



1. Fun, Fun, Fun! Swimmers **Lauren Truax, 10, Katie Hess, 10, Amy Krone, 9, and Erica Weber, 10,** take a break from the hard work. Each season the team has one fun day where the JV and varsity swimmers get together for a fun practice. This practice was organized by the seniors. Not only does it give the freshman a chance to get to know the upperclassmen, it gives the JV and varsity swimmers a chance to get to know each other. This is the only practice during the season when the whole team is squeezed together into the pool at the same time

2. Stepping up to the challenge. **Jaclyn Tameris, 12,** steps up for her race. Before the race she must mentally prepare. Even with countless hours of practice, the wrong frame of mind can be detrimental to a swimmer during a race. Her flawless attitude, hard work, and sheer determination qualifies her to the state meet again. Tameris is an excellent role model for the younger swimmers. She arrives early for practice, and is always one of the last to leave.



3. Take your mark. **Megan Brown, 10,** prepares to dive in the water. Brown swims both sprint freestyle and backstroke events. Most swimmers are capable of swimming multiple strokes in meets. This is Brown's first season on the varsity squad. Her good attitude and determination ended her season with great results.

4. Take a deep breath. **Rachel Costello, 10,** comes up for some air during her 100 yd. breast stroke. This is her first year on varsity, and she felt that she dramatically improved because of it. She is able to drop a considerable amount of time in breaststroke.

"For the first time every girl who is going to state will be competing individually. This is a great accomplishment. All of the hours and all of the hard work we put in have definitely been evident with this outstanding achievement,"
Jaclyn Tameris, 12.



Team Spirit! **Grace Denny, 9, Suzanne Wight, 11, Amy Krone, 9, Erica Weber, 10, Jaclyn Tameris, 12, and Jen Witte, 11,** warm down together after a long meet. The girls came together as a team at travel meets, pasta parties, and team sleepovers. At the end of the season they are more like a family than just a team.

