



Alan Kelpe, 11, swims hard. Most swimmers dreaded swimming butterfly because they believed it was the hardest stroke. However, Kelpe excelled at the stroke and therefore enjoyed swimming butterfly.

Boys Swimming

Milford	111-67	Larry Lyons	3rd
LaSalle	135-51	Inv.	
Moeller	112-71	Southwest	4th
Worthington	3rd	Classic	
Inv.		Lakota E&W	154/
Canton	3rd		103/69
Christmas		GMC	1st
Inv.		Sectionals	2nd
Mason	95-91	Districts	4th
		State	12th

Vital Statistics

MVP	Heath Tameris
Most Improved	Mark Berstein
Rookie of the Year	Jamie Dowdall
Spirit of Sycamore	Ben Parker
JV Most Improved	Elliot Skopin
JV Hardest Worker	Carter Roust
JV Rookie of the Year	Matt Oberly

Question & Answer with Heath Tameris

2nd in 100 breast-stroke at state



Q: How did you train in order to make it to State?

A: I trained a lot, which consisted of about 5 hours a day. I had to wake up at 4:55 a.m. 3 days a week, it wasn't fun.

Q: Did you have any pre swim rituals?

A: I like to be by myself before a big race, but if it's a small race, I don't really have any rituals.

Q: How long have you been swimming?

A: Since I was 4. So about 14 years.

Q: Why did you start swimming?

A: I'm not sure, but I think it's because my dad swam and he's a coach.

Q: What is your favorite memory from High School Swimming

A: All of my junior year season.

