in the nation. If there is a weakness starting the season it's depth but GA should still top the Inter-Ac and again contend for the team title at Easterns.

Hatboro-Horsham

Coach: Kip Emig (sixth year)

Last year: 10-3 (third SOL Continental)

Key performers: Sr. Tim Janyszek (breaststroke); Sr. Duane Adler (butterfly); Sr. Chris Giorno (breaststroke); Sr. John Nellett (freestyle); Sr. Chris Moore (backstroke, butterfly)

The season: There were a lot of surprised people outside the Hatboro-Horsham School District who were surprised when the Hatters had the kind of season they did last year. Several extremely talented seniors graduated but this season's roster is the largest in school history, so don't be surprised if this season's team has another very good year.

Lansdale Catholic

Coach: Bob Birnbauer (17th year)

Last year: 2-7 (second District 12 AA)

Key Performers: So. Dylan Yurasits (diving); Sr. Nick Augustine (sprint free, distance free); So. Dana Khoa

Tran (Breaststroke, individual medley); So. Conor McCann (freestyle)

The season: When it comes to dual meets the Crusaders should again find victories hard to come by. While the team is small in number, each one of the individuals on the roster has been working hard to maximize the chances that most if not all of them will qualify for the District 12 championship meet.

North Penn

Coach: Bryan Daly (seventh year)

Last year: 11-0 (SOL Continental champion)

Key performers: Sr. Jason Deana (sprint free); Sr. Kevin Dunigan (individual medley, butterfly); Sr. Patrick Dunigan (distance free, individual medley, breaststroke); Jr. Brandon Anders (sprint free, backstroke); Jr. Jack Morris (freestyle, butterfly); Jon Krail (breaststroke, freestyle); Geoffroy Gagnon (diving)

The season: Evaluating North Penn's chances of winning the SOL Continental title is a lot like predicting whether the sun will rise in the east tomorrow morning. Lately the Knights' chances of winning the district title have been a little iffy, but given the talent on this season's roster you can probably count on that happening as well.

Pennridge

Coach: Ryan Griffiths (sixth year)

Last year: 3-9 (seventh SOL Continental)

Key performers: Jr. David Zurmuhl (sprint free, backstroke); Jr. Jon Spear (distance freestyle, backstroke); Sr. Chris Bashaar (individual medley, butterfly)

The season: When you join the Rams' program you have to be realistic about your chances of winning the league title. That's why the focus has been on having as many individuals as possible qualify for districts where a spot high in the team standings is not out of reach. With only two

seniors lost to graduation, this is a veteran-studded team intent on winning together.

Quakertown

Coach: Wendy Yons (fourth year)

Last year: 0-7

Key performers: Jr. George Claghorn (distance free, breaststroke)

The season: The lack of warm bodies has reached crisis proportions for the Panthers. With an extremely small roster there is only one thing to shoot for and that's qualifying for the district tournament. Knowing that from the start of the preseason has given each member of the squad reason to work hard in practice and that in itself is a positive sign.

Souderton

Coach: Todd Bauer (sixth year)

Last year: 11-3 (5-2 SOL Continental)

Key performers: Sr. Ozzie Moyer (diving); Sr. Tyler Wenzel (diving); Sr. Elliott Miller (freestyle, backstroke); Sr. Michael Hay (sprint free); Sr. Alex Paparella (breaststroke, freestyle)

The season: This will be the deepest team head coach Todd Bauer has had since taking over the program. While that's one of the strengths, indications are it is very much a dual meet team as opposed to a tournament team. That's why the focus will be working hard to drop times to present the strongest possible team for the league and district championships.

Upper Moreland

Coach: Melanie Rowland (fourth year)

Last year: 2-7 (0-6 SOL American)

Key performers: Jr. Alex Pronzato (backstroke, freestyle); Jr. Petro Sokirny (sprint free); So. Kane Nelson (butterfly); Sr. Jordan Matlaga (freestyle); So. Mike Freeman (freestyle, backstroke)

The season: There will be times this season when the Golden Bears will have to struggle to fill all their blocks

in dual meets. However there is a lot of talent on a roster that is short on numbers but deep on determination to qualify as many individuals and relays as possible for districts and, hopefully, for states.

William Tennent

Coach: Lisa Forlini (19th year)

Last year: 8-4 (3-3 SOL National)

Key performers: Sr. Ryan Coyle (diving); Sr. Connor Forlini (utility); Jr. Dylan Cooper (freestyle, backstroke, butterfly); Jr. Andrew Richey (freestyle, backstroke); So. Ian Forlini (diving, breaststroke, butterfly); So. Ryan Leneghan (butterfly, freestyle, individual medley); Fr. Brennan Bastian (freestyle, breaststroke).

The season: On paper, a bigger roster numbers-wise from a year ago is a positive sign, but nine of them are newcomers and many have never faced the pressure they'll see in the SOL National. Still there is a wealth of talent at the top of the lineup so look for the Panthers to have a strong presence at districts.

- Bill Keen

TUES. NITE

Trivia Night
9:30
...Great Prizes!

\$2 OFF PITCHERS
THANKSGIVING DINNER
\$8.99

100% ANGUS BURGERS
GREAT WRAPS

NEW BRITAIN INN
Rt. 202, New Britain
215-348-1968

GIRLS SWIMMING PREVIEW



5 SWIMMERS TO WATCH

(listed in alphabetical order)

BJ Clune, William Tennent: Expect this junior to make a splash for the Panthers this season, their first without three-time Courier Times Swimmer of the Year Melanie Busch. Last season, Clune swam the butterfly leg of Tennent's SOL National Conference champion 200-yard medley relay, was on the second place 400 freestyle relay, took third in the 100 butterfly and was fourth in the 200 individual medley. She went to districts in those events last year and is looking for this year to be her breakout season.

Kristina Congdon, Pennsbury: After two years of being in the hunt, Congdon won the SOL National Conference diving title last year. She made it to the finals at the District One Class AAA meet and should move up in the standings this year.

Tommy Dillione, Council Rock North: Dillione, a sophomore, was the SOL National Conference champion in both the 200-yard individual medley and 100 butterfly and was on the winning 200 and 400 freestyle relays. She was second in the 100 freestyle and fifth in the butterfly at the District One Class AAA meet. She made the consolation heat at the PIAA championships in both events and is poised to stand on the state podium in an individual event this year.

Madison Meyer, Council Rock North: The senior distance freestyler won both the 200- and 500-yard freestyle events at the SOL National Conference championships last season. She took third at the District One Class AAA meet in the 500 freestyle and fourth in the 200 free, and made the consolation final at the PIAA championships in both events. She is pointed toward a state medal in an individual event this year. She will swim at Southern Methodist University next season.

Shannon McHenry, Pennsbury: A senior, McHenry competed at the District One Class AAA meet in the 100 and 200 freestyles and led off both the 200 and 400 freestyle relays at the meet. She was second in the 100 free at the SOL National Conference championships and eighth in the 50 free, where she also anchored the second-place 200 medley relay and led off the third-place 400 free relay. Her versatility is her best asset.

5 TEAMS TO WATCH

(listed in order of strength)

Council Rock North
After going undefeated in dual meets two years in a row, the Indians opened up the 2010-11 campaign with a loss, then reeled off seven consecutive wins. They suffered some losses to graduation but have a large group to work with and a lot of talent. They are the team to beat in the Suburban One League National Conference once again this year.

Pennsbury
The Falcons have a good group to work with as they try to move up from second place in the SOL National Conference. Look for them to be solid and competitive this year.

Council Rock South
The Golden Hawks are interesting this year. They have a solid core of returning athletes complemented by a good group of newcomers. If things go well for them, they could be a threat in the SOL National Conference.

William Tennent
The Panthers face the future without eight-time state medal-winner Melanie Busch, but life will go on without her. This is the time for some of the younger athletes to step up and shine. If they do that, then Tennent will be competitive.

Archbishop Wood
The Vikings finished second in the Philadelphia Catholic League but won the District 12 Class AA team competition last season, their first year as a Class AA team. Despite losing two state qualifying swimmers to graduation, coach Charlie Stillwell has a nice core to build on, and Wood should be competitive in the league and district again this season.

5 MEETS TO WATCH

(listed in chronological order)

CR South at William Tennent Jan. 4, 3:30 p.m.
Both teams should come back from the holiday break ready for action. This is a key SOL National Conference meet for both teams as they each attempt to move up in the standings.

Pennsbury at CR North Jan. 17, 3:30 p.m.
This meet features the 2010-11 Suburban One League National Conference champion Indians against the runner-up Falcons. CR North has won the last four meetings between the two, with Pennsbury's last win over the Indians coming in the 2006-07 season.

Archbishop Ryan at Archbishop Wood Jan. 18, 6 p.m.

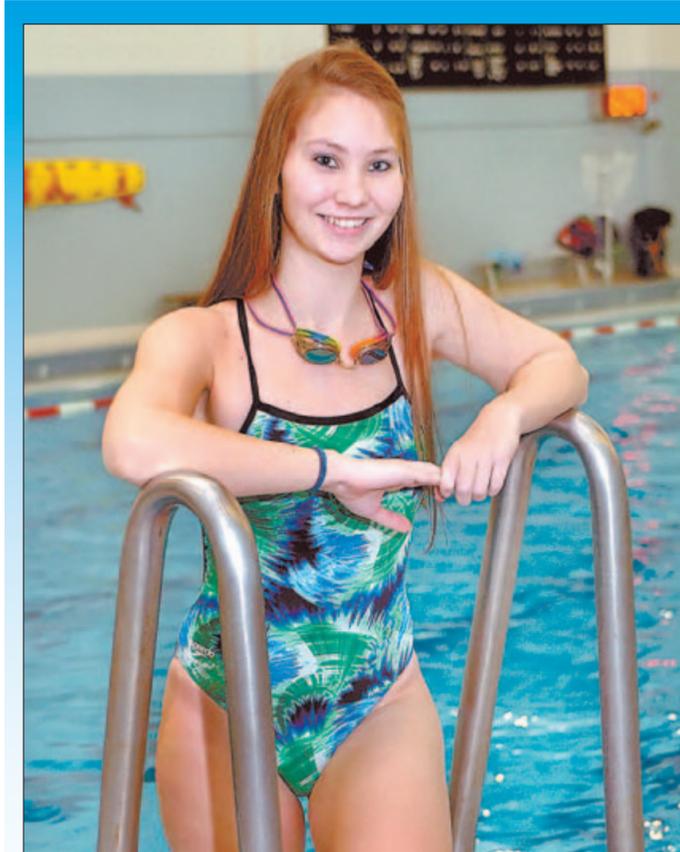
Last year, Wood defeated the Ragdolls in the dual-meet season, but Ryan won the Philadelphia Catholic League title. The two each won a District 12 team title last season, with Ryan taking Class AAA and Wood winning Class AA. These two have dominated the PCL in the recent past, so this meet is significant.

Neshaminy at William Tennent Jan. 24, 3:30 p.m.

This meet has evolved into a friendly rivalry that benefits both teams. They have a tendency to swim well against each other, so some good times always come from this meeting.

CR North at CR South Feb. 7, 3:30 p.m.

This annual clash between district rivals is the Suburban One League National Conference finale for both teams. This will be the 10th meeting since CR South opened in the fall of 2002, and CR North leads the series, 9-0.



William Tennent's BJ Clune swam the butterfly leg of Tennent's SOL National Conference champion 200-yard medley relay last year. Clune is looking to lead the Panthers this season.

ART GENTILE
STAFF PHOTOGRAPHER

Clune

Continued from Page C1

"For me, I don't want to get ahead of myself shooting for the stars, but if I work really hard, I think I can do it," she said. "I realize I'll be a long shot this year, but I think if I keep working, then that may be a realistic goal for next year for me."

Clune will feel the spotlight more this season, the first the Panthers will be without eight-time state medal winner Melanie Busch.

"Mel got a lot of attention

and it was deserved," Clune said. "She's just the sweetest person and everyone loves her, so if anyone could handle it, it was her. We became really good friends."

"It's definitely on everyone's minds that we don't have those sure wins all the time anymore, but we've been preparing to go on without her."

"I guess you can't tell what's going to happen until the first meet, but we're definitely not the same team without her. But I think we still have the potential to be good."

"I know I have to take on

more of a leadership role on the team, and I'll do my best."

Tennent coach Lisa Forlini appreciates having Clune on the team.

"BJ is a coach's dream athlete," she said. "She is intelligent, able to verbalize, make corrections and work through difficulties."

"Over the last few years, she has changed her eating habits and training habits and has become mentally stronger with the goal of improving each year to be the best she can be."

Karen Sanjillo, 215-345-3070; email, ksanjillo@phillyburbs.com

COURIER TIMES GIRLS SWIMMING CAPSULES

ARCHBISHOP WOOD

Coach: Charlie Stillwell (15th year)

Last year: 9-2 (6-0 PCL)

Key performers: Sr. Bridget McGrath (breaststroke, sprint freestyle); Sr. Orla Cole (backstroke, freestyle); Sr. Alexandra Fitzgerald (sprint freestyle, backstroke); So. Hanna Cochran (all strokes); Sr. Kristina Halner (distance freestyle); Fr. Dominique DiRienzo (diving); So. Claire Cochran (all strokes); Jr. Jennifer McGrath (butterfly); Sr. Haley Henzel (freestyle, backstroke).

The season: The loss of nine seniors and two top swimmers (Taylor Kane and Grace Cochran) will make the team weaker in some races for top finishes. They still have a large team with experienced swimmers who will be very competitive. Many new faces will be given the chance to step up and compete for open slots throughout the year. "Our goal this year is to compete for a PCL championship and to win the District 12 championship," Stillwell said.

BENSALEM

Coach: Bridget Kim (2nd year)

Last year: 0-8 (0-6 SOL National)

Key performers: Sr. Meg Gilbert (breaststroke); Jr. Kelly Blumenstock (butterfly, backstroke); Jr. Sierra Fowler (freestyle, backstroke); Sr. Jess Jenkins (backstroke, freestyle); Jr. Eva Chau (butterfly, IM); Sr. Corrine Merk (freestyle).

The season: The swimmers are working hard and are anxious to drop some times this season. The team is led by captains Meg Gilbert, Jess Jenkins and Corrine Merk.

COUNCIL ROCK NORTH

Coach: Ted Schueller (6th year)

Last year: 8-1 (6-0 SOL National, champions)

Key performers: Sr. Rachel Dalafave (freestyle, backstroke); Sr. Julia Demarest (breaststroke, freestyle); Sr. Rae Claire Embree (sprint freestyle, breaststroke); Sr. Mikaela Gribbin (diving); Sr. Kayley Heller (freestyle); Sr. Madison Meyer (distance freestyle, IM, butterfly); Jr. Olivia Alborn (backstroke, freestyle, IM); Jr. Katharine Craig (diving); Jr. Nicolette Kothe (distance freestyle, butterfly, IM); Jr. Casey Krutainis (sprint freestyle, breaststroke); Jr. Samantha Park (backstroke, IM, freestyle); So. Grace Berichon (diving); So. Melinda Birky (all strokes); So. Tommy Dillione (sprint freestyle, butterfly, IM); So. Becca Samson (backstroke, IM, sprints); So. Shirley Samson (breaststroke, IM, butterfly).

The season: The Indians will need to fill some holes in the lineup as some key swimmers graduated. However, they should have a solid team again this year as they strive for their fourth consecutive league title. "Our No. 1 goal is for everyone to improve and, if we do that, we'll improve as a team," Schueller said.

COUNCIL ROCK SOUTH

Coach: Ken Brask (2nd year)

Last year: 3-7 (3-3 SOL National)

Key performers: Sr. Jane Gringolts (all strokes); Sr. Lauren Shevchek (butterfly, freestyle); So. Haley Cichon-ski (diving); Fr. Sydney McNamee (backstroke); Fr. Faye Melekos (all strokes).

The season: The program has a strong core of returning swimmers both in terms of speed and excellent leadership from upperclassmen. They have also gained

strength from all of the new swimmers. "Our prospects for the season look great. This will be an exciting year for the team," Brask said.

GEORGE SCHOOL

Coach: Jonathan Faikish (4th year)

Last year: 7-4 (5-1 Friends League)

Key performers: So. Ali Sacchi (all strokes); So. Chesa Sacchi (all strokes); Fr. Natasja Lessiohadji (all strokes); Jr. Kate Carr (all strokes); Sr. Haley Castle-Miller (breaststroke, IM); Sr. Sean Laracy (freestyle, breaststroke).

The season: The Cougars have a great group this year and expectations are high. "We had a wonderful season last year with everything going almost perfectly to plan," Faikish said. "The team is hungry for another strong showing this season." They have a strong group of leaders that help push and encourage the newer and less veteran swimmers.

NESHAMINY

Coach: Brian Suter (15th year)

Last year: 5-4 (3-3 SOL National)

Key performers: Sr. Rebecca Davis (freestyle); Sr. Cynthia Holderer (freestyle); Jr. Natalie Caruso (freestyle, breaststroke); Jr. Celenia Rios (freestyle); Jr. Danielle Robinson (breaststroke); So. Anna Solyarik (backstroke).

The season: With half the team new to swimming, the girls have a lot of hard work ahead of them. They are showing that they are willing to take on the challenge. This will be a building year for the program.

PENNSBURY

Coach: John Wilson (18th year)

Last year: 5-2 (5-1 SOL National)

Key performers: Sr. Hannah Bullard (IM, breaststroke); Jr. Kristina Congdon (diving); So. Alex Costello (diving); Fr. Natalie Delworth (all strokes); So. Breanna Hughes (freestyle, backstroke); Sr. Anna Lupinacci (backstroke); Sr. Shannon McHenry (all strokes); So. Bridget Perdoch (breaststroke, freestyle); Jr. Hannah Papazian (distance freestyle); Fr. Naomi Polster (all strokes); Jr. Stephanie Radzinski (all strokes); Sr. Alek Wells (sprint freestyle); Jr. Erin Wisner (all strokes).

The season: Led by captains Bullard, Lupinacci, McHenry and Wells, the Falcons are ready to fly this year. They have a number of swimmers and divers who could post serious points at the championship level.

WILLIAM TENNENT

Coach: Lisa Forlini (22nd year)

Last year: 7-5 (3-3 SOL National)

Key performers: Sr. Shannon Connors (freestyle); Sr. Bridget Dooling (backstroke, freestyle); Sr. Staci Schaf-fling (butterfly, freestyle); Jr. BJ Clune (butterfly, IM, freestyle); Jr. Deanna Battis (freestyle, IM); Jr. Sarah Alps (breaststroke, IM); Sr. McKenzie Merrick (diving); Jr. Amanda Crawford (diving); Fr. Shannon Battis (freestyle, backstroke); Fr. Karlie Brasch (backstroke, freestyle); Fr. Kendal Brasch (freestyle); Fr. Madi Crognale (breaststroke).

The season: The girls have been working hard to improve, and depth will be an important factor. "As our depth improves, we will be a better team," Forlini said. "All of our athletes will be as important as ever this season. We're excited to see how far we can go."

- Karen Sanjillo

Celebrate baby's holiday!

Whether you celebrate Christmas, Hannukah or Kwanzaa you'll want to include your baby's photo on this special holiday page. Call today for more details.

Published: Sunday, Dec. 18th

Deadline: Wednesday, Dec. 14th

Only \$14⁹⁹

Your full color 1 col. x 2" ad includes baby's photo & message.



Dearest Joey,
The entire family is looking forward to celebrating our 1st Christmas with you. You're the best present ever!
All our Love, Mommy & Daddy

Billing Name _____
Billing Address _____
City _____ State _____ Zip _____
Billing Phone _____
Daytime Phone _____
Email _____
Which Newspaper: Bucks County Courier Times
 The Intelligencer Burlington County Times
Credit Card: Visa Mastercard Am. Exp. Discover
Card # _____ Exp. Date _____

Message: _____

You may also send a check or money order to: Attn. Baby's First Holiday, 145 Easton Rd., Horsham, PA 19044. Make checks payable to Greater Philadelphia Media. Include a self addressed stamped envelope to have your photo returned.

Courier Times The Intelligencer
Burlington County Times

To place an ad call your Classified Rep at 866-938-3010

Boys SWIMMING PREVIEW



5 TEAMS TO WATCH

(listed in order of strength)

Council Rock North

The Indians won the conference last year for the first time since 1992, coach Brian Johnson's senior year. They have a nice group of returning swimmers and are poised to repeat as league champions.

Pennsbury

The Falcons have a good combination of returning swimmers and newcomers. They lost some talent to graduation, but the new people should fill the gaps, so Pennsbury will be in the thick of things as usual.

William Tennent

The Panthers have a lot of returning talent and should be in good shape this year. Tennent is always competitive, and this year should be no different. The Panthers have good numbers, so depth should be an asset.

Neshaminy

The Redskins are very interesting this year. They have the largest group of swimmers they've had in years and have the potential to make some noise in the SOL National Conference. A lot of new talent should help.

Council Rock South

The Golden Hawks have a nice group of returning swimmers and should be competitive. Just how much remains to be seen, but they have a lot of depth, which will help them score points.

5 MEETS TO WATCH

(listed in chronological order)

Pennsbury at William Tennent Dec. 20, 3:30 p.m.

This pre-holiday meet should be a good barometer for the SOL National Conference for both teams. Some good swims here will set the tone for the season.

Council Rock South at Neshaminy Jan. 10, 3:30 p.m.

Both teams are looking to move up in the SOL National Conference standings, so this is a must-win for both squads. It should be a competitive meet and provide some interesting races.

Pennsbury at Council Rock North Jan. 17, 3:30 p.m.

This is always a competitive meet, and typically the winner is in the driver's seat in the race for the SOL National Conference title. CR North won it last year en route to the SOL National crown.

Neshaminy at William Tennent Jan. 24, 3:30 p.m.

The two began this annual rivalry prior to Tennent joining the SOL National Conference because of friendships between the teams. They are now league foes, but the closeness has endured, making this meet to which both look forward.

CR North at CR South Feb. 4, 3:30 p.m.

This is the final meet of the Suburban One League National Conference season for both teams, as well as an intra-district rivalry. CR North leads the series, 8-1, with CR South winning in the 2005-06 season.

5 SWIMMERS TO WATCH

(listed in alphabetical order)

Connor Forlini William Tennent

The senior was the SOL National Conference champion in the 200 individual medley and 500 freestyle last year. At the District One Class AAA meet, he was second in the 500 freestyle and 10th in the 200 freestyle, and capped off his season at the PIAA championships by making the consolation finals in both events, taking 13th in the 500 and 15th in the 200. He is poised for a standout final high school season.

Ian Forlini William Tennent

Forlini made a splash last season as a freshman, taking first in diving in the SOL National Conference and winning the District One Class AAA championship in that event. He was fifth at the PIAA meet and has qualified for the 2012 US Olympic team diving trials, slated for June 17-24. Look for him to continue to improve in his sophomore year.

Steven Keashon Neshaminy

A sophomore, he competed at the District One Class AAA meet in the 500 freestyle and 100 breaststroke. He was fourth in the breaststroke and sixth in the 200 individual medley at the Suburban One League National Conference meet last season. Neshaminy coach Brian Suter will count on Keashon to help lead the team as they Redskins try to make a push upward in the standings.

Alex Naglich Pennsbury

Naglich has returned to the Falcons for his senior year after taking a season off to focus on long-distance swimming. He was a state qualifier in the 500 freestyle as a sophomore. He will provide a real boost for Pennsbury this year and will continue his swim career at Kentucky.

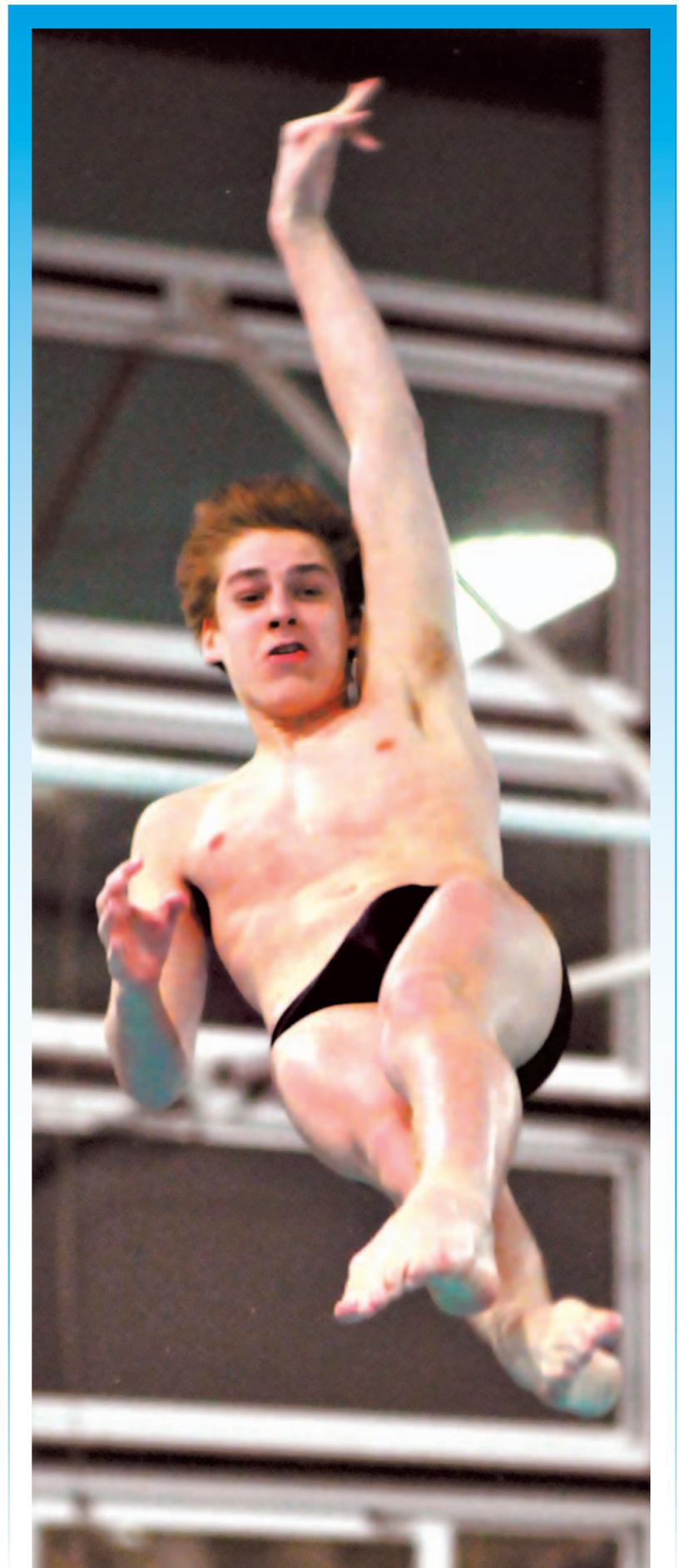
Jimmy Newman Council Rock North

Last year Newman was second in the 500 freestyle and third in the 200 freestyle at the Suburban One League National Conference meet. He took fifth in the 500 at the District One Class AAA meet and was 30th in the 500 freestyle at last year's PIAA Class AAA championships. Look for him to have a strong senior year.



COURIER TIMES FILE PHOTO

William Tennent senior Connor Forlini was the SOL National Conference champion in the 200 individual medley and 500 freestyle last year. He also placed second in the 500 freestyle and 10th in the 200 freestyle at the District One Class AAA meet.



INTELLIGENCER FILE PHOTO

Last season as a freshman, Tennent's Ian Forlini took first in diving in the SOL National Conference and won the District One Class AAA championship in that event. He has also qualified for the 2012 US Olympic team diving trials, slated for June 17-24.

Keashon

Continued from Page C1

basketball in addition to swimming. "I'd always played basketball and swam but, unfortunately, they're in the same season, and last year was really hard because it took up so much time," he said. "It was tough to let go of basketball but, when I compared my feelings on both sports, it wasn't a difficult decision.

"If I want to go to states, then I need to stick to swimming. Sometimes you need to make choices and when it came down to it for me, this one was pretty clear cut."

Last season at the Suburban One League National Conference

championships, he took fourth in the 100-yard breaststroke and sixth in the 200 individual medley. He was 23rd at the District One Class AAA meet in the 500 freestyle and also qualified in the 100 breaststroke.

"This year I hope to make it to states," he said. "I'd also like to break the school record in the 50 free, which is a 22.4 (seconds), so I feel that's attainable for me.

"I like swimming the 50 but, actually, I prefer the 500. The 50 is a short race; with the 500 you have room for mistakes but you don't have that in the 50.

"I think maybe the 500 is a possibility for me to qualify for states and I think our 200 free relay has a shot this year."

He is hoping to swim in college and has his eye on Princeton.

Suter is looking for good things from Keashon.

"I have always believed that he has tremendous potential to succeed in swimming," Suter said. "As a ninth-grader, he flowed through the typical transition from an age group program to a high school team rather well.

"Steven has set his bar higher this year which is evident by his high school season preparation. Over the past couple weeks I have seen him elevate his performance at practice while encouraging others on his team to do the same.

"His developing leadership qualities, along with his tenacious efforts at practice, should make for an exciting sophomore year for him."

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

BOYS SWIMMING CAPSULES

ARCHBISHOP WOOD

Coach: Charlie Stillwell (15th year)
Last year: 1-9 (1-6 PCL)

Key performers: Sr. Chris Conway (freestyle, backstroke); Fr. Reid Henzel (all strokes); Jr. Chris Atlas (distance freestyle).

The season: With the loss of eight seniors from last year's District 12 Class AA championship team, this year's team will be very young and inexperienced. Most of the meets will be team building and learning experiences, with the team getting stronger as the season progresses. "Our goal this year is to be competitive throughout the season and build during the year to be prepared for a second District 12 championship," Stillwell said.

BENSALEM

Coach: Bridget Regan (2nd year)
Last year: 1-7 (0-6 SOL National)

Key performers: So. Matt McDonald (freestyle); Jr. Ricky Yang (freestyle, butterfly); Jr. Tarlan Mirzazada (breaststroke, IM); Sr. Steve Sklarow (breaststroke, freestyle); Sr. Mike Walsh (freestyle, breaststroke).

The season: The swimmers are focused and determined, and there are many new faces on the deck, which is a positive. Led by team captains Sklarow and Walsh, they are anticipating a solid season.

COUNCIL ROCK NORTH

Coach: Brian Johnson (16th year)
Last year: 8-2 (6-0 SOL National, champions)

Key performers: Sr. James Bove (freestyle); Sr. Ryan Cafiero (freestyle); Sr. Connor Mitchell (freestyle); Sr. Jimmy Mitchell (distance freestyle); Sr. Jake Rosser (freestyle); Sr. Ben Rubin (freestyle); Sr. Frank Venus (freestyle); Jr. Geoff Boodey (freestyle); Jr. Paul Caldwell (freestyle); Jr. Matt Micciolo (breaststroke); Jr. James Miller (breaststroke); Jr. Steve Sekula (freestyle); Jr. Alex Wang (freestyle); So. Joe Lynch (backstroke); So. Brandon McCredie (freestyle, butterfly); So. Ryan Mitchell (freestyle); So. Alex Rakestraw (freestyle); So. Larry Thurber (freestyle); Jr. Alec Hofberg (diving); Fr. Matt Aronson (diving); Fr. Jake Goroshko (backstroke); Fr. Grant Thorburn (breaststroke); Fr. Will Wei (freestyle).

The season: The team has worked hard preparing for the upcoming meets and is excited for the season. This year's team has 18 returning swimmers and four new swimmers and two divers. They are looking to compete in the SOL National and District One meets this year and hope to send a larger contingent to the state championships.

COUNCIL ROCK SOUTH

Coach: Steve Janeski (8th year)
Last year: 5-3-1 (3-3 SOL National)

Key performers: Jr. Jake Sweed (IM, back, sprint freestyle); Jr. David Rue (butterfly, IM, backstroke); Jr. Tim Harman (distance freestyle, IM, breaststroke); So. Ray Ferki (distance freestyle, IM, backstroke); Fr. Harry Hall (IM, butterfly, freestyle); Jr. Nick Beerbower (sprint freestyle); Jr. Sam Stein (breaststroke, sprint freestyle); Jr. Eddie Bagdon (distance freestyle, backstroke); Jr. Bobby Currey (distance freestyle, backstroke); Sr. Vlad Paley (breaststroke, sprint freestyle); Sr. John Farrell (sprint freestyle); Jr. Mike Weiss (butterfly, breaststroke); So. Mike Rituper (IM, butterfly, breaststroke); Fr. Sam Teplov (breaststroke, IM, sprint freestyle); Jr. Zach Jones (butterfly, backstroke); Fr. David Spivey (butterfly, breaststroke, IM); Jr. Corey Giampietro (sprint freestyle); Fr. Connor Grant (diving, sprint freestyle); So. Ryan Carlin (diving, butterfly); So. Chris Oriente (sprint freestyle, backstroke); Jr. JP Relvas (sprint freestyle).

The season: The coaches have seen a great work ethic and true team mentality, and that is what it will take to be successful this year. "We have a lot of great, young talent on the team," Janeski said. "We are really looking forward to this season."

GEORGE SCHOOL

Coach: Jonathan Faikish (4th year)
Last year: 7-4 (5-1 Friends League)

Key performers: So. Grant Loesch (all strokes); Sr. Keenan Halpin (sprint freestyle); Sr. Bryan Silverman (all strokes); Fr. Fritz Hillegas (all strokes); Jr. Nick Gonzalez (freestyle).

The season: The Cougars had a great season last year and are hungry for another strong showing. Loesch, who won the 100 backstroke and took second in the 200 individual medley at the Friends League championships, set a school record last year in the 200-meter individual medley, the first record to change hands in five years for the program, and is poised to take down a number of pool records this season.

HOLY GHOST PREP

Co-coaches: Sheree Marsh (5th year), Ed Roussel (5th year)

Last year: 7-6-1 (independent)

Key performers: Sr. Matt Carr (breaststroke); Sr. Alex Hudock (breaststroke).

The season: This will definitely be a rebuilding year for Holy Ghost Prep. The Firebirds graduated nine from last year's team including Daniel Gossek, the PIAA Class AA champion in both the 50 and 100-yard freestyles, and Joe Esposito, a four-time District One diving champion. Numbers are

low, but spirits are high as the Firebirds work hard and hope for the best.

NESHAMINY

Coach: Brian Suter (9th year)
Last year: 5-5 (2-4 SOL National)

Key performers: Sr. Brad Johnson (butterfly, freestyle); Sr. Jeffrey Junod (breaststroke, freestyle); Sr. Ryan Kaisinger (freestyle, butterfly); Jr. Justin Korenstein (freestyle, butterfly); Jr. Andriy Leshkiv (freestyle); So. Robert Giannini (backstroke, butterfly, freestyle); So. Steven Keashon (freestyle, breaststroke, IM).

The season: With a strong core of senior leadership, a talented underclass and the largest team in recent history, the team is showing tremendous potential. The Redskins are looking forward to a promising season.

PENNSBURY

Coach: John Wilson (17th year)
Last season: 5-2 (5-1 SOL National)

Key performers: Jr. Will Beliveau (diving); Jr. Cole Browndorf (distance freestyle); Jr. Chase Browndorf (distance freestyle); Sr. Daniel Chrzanowski (freestyle); So. Michael Duch (breaststroke); Fr. Nicholas Jeronis (all strokes); Jr. Jimmy Keaton (diving); So. Ben Kriss (breaststroke, freestyle); Fr. Daniel Lawton (freestyle); So. Nick Lucca (butterfly, backstroke, freestyle); So. Max Millan (all strokes); Sr. Alex Naglich (all

strokes, distance freestyle); Sr. Andrew Probst (IM, freestyle); Jr. Brian Roberts (freestyle); Jr. Adam Sokol (backstroke, freestyle); Sr. Travis Venables (sprint freestyle).

The season: The Falcons are poised for a competitive year in the SOL National, which they won in 2008-09 and 2009-10, but were the runner-up in last year. Led by team captains Probst and Venables, this is a nice group of swimmers and divers and should be up for the challenge. Naglich, a state qualifier in the 500 freestyle in 2009, returns to the program after taking a year off to concentrate on long-distance swimming, and should be an asset.

WILLIAM TENNENT

Coach: Lisa Forlini (19th year)
Last season: 8-4 (3-3 SOL National)

Key performers: Sr. Ryan Coyle (diving); Sr. Connor Forlini (all strokes); Jr. Dylan Cooper (freestyle, backstroke, butterfly); Jr. Andrew Richey (freestyle, backstroke); So. Ian Forlini (diving, breaststroke, butterfly); So. Ryan Leneghan (butterfly, freestyle, IM); Fr. Brennan Bastian (freestyle, breaststroke).

The season: The team is larger than last year, with nine newcomers, which is a big plus. However, most of them have never been part of a swim team, so they will improve as the season progresses.

-Karen Sangillo

BoysSwimmingPreviews

Hatboro-Horsham

- Head Coach: Kip Emig (sixth year)
- Last year's record: 10-3
- Notable losses: Rick Sutton (backstroke and distance) and Michael Schaefer (Drexel).
- Key returnees: Tim Janyszek (breaststroke and freestyle) and a large group of seniors.
- Strengths: Team depth, unlike their female counterparts, the Hatters bring 33 swimmers which is the most in Emig's history with the team. The team has a lot of balance as well.
- Question marks: Distant events and the 500 freestyle is the biggest concern for the Hatters.
- Outlook: "We have the chance to be one of the two top teams in the conference," Emig said. "My goal is to get as many kids to the state meet as possible."

Upper Moreland

- Head coach: Melanie Rowland (fourth year)
- Last year's record: 3-10 overall; 1-5 Suburban One American Conference
- Key returnees: Senior - Kyle Platt (diving); Juniors - Alex Pronzato, Petro Sokirny; Sophomore - Kane Nelson, Mike Freeman.
- Others to watch: Senior - Jordan Matlaga.
- Strengths: The boys' team has a very strong bond with each other.
- Question marks: Depth in numbers.
- Outlook: "Our team is small," Rowland said. "The talent is large, though, and I expect a very competitive year, despite the fact that we may not fill the blocks during a dual meet. With most of the team built up of juniors and freshmen, the guys will have to lead the younger guys on the team to

step up and place at meets. We hope to make it to districts and hopefully states."

Archbishop Wood

- Head Coach: Charlie Stillwell (14th season)
- Last Year's Record: 1-9 Overall, 1-6 Philadelphia Catholic League, ninth Place Philadelphia Catholic League, first Place District 12 Class AA
- Key Losses: Kevin McGuckin, individual medley/butterfly; Andrew Gnias, breaststroke/freestyle/butterfly; Ian Mee, individual medley, butterfly.
- Key Returnees: Chris Conway, senior, freestyle/backstroke; Chris Atras, junior, distance freestyle.
- Others to Watch: Reid Henzel, freshman, all strokes; Matt Treadu, junior, backstroke/freestyle; Gus Lawn, sophomore, breaststroke.
- Strengths: Leadership.
- Question Marks: Depth. The Vikings have only 14 swimmers, most of whom have little experience.
- Outlook: "With the loss of eight seniors, this year's team will be very young and inexperienced," Stillwell said via email. "Most of our meets will be team building and meet learning experiences with our team getting stronger as the season progresses. Our goal this year is to be competitive throughout the season and build during the year to be prepared for a second District 12 championship."

William Tennent

- Head Coach: Lisa Forlini (22nd season)
- Last Year's Finish: third in Suburban One National Conference
- Key Losses: Ryan Callahan, utility.

- Key Returnees: Connor Forlini, senior, utility; Dylan Cooper, junior, freestyle/backstroke/butterfly; Andrew Richey, junior, freestyle/backstroke; Ian Forlini, sophomore, diving/breaststroke/butterfly; Ryan Leneghan, sophomore, butterfly/individual medley/freestyle.
- Strengths: Teamwork, Chemistry and Depth.

• Outlook: "I'm just excited about how hard their working, how well they get along and how supportive they are of each other," assistant coach Jamie Forlini said. "I think the chemistry is an important aspect."

Lower Moreland

- Head Coach: Jessica Brown (first season)
- Last Year's Record: 3-10
- Key Losses: David Gockley, freestyle/backstroke.
- Key Returnees: David Tereschenko, senior, freestyle/butterfly; Luke Castor, senior, freestyle; Nick Adcock, senior, freestyle; Markos Mavrakis, senior, breaststroke; Greg Bricker, junior, butterfly; Chase Edwards, sophomore, freestyle.
- Others to Watch: Nolan Ryan, senior; Walter King-Bails, freshman, freestyle; Nick Conte, freshman; Andrew Leonard, freshman, diving.
- Strengths: Experience and Commitment. A lot of these swimmers participate in the sport year round and have done so for a long time.
- Outlook: "Looking at both the boys and girls teams, I am hopeful that we will pull it together to improve upon last year's record and send more swimmers to districts," Brown said via email. "Both teams have excellent leaders... We have high expectations for our swimmers in both practices and meets, and we hope to instill solid goals into each of our swimmers."

GirlsSwimmingPreviews

Hatboro-Horsham

- Head Coach: Kip Emig (21st year)
- Last year's record: 7-6
- Notable losses: Nicole Rudnitsky (leadoff relay) and Tori Adlam (focusing on soccer).
- Key returnees: Seniors Rachel Engelhardt (100 freestyle and 200 freestyle) and Rachel Riemenschneider (IM, distance, and 500 freestyle).
- Others to watch: Maddy Wawrzyniak (breaststroke) and Kayla Connell (breaststroke).
- Strengths: The Hatters will have strong senior leadership including four seniors that have been on the varsity squad for all four years.
- Question marks: H-H will have to fight through a lack of depth as the Hatters will only have 20 swimmers this season. That's the smallest number of swimmers in coach Emig's 21 years with H-H.
- Outlook: Emig has hopes that he can end the two year drought of not sending a swimmer to the state relay. The lack of depth will benefit the Hatters because those on the team will get a lot of time in the pool.

Upper Moreland

- Head coach: Melanie Rowland (eighth year)
- Last year's record: 3-10 overall; 1-5 Suburban One American Conference
- Key returnees: Senior - Natalee Szopo (diving); Juniors - Anna Hakes, Saiga Wenik; Sophomores - Sydney Szopo, Amber Saint Clair.
- Strengths: The ability to work well with each other.
- Question marks: A lack of competitive swimming in the past.

• Outlook: "This team has grown a bit from last year," Rowland said. "While losing only one senior swimmer, the Lady Bears have a chance to fill more spots on the blocks and possibly take more races in scoring positions with dual meet competitions. I try to give the entire team a positive experience and challenge not only the experienced swimmers, but the new swimmers to the sport as well."

William Tennent

- Head Coach: Lisa Forlini (22nd season)
- Last Year's Finish: Third in Suburban One National Conference
- Key Losses: Melanie Busch, utility; Laura Ferry, utility.
- Key Returnees: Staci Schaffling, senior, freestyle/butterfly; Shannon Connors, senior, freestyle; B.J. Clune, junior, butterfly/freestyle/individual medley; Deanna Battis, junior, utility; Bridget Dooling, senior, freestyle/backstroke.
- Others to Watch: Freshman Class.
- Strengths: Versatility. Forlini has a lot of kids that can swim several different events.
- Outlook: "Wins and losses I don't always necessarily look at that," assistant coach Jamie Forlini said. "I look at how much we improve and how much they enjoy it because we're not a perennial first place team. We're a team that's usually the middle of the road in our conference and what I look at is how much can we get them to improve and achieve more than they ever thought they could."

Archbishop Wood

- Head Coach: Charlie Stillwell (14th

season)

- Last Year's Record: 9-2 Overall, 6-0 Philadelphia Catholic League, 2nd Place Philadelphia Catholic League, first Place District 12 Class AA, 12th Place PIAA Class AA State Championship
- Key Losses: Taylor Kane, distance freestyle/breaststroke; Grace Cochrane, butterfly/individual medley; Renata Rios, distance freestyle (Transfer to Neshaminy).
- Key Returnees: Bridget McGrath, senior, breaststroke/sprint freestyle; Orla Cole, senior, backstroke/freestyle; Alexandra Fitzgerald, senior, sprint freestyle/backstroke; Hanna Cochrane, sophomore, all strokes; Kristina Halner, senior, distance freestyle; Dominique DiRienzo, freshman, diving.
- Others to Watch: Claire Cochrane, sophomore, all strokes; Jennifer McGrath, junior, butterfly; Haley Henzel, senior, freestyle/backstroke.
- Strengths: Depth, Experience and Stroke Events. The Vikings have a large team with 33 swimmers. Four of Wood's swimmers have participated in a state championship meet and the entire team will be strong in stroke events.
- Question Marks: Freestyle Events. A lot of younger swimmers will have to fill the void of people who graduated last year that participated in these events.
- Outlook: "The loss of nine seniors and two top swimmers will make our team weaker in some of our races for top finishes," Stillwell said via email. "We still have a large team with experienced swimmers who will be very competitive. Many new faces will be given the chance to step up and compete for open slots throughout the year. Our goal this year is to compete for a PCL championship and to win the District 12 Championship while developing a solid foundation for upcoming years ahead with our younger swimmers."

PCL GIRLS SWIMMING: ARCHBISHOP WOOD 87, ST. HUBERT 71

Fitzgerald leads Wood to win

The Vikings remained unbeaten in Philadelphia Catholic League competition.

By **KAREN SANGILLO**
STAFF WRITER

UPPER SOUTHAMPTON — The Archbishop Wood girls swim team has a new look.

Different swimmers are at the forefront of the program, which defeated St. Hubert 87-71 in Thursday night's Philadelphia Catholic League meet at Klinger Middle School.

"It's a different team than last year," Wood coach Charlie Stillwell said. "I've got a lot of newer swimmers on the team and not as much strength at the top. But it's high school, so you have to go with what you've got."

"I think we'll be good. We're not as deep as we were last year, but we'll still compete in the Catholic League. Ryan and Little Flower should be good meets for us this year."

"After that, we'll gear up for District 12, get as many kids as we can to states and see what we can do. I'm certainly happy with what I've seen so far."

One of the swimmers to lead the charge is Stillwell's niece, senior Alex Fitzgerald. She won the 50- and 100-yard freestyles and anchored the winning 200 medley relay with Hannah Cochrane, Bridget McGrath and Jennifer McGrath, and the winning 200 freestyle relay with Orla Cole, Emily Caldwell and Claire Cochrane.

"We had some really good swimmers graduate, so all the

Archbishop Wood 87, St. Hubert 71

200-yard medley relay: 1. Wood (Hannah Cochrane, Bridget McGrath, Jennifer McGrath, Alex Fitzgerald), 2:00.20; 2. St. Hubert, 2:10.05; 3. Wood, 2:28.19;

200 freestyle: 1. Kristina Halner (AW), 2:08.56; 2. B. McGrath (AW), 2:12.40; 3. Claire Cochrane (AW), 2:29.53;

200 IM: 1. J. Salwach (SH), 2:25.50; 2. Orla Cole (AW), 2:35.26; 3. Pebecca Martino (AW), 2:48.36;

50 freestyle: 1. Fitzgerald (AW), 26.43; 2. R. Jonas (SH), 29.26; 3. Claudia Deegan (AW), 30.68;

Diving: not contested;

100 butterfly: 1. J. McGrath (AW), 1:09.49; 2. C. Cochrane (AW), 1:12.28; 3. Emily Caldwell (AW), 1:21.38;

100 freestyle: 1. Fitzgerald (AW), 59.56; 2. H. Cochrane (AW), 1:02.05; 3. M. Ferry (SH), 1:08.70;

500 freestyle: 1. Salwach (SH), 5:47.22; 2. Halner (AW), 5:49.32; 3. Madeline Harney (AW), 6:36.37;

200 freestyle relay: 1. Wood (Cole, Caldwell, C. Cochrane, Fitzgerald), 1:53.99; 2. St. Hubert, 1:56.79; 3. Wood, 2:09.55;

100 backstroke: 1. H. Cochrane (AW), 1:01.18; 2. Cole (AW), 1:12.75; 3. Harney (AW), 1:17.80;

100 breaststroke: 1. B. McGrath (AW), 1:11.90; 2. Jonas (SH), 1:21.25; 3. Pebecca Winkler (AW), 1:22.21;

400 freestyle relay: 1. Wood (Halner, C. Cochrane, Haley Henzel, B. McGrath), 4:17.14; 2. Wood, 4:56.07; 3. St. Hubert, 5:04.91.

Records: St. Hubert (0-4, 0-3 PCL); Wood (2-0, 2-0 PCL).

seniors feel that we really need to step up," Fitzgerald said.

It was just the second meet for Wood, which beat Cardinal O'Hara before the holiday break.

"Hopefully we can keep it up and see how far we can go with it," Fitzgerald said. "We know we have a long way to go, but we're off to a good start. We want to get in the water and swim our best times every meet and improve each time. I think we're doing that so far."

"I know my times are improving. I'm swimming faster this year than I did last year and I'm doing the times I want to do. I started working on technique a lot last year, and I carried that forward to this year, so I feel that I'm ahead of where I was at this time last year."

"I want to get to a 25 in the 50 free and I went a low 26 in this meet, so I think that's a



RICK KINTZEL / STAFF PHOTOGRAPHER

Archbishop Wood swimmer Orla Cole swims in the 200 IM against St. Hubert at Klinger Middle School Thursday.

realistic goal for me."

The Vikings put the holiday break to good use.

"We swam hard over Christmas break and hopefully that will pay off with good swims when we really need them," Fitzgerald said.

Kristina Halner won the 200 freestyle, Jennifer McGrath won the 100 butterfly, Hannah Cochrane won the 100 backstroke and Bridget McGrath

won the 100 breaststroke to round out the individual event winners for Wood.

Halner, Claire Cochrane, Haley Henzel and Bridget McGrath won the 400 freestyle relay for the Vikings.

"I thought we swam well in this meet," Fitzgerald said. "It's good to come back from the break and get a win."

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

Fitzgerald leads Wood to win

The Vikings remained unbeaten in Philadelphia Catholic League competition.

By **KAREN SANGILLO**
STAFF WRITER

UPPER SOUTHAMPTON — The Archbishop Wood girls swim team has a new look.

Different swimmers are at the forefront of the program, which defeated St. Hubert 87-71 in Thursday night's Philadelphia Catholic League meet at Klinger Middle School.

"It's a different team than last year," Wood coach Charlie Stillwell said. "I've got a lot of newer swimmers on the team and not as much strength at the top. But it's high school, so you have to go with what you've got.

"I think we'll be good. We're not as deep as we were last year, but we'll still compete in the Catholic League. Ryan and Little Flower should be good meets for us this year.

"After that, we'll gear up for District 12, get as many kids as we can to states and see what we can do. I'm certainly happy with what I've seen so far."

One of the swimmers to lead the charge is Stillwell's niece, senior Alex Fitzgerald. She won the 50- and 100-yard freestyles and anchored the winning 200 medley relay with Hannah Cochrane, Bridget McGrath and Jennifer McGrath, and the winning 200 freestyle relay with Orla Cole, Emily Caldwell and Claire Cochrane.

"We had some really good swimmers graduate, so all the seniors feel that we really need to step up," Fitzgerald said.

It was just the second meet for Wood, which beat Cardinal O'Hara before the holiday break.

"Hopefully we can keep it up and see how far we can go with it," Fitzgerald said. "We



Archbishop Wood's Jennifer McGrath swims a leg of the 200-yard medley relay during Thursday's meet against St. Hubert.

RICK KINTZEL / STAFF PHOTOGRAPHER

know we have a long way to go, but we're off to a good start. We want to get in the water and swim our best times every meet and improve each time. I think we're doing that so far.

"I know my times are improving. I'm swimming faster this year than I did last year and I'm doing the times I want to do. I started working on technique a lot last year, and I carried that forward to this year, so I feel that I'm ahead of where I was at this time last year.

"I want to get to a 25 in the 50 free and I went a low 26 in this meet, so I think that's a realistic goal for me."

The Vikings put the holiday break to good use.

"We swam hard over

Christmas break and hopefully that will pay off with good swims when we really need them," Fitzgerald said.

Kristina Halner won the 200 freestyle, Jennifer McGrath won the 100 butterfly, Hannah Cochrane won the 100 backstroke and Bridget McGrath won the 100 breaststroke to round out the individual event winners for Wood.

Halner, Claire Cochrane, Haley Henzel and Bridget McGrath won the 400 freestyle relay for the Vikings.

"I thought we swam well in this meet," Fitzgerald said. "It's good to come back from the break and get a win."

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

Archbishop Wood 87, St. Hubert 71

200-yard medley relay: 1. Wood (Hannah Cochrane, Bridget McGrath, Jennifer McGrath, Alex Fitzgerald), 2:00.20; 2. St. Hubert, 2:10.05; 3. Wood, 2:28.19;
200 freestyle: 1. Kristina Halner (AW), 2:08.56; 2. B. McGrath (AW), 2:12.40; 3. Claire Cochrane (AW), 2:23.53;
200 IM: 1. J. Salwach (SH), 2:25.50; 2. Orla Cole (AW), 2:35.26; 3. Rebecca Martino (AW), 2:48.36;
50 freestyle: 1. Fitzgerald (AW), 26.43; 2. R. Jonas (SH), 29.26; 3. Claudia Deegan (AW), 30.68;
Diving: not contested;
100 butterfly: 1. J. McGrath (AW), 1:09.49; 2. C. Cochrane (AW), 1:12.28; 3. Emily Caldwell (AW), 1:21.38;
100 freestyle: 1. Fitzgerald (AW), 59.56; 2. H. Cochrane (AW), 1:02.05; 3. M. Ferry (SH), 1:08.70;
500 freestyle: 1. Salwach (SH), 5:47.22; 2. Halner (AW), 5:49.32; 3. Madeline Harney (AW), 6:36.37;
200 freestyle relay: 1. Wood (Cole, Caldwell, C. Cochrane, Fitzgerald), 1:53.99; 2. St. Hubert, 1:56.79; 3. Wood, 2:09.55;
100 backstroke: 1. H. Cochrane (AW), 1:01.18; 2. Cole (AW), 1:12.75; 3. Harney (AW), 1:17.80;
100 breaststroke: 1. B. McGrath (AW), 1:11.90; 2. Jonas (SH), 1:21.25; 3. Rebecca Winkler (AW), 1:22.21;
400 freestyle relay: 1. Wood (Halner, C. Cochrane, Haley Henzel, B. McGrath), 4:17.14; 2. Wood, 4:56.07; 3. St. Hubert, 5:04.91.
Records: St. Hubert (0-4, 0-3 PCL); Wood (2-0, 2-0 PCL).



BUCKS PHYSICAL
THERAPY

Sports Rehabilitation & Aquatics

215-357-2000 • www.BucksPhysicalTherapy.com

Richboro • Warminster • Newtown • Bensalem



Athlete of the week

Alex Fitzgerald

*Swimming,
Archbishop Wood*



WHAT SHE DID: Won the 50 and 100-yard freestyles and anchored two winning relays, the 200 medley and 200 freestyle, in Archbishop Wood's 87-71 Philadelphia Catholic League win over St. Hubert on Thursday. Wood is undefeated at 2-0.

WHAT SHE SAID: "We know we have a long way to go but we're off to a good start. We want to get in the water and swim our best times every meet and improve each time. I think we're doing that so far."

OUT OF THE POOL: "Swimming takes up so much time that when I'm not in the pool, I like to just be with my friends and family."

COLLEGE CHOICES: A senior, she has not chosen a college yet but is considering Delaware, Towson, Kutztown and West Chester. She would like to swim and is looking at majoring in science.

PERSON SHE WOULD MOST WANT TO MEET: Michael Phelps. "He's such a great swimmer."



BUCKS FIT
WELLNESS BY DESIGN

Personal Training • Sports Conditioning • Medical Weight Management

100 Almshouse Road, Richboro

www.bucksfit.com



American Dental Care

Congratulates

Athlete of the week

**Alex
Fitzgerald**

*Swimming,
Archbishop Wood*



WHAT SHE DID: Won the 50 and 100-yard freestyles and anchored two winning relays, the 200 medley and 200 freestyle, in Archbishop Wood's 87-71 Philadelphia Catholic League win over St. Hubert on Thursday. Wood is undefeated at 2-0.

WHAT SHE SAID: "We know we have a long way to go but we're off to a good start. We want to get in the water and swim our best times every meet and improve each time. I think we're doing that so far."

OUT OF THE POOL: "Swimming takes up so much time that when I'm not in the pool, I like to just be with my friends and family."

COLLEGE CHOICES: A senior, she has not chosen a college yet but is considering Delaware, Towson, Kutztown and West Chester. She would like to swim and is looking at majoring in science.

PERSON SHE WOULD MOST WANT TO MEET: Michael Phelps. "He's such a great swimmer."



817 Easton Road
Doylestown, PA
215.348.4041

www.americandentalconcepts.com

Holderer holding fort for Neshaminy



Karen Sangillo

Email: ksangil08@philbyburbs.com

This is the first time in a very long time that the Neshaminy girls swim team is smaller than the boys team.

"We're definitely a lot smaller in numbers this year," said Neshaminy senior Cynthia Holderer.

"We lost a lot of good seniors from last year and we're trying to fill those spots. Not as

many people came out for the team this year, but everyone that did come out is working hard and trying."

Holderer is a team captain this year.

"Being a captain is a big role, but I feel as though I've stepped into it pretty well," she said. "It's a lot of making sure everyone is here on time, everyone's playing a part, making sure everyone's happy and that everyone's trying their hardest."

The Redskins enter the holiday break 0-4 overall with losses to Central Bucks West, Springfield (Montco), Council Rock North and Central Bucks South.

"We haven't won a dual meet, but we're getting some really good swims," Holderer said. "Our times are improving and that's our biggest goal."

"We'd also like to get some people to districts. We lost our three top swimmers from last year to graduation, but we have some new people who are pretty good."

This year's team goals are different from last year's.

"Last year, our goals were to win more

Sangillo's Top 5:

Boys

1. Council Rock North (2-1)
2. Pennsbury (1-0)
3. William Tennent (2-1)
4. Council Rock South (1-0)
5. Neshaminy (1-3)

Girls

1. Council Rock North (2-1)
2. Pennsbury (1-0)
3. Council Rock South (1-0)
4. Archbishop Wood (1-0)
5. William Tennent (2-1)

meets and do better than we had in the past," Holderer said. "This year, we're trying to rebuild so that next year we'll have a stronger team."

"I won't be there for that, but I still feel as though I'll be a part of it. Helping the younger kids is what counts."

CB East Relays

The William Tennent boys team of Brennen Bastian, Andrew Richey, Connor Forlini, Dylan Cooper and Ian Forlini won the 500-yard crescendo relay at the 39th annual CB East Relays, hosted by Central Bucks East.

The group clocked in at 4:14.61, just .01 shy of the meet record of 4:14.60 set by North Penn's John Madill, Bruce Seaman, Tony Bartle, Bill Muller and Dale Rothenberger in 1974, the meet's oldest record.

Ryan Leneghan, Cooper, Ian Forlini and

Connor Forlini won the 200 butterfly relay (1:44.02), and Richey, Bastian, Cooper and Connor Forlini won the 200 freestyle relay (1:33.07).

Ian Forlini and Ryan Coyle teamed up to take second in diving (397.40 points).

For the Tennent girls, Staci Schaffling, Deanna Battis, Shannon Battis and BJ Clune took third in the 200 butterfly relay (1:56.07), and Schaffling, Clune, Shannon Connors and Shannon Battis were third in the 200 freestyle relay (1:48.18).

The Archbishop Wood girls foursome of Hannah Cochrane, Alex Fitzgerald, Claire Cochrane and Orla Cole took second in the 200 backstroke relay (2:03.12).

Cardinal Carnival

Shannon McHenry of Pennsbury won the 200-yard freestyle in 2:02.18 at the second annual Cardinal Carnival, hosted by Upper Dublin.

She was also third in the 100 freestyle (56.01).

Also for the Falcons, Naomi Polster took second in the 500 freestyle (5:37.30).

Meets to watch

Hatboro-Horsham pays a visit to William Tennent for a nonleague double-dual meet Thursday night at 5:30 to start the holiday season with a splash.

Council Rock South will compete at the Central Bucks South Distance Meet 2 p.m. Tuesday. Other competitors include Central Bucks West, Central Bucks East, Hatboro-Horsham, Wissahickon, Pennridge and the host CB South.

Neshaminy doing fine despite strike

While the Neshaminy Federation of Teachers' strike has affected several facets of life at



Karen Sangillo

Email: ksangillo@phillyburbs.com

Neshaminy, the swim team is chugging along very nicely, thank you.

Head coach Brian Suter and assistant coach Dana Puskas both teach science at the

high school, so both are out of the picture for the duration of the strike.

This leaves first-year assistant Chris Richards as the lone coach on the staff who is able to continue.

Richards is a 2000 graduate of Archbishop Wood, where he swam. He spent three years as an assistant coach at his alma mater before moving on to Neshaminy, where he is also the head coach of the CORE program, Neshaminy's youth swim team.

"I wasn't nervous because the kids stepped up so much," said Richards, who is working on his masters degree at Temple. "When the information about the strike first came out, they put a Facebook page up to get a ride share going, and we only had two kids miss practice out of 50."

"That was an incredible turnout."

His first test came on Tuesday, when the Redskins played host to Council Rock South in a Suburban One League National Conference double dual meet.

The boys won, 88-82, and the girls lost, 105-65.

"This is a great group of kids and I'm honored to work with them," Richards said. "They blew my expectations away."

"We swam a good team and, to walk in on my first day by myself and come away with a win like that, well that's just all them."

The boys' win was important. The Redskins entered the meet 0-2 in the conference and needed a victory to try to make a push up in the standings.

"It was tough without them," senior Ryan Kaisinger said of the coaches. "Suter does a lot of our scouting. But we did all right without him."

"We have a lot of really strong team leadership, and that helps."

Junior Danielle Robinson agreed.

"We would love to have all our coaches here," she said. "But it hasn't impacted how hard we're working."

Catholic school closings

As with other sports, the

Sangillo's Top 5

Boys

1. Council Rock North (4-1)
2. Pennsbury (3-1)
3. William Tennent (4-2)
4. Neshaminy (3-4)
5. Council Rock South (2-3)

Girls

1. Council Rock North (5-1)
2. Pennsbury (3-1)
3. William Tennent (4-2)
4. Council Rock South (3-2)
5. Archbishop Wood (2-0)

announced closing of four Catholic high schools will affect swimming in the Philadelphia Catholic League.

Conwell-Egan and West Catholic do not participate in swimming, so the boys schedule will lose just one team, Monsignor Bonner, while the girls will lose Archbishop Prendergast and St. Hubert.

This leaves nine boys teams: Archbishop Wood, Archbishop Carroll, Archbishop Ryan, Cardinal O'Hara, Lansdale Catholic, La Salle, St. Joe's Prep, Father Judge and Roman Catholic.

Six girls teams remain: Archbishop Wood, Archbishop Carroll, Archbishop Ryan, Cardinal O'Hara, Lansdale Catholic and Little Flower.

The Archbishop Wood girls team has already met St. Hubert for the last time, beating the Bambies, 87-71, on Thursday.

Wood plays host to Bonner and Prendergast on Tuesday, Jan. 24 for a double dual meet.

"It is a very sad thing for these programs," Wood coach Charlie Stillwell said. "Losing these three teams will make some of the school rivalries disappear, and that is sad for both the swimmers and coaches."

Cougars rolling

George School posted important wins in the Friends League at Westtown on Friday.

The girls defeated Westtown, 87-83, while the boys won, 89-50, in the Friends League opener for both programs.

Both George School teams are now 3-2, 1-0 in the Friends League as they host Abington Friends School today at home in a double dual meet at 4 p.m.

Meets to watch

On Tuesday, Pennsbury travels to Council Rock North for a key Suburban One League double dual meet at 3:30 p.m.

On Wednesday, Archbishop Wood plays host to Archbishop Ryan in a Philadelphia Catholic League double dual meet at 6 p.m.

Karen Sangillo, 215-345-3070; email, ksangillo@phillyburbs.com

**PCL SWIMMING: ARCHBISHOP RYAN 94, ARCHBISHOP WOOD 68 (BOYS);
ARCHBISHOP RYAN 92, ARCHBISHOP WOOD 73 (GIRLS)**

Ryan sweeps past Wood

The Vikings' girls suffered their first loss of the season.

By BILL KEEN
STAFF WRITER

UPPER SOUTHAMPTON
— Archbishop Wood senior Kristina Halner reacted like somebody who was handed an unexpected present three weeks after Christmas.

Like everyone at the Klinger Middle School pool, Halner knew Archbishop Ryan swept Wednesday's Philadelphia Catholic League double dual swimming meet from the Vikings. The boys lost, 94-68, while the girls suffered their first defeat of the season, 92-73.

What the senior did not know was that when she touched the wall to complete the anchor leg in the 200-yard freestyle relay, it was for the win.

Halner and teammates Alexandra Fitzgerald, Emily Caldwell and Jennifer McGrath thought they had finished second, but were unaware the Ragdolls' anchor left the blocks early. The chief referee immediately signaled the false start that disqualified Ryan's top team, which actually finished first.

"They were disqualified?" asked a totally stunned Halner. "Oh, wow, I had no idea; I had no clue.

"Oh my gosh that's crazy, I didn't know, but that's great, because I just tried my hardest."

Halner touched the wall in 1 minute, 51.71 seconds, a second ahead of Ryan's anchor in 1:51.72, but as the two made the turn for the final 25 yards, they were virtually dead even.

"I try not to look because it slows you down," she said. "When I turned, I tried to get a glimpse, but I'm not really worried about what place we get, just

Boys
Archbishop Ryan 97, Archbishop Wood 68

200-yard medley relay: 1. Archbishop Ryan (Paul Rocchi, Jake Marker, Nick Angeny, Bill Urban), 1:45.58; 2. Archbishop Ryan, 2:01.44; 3. Archbishop Wood, 2:11.32;
200 freestyle: 1. Marker (AR), 1:56.25; 2. Chris Conway (AW), 1:56.27; 3. Liam Whelan (AW), 2:23.90;
200 IM: 1. Angeny (AR), 2:07.47; 2. Pat Wissler (AR), 2:39.35; 3. Chris Atlas (AW), 2:42.37;
50 freestyle: 1. B. Urban (AR), 22.76; 2. Reid Henzel (AW), 24.07; 3. Joe Yost (AR), 25.56;
Diving: 1. (); 2. (); 3. ();
100 butterfly: 1. Kevin Clancy (AR), 1:06.64; 2. Tom Derer (AR), 1:06.93; 3. Ryan Urban (AR), 1:11.50;
100 freestyle: 1. B. Urban (AR), 51.31; 2. Conway (AW), 51.92; 3. Rocchi (AR), 54.64;
500 freestyle: 1. Eric Nowosielski (AR), 5:29.67; 2. Henzel (AW), 6:24.37; 3. Atlas (AW), 6:34.81;
200 freestyle relay: 1. Archbishop Ryan (B. Urban, Marker, Rocchi, Angeny), 1:36.66; 2. Archbishop Wood, 1:42.50; 3. Archbishop Ryan, 1:52.03;
100 backstroke: 1. Rocchi (AR), 1:01.30; 2. Yost (AR), 1:01.66; 3. Wissler (AR), 1:10.29;
100 breaststroke: 1. Angeny (AR), 1:03.73; 2. Gus Lawn (AW), 1:14.06; 3. Matt Palantino (AR), 1:19.53;
400 freestyle relay: 1. Archbishop Wood (Henzel, Diego Rancano, Matt Trudeau, Conway), 3:49.64; 2. Archbishop Ryan, 4:08.82; 3. Archbishop Wood, 4:26.51.

our individual times and trying to do our best as a team."

Halner finished a close second in the individual 200 free and was also runner-up in the 500 free.

"Kristina's done great in relays, which is why I anchored her today," Wood coach Charlie Stillwell said. "She has probably the fastest leg on the team as the sprint relays go.

"Even though she's a distance swimmer, her sprints have been really good."

In the boys meet, the Vikings' Chris Conway matched Ryan's Jake Marker stroke for stroke in the 200 free, but was outtouched by the slimmest of margins. Marker was first in 1:56.25, with Conway at 1:56.27, but the Wood senior said he had mixed emotions about the close call.

"It's like a little thing, because it was my best time and I feel if I did that then I could have pulled it out," Conway said. "I felt good. I felt really solid the first 100, and maybe the second 100, I just need to pull it together, but I

Girls
Archbishop Ryan 92, Archbishop Wood 73

200-yard medley relay: 1. Archbishop Ryan (Katie Conallen, Maria Rocchi, Sarah Hammer, Bernadette Jackson), 1:58.02; 2. Archbishop Wood, 1:58.47; 3. Archbishop Ryan, 2:02.28;
200 freestyle: 1. Mary O'Leary (AR), 2:06.77; 2. Kristina Halner (AW), 2:08.09; 3. Jackie Rose (AR), 2:13.41;
200 IM: 1. O'Leary (AR), 2:22.52; 2. Brianna Morano (AR), 2:23.02; 3. Hannah Cochrane (AW), 2:30.03;
50 freestyle: 1. Hammer (AR), 25.51; 2. Shea McKinstry (AR), 25.94; 3. Alexandra Fitzgerald (AW), 27.07;
Diving: 1. (); 2. (); 3. ();
100 butterfly: 1. Hammer (AR), 1:01.67; 2. Jennifer McGrath (AW), 1:07.96; 3. Kara Ozinkiewicz (AR), 1:08.75;
100 freestyle: 1. Jackson (AR), 56.75; 2. Bridget McGrath (AW), 59.44; 3. Alexandra Fitzgerald (AW), 59.47;
500 freestyle: 1. O'Leary (AR), 5:41.12; 2. Halner (AW), 5:57.21; 3. Morano (AR), 6:12.66;
200 freestyle relay: 1. Archbishop Wood (Fitzgerald, Emily Caldwell, J. McGrath, Halner), 1:50.71; 2. Archbishop Ryan, 1:51.72; 3. Archbishop Ryan, 2:00.82;
100 backstroke: 1. Ross (AR), 1:04.82; 2. Conallen (AR), 1:05.12; 3. Cochrane (AW), 1:05.77;
100 breaststroke: 1. Rocchi (AR), 1:10.42; 2. B. McGrath (AW), 1:12.46; 3. Emily Dougherty (AR), 1:18.46;
400 freestyle relay: 1. Archbishop Ryan (O'Leary, Morano, McKinstry, Conallen), 3:57.59; 2. Archbishop Wood, 4:08.20; 3. Archbishop Ryan, 4:12.07.

didn't do that."

Conway later finished second in the 100 free, 51.92-to-51.31 for Ryan's Bill Urban, and anchored the 400 free relay of Reid Henzel, Diego Racano and Matt Trudeau to the win in the meet's final event.

"So far this season, I've been doing really well," Conway said. "I've improved my best time from last year. I'm faster this year, so I'll see if I can pull it together at PCLs."

Stillwell praised Conway for the way he's already close to doing what he set out for himself in the preseason.

"He's been swimming really good; he has goals this year and he's close to them," the veteran coach said. "I think by the time districts and PCLs come around, he'll definitely make states, but he wants to go up and actually make a splash, so that's what he's aiming for."

Bill Keen: 215-345-3185; e-mail bkeen@phillyburbs.com

**PCL SWIMMING: ARCHBISHOP RYAN 94, ARCHBISHOP WOOD 68 (BOYS);
ARCHBISHOP RYAN 92, ARCHBISHOP WOOD 73 (GIRLS)**

Ryan sweeps past Wood

The Vikings' girls suffered their first loss of the season.

By BILL KEEN
STAFF WRITER

UPPER SOUTHAMPTON — Archbishop Wood senior Kristina Halner reacted like somebody who was handed an unexpected present three weeks after Christmas.

Like everyone at the Klinger Middle School pool, Halner knew Archbishop Ryan swept Wednesday's Philadelphia Catholic League double dual swimming meet from the Vikings. The boys lost, 94-68, while the girls suffered their first defeat of the season, 92-73.

What the senior did not know was that when she touched the wall to complete the anchor leg in the 200-yard freestyle relay, it was for the win.

Halner and teammates Alexandra Fitzgerald, Emily Caldwell and Jennifer McGrath thought they had finished second, but were unaware the Ragdolls' anchor left the blocks early. The chief referee immediately signaled the false start that disqualified Ryan's top team, which actually finished first.

"They were disqualified?" asked a totally stunned Halner. "Oh, wow, I had no idea; I had no clue.

"Oh my gosh that's crazy, I didn't know, but that's great, because I just tried my hardest."

Halner touched the wall in 1 minute, 51.71 seconds, a second ahead of Ryan's anchor in 1:51.72, but as the two made the turn for the final 25 yards, they were virtually dead even.

"I try not to look because it slows you down," she said. "When I turned, I tried to get a glimpse, but I'm not really worried about what place we get, just our individual times and trying to do our best as a team."

Halner finished a close second in the individual 200 free and was also runner-up in the 500 free.

"Kristina's done great in relays, which is why I anchored her today," Wood coach Charlie Stillwell said. "She has probably the fastest leg on the team as the sprint relays go.

"Even though she's a distance swimmer, her sprints have been really good."

In the boys meet, the Vikings' Chris Conway matched Ryan's Jake Marker stroke for stroke in the 200 free, but was outtouched by the slimmest of margins. Marker was first in 1:56.25, with Conway at 1:56.27, but the Wood senior said he had mixed emotions about the close call.

"It's like a little thing, because it was my best time and I feel if I did that then I could have

Boys: Archbishop Ryan 97, Archbishop Wood 68

200-yard medley relay: 1. Archbishop Ryan (Paul Rocchi, Jake Marker, Nick Angeny, Bill Urban), 1:45.58; 2. Archbishop Ryan, 2:01.44; 3. Archbishop Wood, 2:11.32.
200 freestyle: 1. Marker (AR), 1:56.25; 2. Chris Conway (AW), 1:56.27; 3. Liam Whellihan (AW), 2:23.90.
200 IM: 1. Angeny (AR), 2:07.47; 2. Pat Wissler (AR), 2:39.35; 3. Chris Atlas (AW), 2:42.37.
50 freestyle: 1. B. Urban (AR), 22.76; 2. Reid Henzel (AW), 24.07; 3. Joe Yost (AR), 25.56.
Diving: 1. (), 2. (), 3. ();
100 butterfly: 1. Kevin Clancy (AR), 1:06.64; 2. Tom Derer (AR), 1:06.99; 3. Ryan Urban (AR), 1:11.50.
100 freestyle: 1. B. Urban (AR), 51.31; 2. Conway (AW), 51.92; 3. Rocchi (AR), 54.64.
500 freestyle: 1. Eric Nowosielski (AR), 5:29.67; 2. Henzel (AW), 6:24.37; 3. Atlas (AW), 6:34.81.
200 freestyle relay: 1. Archbishop Ryan (B. Urban, Marker, Rocchi, Angeny), 1:36.66; 2. Archbishop Wood, 1:42.50; 3. Archbishop Ryan, 1:52.03.
100 backstroke: 1. Rocchi (AR), 1:01.30; 2. Yost (AR), 1:01.66; 3. Wissler (AR), 1:10.29.
100 breaststroke: 1. Angeny (AR), 1:03.73; 2. Gus Lawn (AW), 1:14.06; 3. Matt Palantino (AR), 1:19.53.
400 freestyle relay: 1. Archbishop Wood (Henzel, Diego Rancano, Matt Trudeau, Conway), 3:49.64; 2. Archbishop Ryan, 4:08.82; 3. Archbishop Wood, 4:26.51.

Girls: Archbishop Ryan 92, Archbishop Wood 73

200-yard medley relay: 1. Archbishop Ryan (Katie Conallen, Maria Rocchi, Sarah Hammer, Bernadette Jackson), 1:58.02; 2. Archbishop Wood, 1:58.47; 3. Archbishop Ryan, 2:02.28.
200 freestyle: 1. Mary O'Leary (AR), 2:06.77; 2. Kristina Halner (AW), 2:08.09; 3. Jackie Rose (AR), 2:13.41.
200 IM: 1. O'Leary (AR), 2:22.52; 2. Brianna Morano (AR), 2:23.02; 3. Hannah Cochrane (AW), 2:30.03.
50 freestyle: 1. Hammer (AR), 25.51; 2. Shea McKinstry (AR), 25.94; 3. Alexandra Fitzgerald (AW), 27.07.
Diving: 1. (), 2. (), 3. ();
100 butterfly: 1. Hammer (AR), 1:01.67; 2. Jennifer McGrath (AW), 1:07.96; 3. Kara Ozinkiewicz (AR), 1:08.75.
100 freestyle: 1. Jackson (AR), 56.75; 2. Bridget McGrath (AW), 59.44; 3. Alexandra Fitzgerald (AW), 59.47.
500 freestyle: 1. O'Leary (AR), 5:41.12; 2. Halner (AW), 5:57.21; 3. Morano (AR), 6:12.66.
200 freestyle relay: 1. Archbishop Wood (Fitzgerald, Emily Caldwell, J. McGrath, Halner), 1:50.71; 2. Archbishop Ryan, 1:51.72; 3. Archbishop Ryan, 2:00.82.
100 backstroke: 1. Rose (AR), 1:04.82; 2. Conallen (AR), 1:05.12; 3. Cochrane (AW), 1:05.77.
100 breaststroke: 1. Rocchi (AR), 1:10.42; 2. B. McGrath (AW), 1:12.46; 3. Emily Dougherty (AR), 1:18.46.
400 freestyle relay: 1. Archbishop Ryan (O'Leary, Morano, McKinstry, Conallen), 3:57.59; 2. Archbishop Wood, 4:08.20; 3. Archbishop Ryan, 4:12.07.

pulled it out," Conway said. "I felt good. I felt really solid the first 100, and maybe the second 100, I just need to pull it together, but I didn't do that."

Conway later finished second in the 100 free, 51.92-to-51.31 for Ryan's Bill Urban, and anchored the 400 free relay of Reid Henzel, Diego Rancano and Matt Trudeau to the win in the meet's final event.

"So far this season, I've been doing really well," Conway said. "I've improved my best time from last year. I'm faster this year, so I'll see if I can pull it together at PCLs."

Stillwell praised Conway for the way he's already close to doing what he set out for himself in the pre-season.

"He's been swimming really good; he has goals this year and he's close to them," the veteran coach said. "I think by the time districts and PCLs come around, he'll definitely make states, but he wants to go up and actually make a splash, so that's what he's aiming for."

Bill Keen: 215-345-3185; e-mail bkeen@phillyburbs.com

Wood 2nd at PCL meet



Karen Sangillo

Email: ksangillo@phillyburbs.com

The Archbishop Wood girls team took second at the Philadelphia Catholic League championships, held Feb. 17-18 at La Salle University's Kirk Natatorium.

The Vikings finished second in team scoring with 410 points to Archbishop Ryan (672).

Wood's Kristina Halner won the 200 freestyle in 2:03.94 and was second in the 500 (5:40.23).

Bridget McGrath was third in the 100 breaststroke (1:12.07).

Orla Cole, Bridget McGrath, Jennifer McGrath and Alex Fitzgerald were second in the 200 medley relay (1:56.17) and Fitzgerald, Hannah Cochrane, Claire Cochrane and Halner were second in the 200 freestyle relay (1:45.08).

Wood participated in the Stroudsburg Winter Classic, held at East Stroudsburg University.

Fitzgerald, Hannah Cochrane, Cole and Bridget McGrath teamed up to win the 400 freestyle relay (3:57.76).

Halner was second in the 500 freestyle (5:49.34) and third in the 200 freestyle (2:10.25), Fitzgerald was third in both the 50 freestyle (26.52) and 100 freestyle (58.43), Hannah Cochrane was third in the 100 backstroke (1:05.91) and Bridget McGrath was third in the 100 breaststroke (1:11.59) for the Vikings.

Claire Cochrane, Bridget McGrath, Jennifer McGrath and Claudia Deegan took third in the 200 medley relay (2:06.37) to round out the top three finishes for Wood.

The Vikings finished second in team scoring with 251 points. Archbishop Ryan won the team competition (410).

For the Wood boys, Chris Conway took second in the 200 freestyle (1:55.41) and third in the 100 freestyle (52.50).

The Vikings were fifth in team scoring for boys (104). Father Judge won the team competition (341).

SWIMMING: DISTRICT 12 CHAMPIONSHIPS

Wood girls capture District 12 team title

The Vikings' boys placed second, and both teams will send multiple representatives to states.

By **BILL MCFARLAND**
CORRESPONDENT

PHILADELPHIA — What was once the Philadelphia Catholic League swimming championship changed when the PCL joined the PIAA a few years ago.

And since the state athletic association insists on classifying schools by size, Archbishop Wood and Lansdale Catholic only compete against each other on the Class AA girls side. Wood, LC and Archbishop Carroll are the only three AA boys teams.

Consequently, it was really no surprise that Wood and LC finished first and second, respectively, in the girls' meet, and second and third in the boys' competition at the PIAA District 12 Class AA swimming championships at La Salle University Saturday night.

"District One is big enough to separate the divisions, but there are only two girls teams and three boys teams in AA, so it doesn't make sense to have separate meets," said Wood coach Charlie Stillwell.

Maybe so, but the seedings for the final rounds are based on qualifying times, and the top three Class AA times are awarded medals, even though the athletes may not have competed against each other head-to-head. In many cases, the top three Class AA swimmers went in different heats of their respective events.

That's not to say that there wasn't anything to swim for. In the end, the district meet is about qualifying for the state championships at Bucknell, from March 15-18.

"I'm very happy with what our kids did in District 12," said Stillwell, running off a list of events in which his boys qualified, including the 200 freestyle

and medley relays, the 50, 100 and 200 freestyles and the backstroke. "The girls made states in every event except the individual medley and the 500 freestyle."

"We have a very young team, and everybody out there had their best times tonight," said Lansdale Catholic coach Bob Birnbrauer.

Six of the events and the diving were held previously, but, in Saturday's action, the Crusaders' Dang Khoa Tran (breaststroke) and Katie Murphy (500 freestyle) collected gold medals to qualify for states. Nicole Marshall finished second in the backstroke, but Birnbrauer mentioned that she had previously qualified in the individual medley.

For the Vikings, Alexandra Fitzgerald (100 freestyle), Hannah Cochrane (backstroke), Bridget McGrath (breaststroke) and the 400 freestyle relay team of Claire Cochrane, Hannah Cochrane, McGrath and Kristine Halner earned gold medals on Saturday.

On the boys' side, Wood got gold from Reid Henzel (100 freestyle) and Christopher Conway (backstroke).

Interestingly, Conway was the only Class AA medal winner in the boys' backstroke, and there was no medal given in the boys' 500 freestyle because nobody from AA teams qualified for the finals.

"That slot will go into the state pool," said Stillwell. "Since there was no 500 freestyle (medal winner), one more slot opens up for somebody else (in another district)."

The final scores for the Class AA girls were 602 points for Wood and 371 for Lansdale Catholic.

Carroll (302) won the boys' competition, followed by the Vikings (277) and the Crusaders (190).

In Class AAA, powerhouses La Salle and Archbishop Ryan won the boys and girls titles, respectively.

Area state qualifiers

Boys Class AAA: Council Rock

North: Geoff Boodey, 200 freestyle relay, 400 freestyle relay; Jake Goroshko, 200 freestyle relay, 400 freestyle relay; Brandon McCredie, 200 freestyle relay, 400 freestyle relay, 50 freestyle, 100 freestyle; Jimmy Newman, 200 freestyle; Steve Sekula, 200 freestyle relay, 400 freestyle relay. **Pennsbury:** Will Beliveau, diving; Alex Naglich, 200 freestyle, 500 freestyle. **William Tennent:** Brennen Bastian, 200 freestyle relay; Dylan Cooper, 200 freestyle relay; Connor Forlini, 200 freestyle relay, 200 freestyle, 500 freestyle; Ian Forlini, diving; Andrew Richey, 200 freestyle relay. **Class AA: Archbishop Wood:** Christopher Conway, 200 medley relay, 200 freestyle relay, 200 freestyle, 100 backstroke; Gus Lawn, 200 medley relay; Reid Henzel, 200 medley relay, 200 freestyle relay, 50 freestyle, 100 freestyle; Diego Racanco, 200 medley relay, 200 freestyle relay; Matt Trudeau, 200 freestyle relay.

Girls Class AAA: Council Rock

North: Tommie Dillione, 200 freestyle relay, 100 freestyle, 100 butterfly; Madison Meyer, 200 freestyle relay, 200 freestyle; Lauren Mitchell, 200 freestyle relay; Samantha Park, 200 freestyle relay, 100 backstroke. **Class AA: Archbishop Wood:** Claire Cochrane, 200 freestyle relay, 400 freestyle relay; Hannah Cochrane, 200 freestyle relay, 400 freestyle relay, 100 butterfly, 100 backstroke; Orla Cole, 200 medley relay; Dominique DiRenzo, diving; Alex Fitzgerald, 200 medley relay, 200 freestyle relay, 50 freestyle, 100 freestyle; Kristina Halner, 200 freestyle relay, 400 freestyle relay; 200 freestyle; Bridget McGrath, 200 medley relay, 400 freestyle relay, 100 breaststroke; Jennifer McGrath, 200 medley relay.

Villa Joseph Marie: Alexa Fabbri, 50 freestyle, 100 freestyle; Erica Fabbri, 100 butterfly, 100 freestyle; Emily Messina, 100 butterfly.

SWIMMING: PIAA CLASS AA CHAMPIONSHIPS

Szopo sisters medal in Class AA state diving

By **BILL KEEN**
STAFF WRITER

LEWISBURG — For Upper Moreland senior Natalee Szopo, the PIAA Class AA State Swimming and Diving Championships gave her a chance to close out her brilliant career with another medal.

For her younger sister, Sydney, Friday's girls diving finals brought mixed emotions.

The sophomore was happy she finished eighth and got to ascend the awards podium just as she did last year when she was fourth, but she choked back tears when she remembered it would be the last time she could compete with her sister.

"I love it, it's an amazing feeling to be here," she said. "Next year, I won't be with my sister, but that's OK. I feel great being back and I definitely want to be back next year and the following year."

Natalee Szopo's final trip to Bucknell ended with a third-place medal. Winning the gold and setting a new state record was Szopo's arch-rival, Ashley Buchter of Trinity.

Buchter won the gold last year, while Natalee finished second. Friday, she took a big lead in the preliminaries and powered her way to 482.80 points, breaking the 480.65 set in 2001 by Lower Moreland's Lisa Silvestri.

Unlike her two previous trips to states, the older of the Szopo sisters didn't let herself worry about her marks if she had an "off" dive.

"The scoring was a little difficult this time, but it's like that every year," Natalee said. "I just went out and didn't pay attention to scores this year because, if I did, I'd be really mad, so I just went out and did the best I could do."

"I just worried about myself. I

mean, I talked to everybody once in a while if they said something, but I just kept to myself like I always do."

Also in Friday's diving, Archbishop Wood freshman Dominique DiRienzo moved from 20th to 18th and then to the final round, where she finished 16th.

Saturday featured a fitting St. Patrick's Day celebration for Wood senior Bridget McGrath. Seeded 30th of 32 in the breaststroke, she won her heat in the morning, earned a spot in the consolation final and swam a personal-best 1 minute, 8.77 seconds.

Ironically, she tied for fifth in the consolation final tied with the girl in the next lane, Springfield Montco's Rachel Munger. The two are neighbors in Oreland and

teammates on the Oreland club team in the summer.

"I tried to go out fast all four laps, so I was really happy with my times," McGrath said. "I've been trying to keep my strokes long and strong; when I looked up (after touching the wall in the consys), I was just so happy I got my best time, but I was also surprised."

Earlier Saturday, Lansdale Catholic sophomore Dylan Yurastis finished eighth in boys diving. In the preliminaries, he had the third-highest total on his third dive and the fourth-highest on the fifth.

"The are some of my best dives," he said. "The third was my front 2 1/2; I like that the best, and the fifth was by inward

1 1/2 pike, and I've also been doing that really well this year."

The weekend's highlight for Upper Moreland's boys came Saturday when brothers Iain and Patrick Smith finished second and third, respectively, in the breaststroke consolation finals to take 10th and 11th.

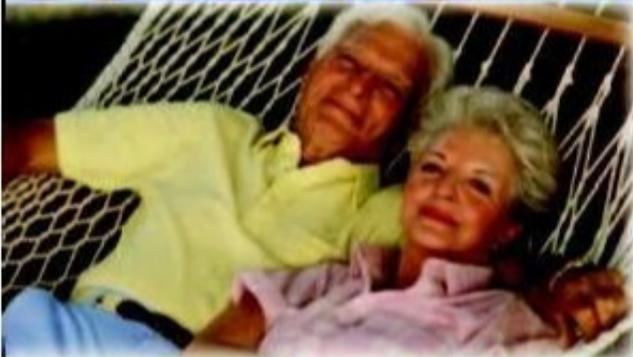
In the process, Iain, a freshman, broke the Golden Bears' school record set by his junior brother, Patrick, at districts.

"I broke his record by four-one-hundredths of a second," said Iain with a laugh. "My team dared me to break the record this year when I started with a 1:09, so I figured I would get close, but I broke it."

Bill Keen: 215-345-3185; e-mail bkeen@phillyburbs.com

TWINING VILLAGE

The lifestyle you've earned.



Renovated, restyled and redesigned—with you in mind.
Cottages • Apartments
Welcome Center • Dining Options



Preconstruction Pricing On New Apartments & Cottages

Discover why we have the happiest residents in the area!

Call Jerry at 215 396-7236 to visit or attend our "Navigating the Senior Living Maze" luncheons.

- Tuesday, March 27
- Tuesday, April 24
- Thursday, April 12
- Thursday, May 10

Events start at 11:00 a.m. Note: Seating is limited for these events.

TWINING VILLAGE
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY
Many Hands, One Heart.
280 Middle Holland Rd. • Holland, PA 18966
www.twiningvillage.com

INDEPENDENT LIVING • PERSONAL CARE • 5-STAR NURSING CARE

SWIMMING: PIAA CLASS AA CHAMPIONSHIPS

Fabbri wins VJM's first state medal

The senior finished fifth in the 100-yard butterfly.

By **BILL KEEN**
STAFF WRITER

LEWISBURG — It was short, it was sweet, but it was oh so very successful.

When the PIAA Class AA State Swimming and Diving State Championships returned to Bucknell University in Lewisburg, the senior member of Villa Joseph Marie's "Little Team That Isn't" put the wraps on a high school career she never knew she would have.

Friday, Erica Fabbri finished fifth in the 100-yard butterfly and made the most of her final race Saturday, when she finished first in the consolation finals of the 100 freestyle to take ninth place overall.

There was no medal Saturday — only the top eight earn those — but considering how she was living a dream, Fabbri didn't care.

"This is so surreal to me, because I never thought I would be competing at states for my high school," said Fabbri, who will continue her swimming career at Georgetown University. "I always thought I was just going to be a club swimmer, so I really enjoyed swimming here at states.

"In the middle of the fall season, we had a meeting for

anybody interested in swimming or had been swimming, and everybody was coming up to me and asking, 'Do you guys have a swim team?' and I was saying I had no idea what was going on."

Her first-ever high school postseason race was the butterfly at districts, and she won. The next day, she finished second to younger sister, Alexa, in the 100 free. Fabbri said she never dreamed it could happen.

"I didn't anticipate winning districts at all, because I didn't know my competition," she said. "Once I won districts, I felt I could get an award at states."

Saturday featured a fitting St. Patrick's Day celebration for Archbishop Wood senior Bridget McGrath, seeded 30th of 32 in the breaststroke.

She won her heat in the morning, earned a spot in the consolation final and swam a personal-best 1 minute, 8.77 seconds. Ironically, she tied for fifth in the consolation final tied with the girl in the next lane, Springfield Montco's Rachel Munger. The two are neighbors in Oreland and teammates on the Oreland club team in the summer.

"I tried to go out fast all four laps, so I was really happy with my times," McGrath said. "I've been trying to keep my strokes long and

strong. When I looked up (after touching the wall in the consys), I was just so happy I got my best time, but I was also surprised."

Friday in girls diving, Wood freshman Dominique DiRienzo moved from 20th to 18th and then to the final round, where she finished 16th.

"It means a lot, but I know I can work harder to get better dives and newer dives to work on," she said. "Here at states, I could have done a little better than I did, but making the finals means a lot."

Still, the weekend belonged to Fabbri, whose trip to Lewisburg was capped by her consolation final victory.

"I was really nervous going into it because I didn't have my best race this morning in the preliminaries, and I thought it would get worse," she said. "But then I just told myself, it's my last race, and I wasn't going to lose, so I just went out as hard as I could and brought it back strong.

I tried to breathe as little as possible. I just put my head down and powered through. It hasn't sunk in, and I don't think it will until I get home and realize it's over. It's been a really great experience and another stepping stone in my swimming career."

Bill Keen: 215-345-3185; e-mail bkeen@phillyBurbs.com