

# OFF AND RUNNING

The girls J.V. swim team had a quick start to the 1989-90 season by winning their first five meets. However, the J.V. boys, with many swimmers competing for the first time, did not do quite as well. By the end of the season, though, the experience gained by the boys, enabled them to win their last two meets, defeating Milford and Western Hills.

Mark Sullivan, coach of the boys commented, "We had outstanding success considering how inexperienced most of the swimmers were. The end of the season times got faster for almost all of the boys and it showed just how great their improvement was."

Individual standouts for the team include: John Sexton, voted Most Valuable; John Hilb, voted Most Improved; and Jon Maver and Adam Schwartzman, who were given "The Spirit of Sycamore" awards.

The girls J.V. team had a very successful season. Coach Cooper said, "The girls did a great job this year. Individual performances were outstanding and team unity was better than usual."

It was individual standouts such as Amy Bever, who was voted Most Valuable, and Ginger Reinemeyer, who was voted Most Improved, that greatly contributed to the

success of the team.

Ginger Reinemeyer commented, "I think we had so much success because we worked hard, but we had fun doing it. It helps when you're having fun."

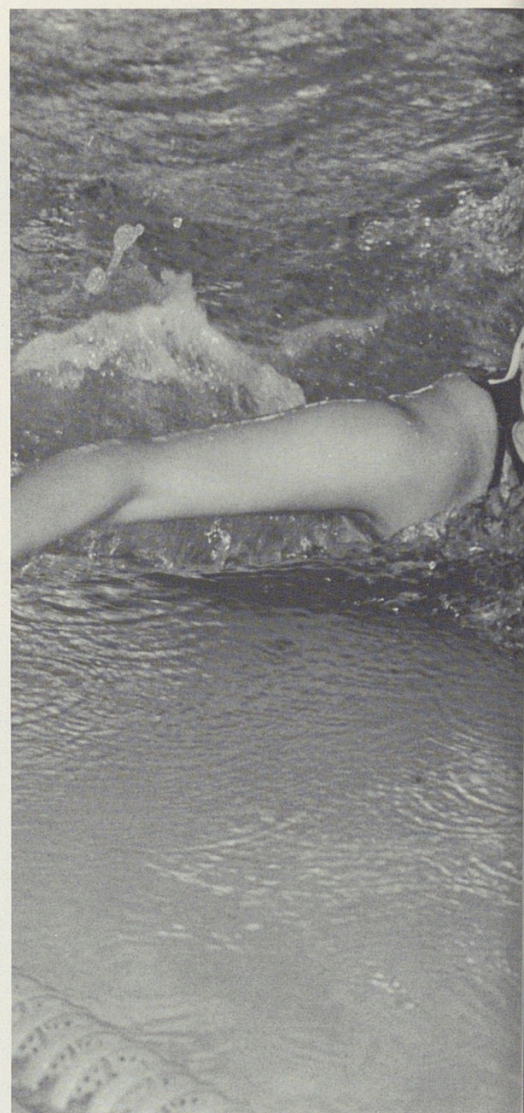
Coach Cooper also addressed the other individual standouts as: Kathy and Karen Christensen in the 100 breast-stroke, Courtney Shackleford in the 200 and 500 freestyle, and Katie Warzon in the 100 butterfly.

Much of the leadership of the team came from Katie Warzon, who was voted for "The Spirit of Sycamore" award, and junior Katie Zaring who helped in creating the unity of the team.

Katie Zaring commented, "I tried to make something for everyone before meets as often as I could. I was hoping that it would make them a little less nervous which would help them to perform better."

Looking ahead to the next year, Coach Cooper said, "I feel we will continue our success. Several of these girls will become an asset to the varsity team next year and those staying at the J.V. level will definitely keep improving."

by Mike Taub  
Kristie Bowman



**Row 1:** Coach Cooper, Jennifer Rozzi, Julia Cumming, Katie Warzon, Lydia Cumming, Karen Christensen, Coach Sullivan. **Row 2:** Amy Weber, Kirsten Hansen, Courtney Shackleford, Natasha Pace, Ginger Reinemeyer, Itsuki Nakasone.

## Girls' JV Swimming

	Results
New Richmond	W
Hamilton	W
Mt. Notre Dame	W
Lakota	W
Middletown	W
Centerville	L
Turpin	W
Mercy	W
Mt. Notre Dame	W
Highlands	L
Milford	W
Western Hills	W
<b>Totals</b>	<b>10W-2L</b>

## Boys' JV Swimming

	Results
New Richmond	L
Hamilton	L
Lakota	L
Middletown	L
St. Xavier	L
Highlands	L
Milford	W
Western Hills	W
<b>Totals</b>	<b>2W-6L</b>



**John Hansen**, a sophomore takes a breath as he swims breast-stroke during a practice.