

HARD WORK PAYS OFF.

The swimming season started on November 11. The varsity team was coached by **Mark Sullivan**, and assistant coach, **Kevin Hartman**. The JV team was coached by **Dave Lienesch**, and assistant coach, **Jessica Ruggiero**. Rigorous training and conditioning began every day after school, from 2:30 PM to 4:30 PM, and early morning practices at 5:45 AM on Mondays, Wednesdays and Fridays. Despite the loss of several key swimmers from last season, the team met their goals. The coaches had great confidence in the team and their successes throughout the season.

"Swimming is a very competitive sport, but the best thing is that you are competing against yourself," said **Brian Clements**, 11.

Team spirit was an important factor during swim meets. Family members, friends, and other

spectators filled the bleachers during numerous swim meets. Extra support always helped to contribute to the swimmer's confidence and success. Out of the pool, the guys spent time together before big meets at someone's house for their pasta parties. Fans and teammates cheering on the swimmers, gave them motivation while racing to beat their opponent's times.

"There is always someone at the end of your lane cheering you on during a race," said **Alan Kelp**, 9.

Going to state is always a big accomplishment. The boys qualified both their 200 Medley Relay and their 400 Freestyle Relay. In individual events, **Ryan Klasmeier**, 12, swam in the 100 Fly and 500 Free. **Heath Tameris**, 10, competed in the 100 Breaststroke and the 200

Individual Medley.

"It's always our goal to qualify as many swimmers to state as possible. Looking at the season so far, I think we have a good chance at achieving this," said **Coach**

Mark Sullivan.

All in all, the guys ended their season memorably. They individually improved, and at the same time, became closer as a team.



Speeding through the water. Mark Schrock, 11, swims 100 yard freestyle. Throughout the season, he also swims breast stroke in meets. This being his first season on varsity, he gives it his all. His good attitude and team spirit leads him to end his season with great results.

Racing to beat the clock

Boys varsity and JV swim team

By Jenni Forbes

"The amount of practice we put in, and the effort we give, that is the reason for our repeated successes,"

Ryan Klasmeier, 12



1. Dedication. Guy Wiener, 11, is a swimmer for the junior varsity team. Hard practice and determination leads Wiener to improve greatly throughout the season.
2. A Ready Stance. Heath Tameris, 10, is a second year varsity swimmer. Tameris is a key player in the success of the team. He places in the top swimmers in many championship meets.

