



FITLIFE
TOTAL PERFORMANCE

ATHLETES OF THE WEEK

BOYS ATHLETE OF THE WEEK



CHAZ NARWICZ

HOLY GHOST PREP

SWIMMING

WHAT HE DID: Captured first in the 100 breaststroke, third in the 200 individual medley, fourth in the 200 medley relay and 10th in the 200 freestyle relay at the District One Class AA championships.

WHAT HE SAYS: "My feelings were shock when I first won it. I looked at the scoreboard and I couldn't believe. It's a good feeling that I'm still pumped about. And I'm really excited for states."

GPA: 3:2

FAVORITE ATHLETE: Kyle Harrison (a lacrosse player)

FAVORITE TEAM: Eagles

FAVORITE TV SHOW: SportsCenter

FAVORITE MOVIE: Lord of The Rings

COLLEGE LIST: Loyola (Md.), Bucknell, Salisbury, North Carolina

CAREER CHOICE: Would like to become a teacher.

GIRLS ATHLETE OF THE WEEK



MEGEN DONOVAN

ARCHBISHOP WOOD

SWIMMING

WHAT SHE DID: Finished first in the 500 freestyle, fourth in the 100 breaststroke, second in the 200 medley relay and third in the 400 freestyle relay at the PCL championships.

WHAT SHE SAYS: "When I was finishing, there wasn't many people around. But it was a very intoxicating type of feeling. Right now, I still feel great. I had a feeling I would place in All-Catholic [top six], but I had no idea I was going to win it."

GPA: 3.5

FAVORITE ATHLETE: Amanda Beard

FAVORITE TEAM: Eagles

FAVORITE TV SHOW: Everwood

FAVORITE MOVIES: Stepmom, Pirates of the Caribbean

COLLEGE LIST: Will start looking at colleges next year

CAREER CHOICE: Would like to go into journalism

Honorable mention

SWIMMING

Tom Whelan, Archbishop Wood: Won the 200 freestyle and 100 butterfly and on the winning 200 medley and 200 freestyle relays in a victory over Archbishop Carroll; on the winning 200 freestyle relay in a loss to Father Judge.

BASKETBALL

Dan Loftus, Bensalem: Scored 15 points in an upset victory over Souderton in the first round of the PIAA District One Class AAAA tournament.

Honorable mention

SWIMMING

Jaclyn Smith, Archbishop Wood: Won the 200 IM and 100 backstroke and on the winning 200 medley relay in a win over Archbishop Carroll; won the 200 freestyle and 100 backstroke and on the winning 200

medley and 400 freestyle relays in a win over St. Hubert.

BOWLING

Danielle Presto, Bensalem: Bowled a 560 series in a win over Abington.

Athletes of the Week receive two free weeks of sports specific strength and conditioning from FitLife Total Performance. FitLife and Bucks Physical Therapy, the ultimate training team in Bucks County, are located at 100 Almshouse Road, Richboro. Call (215) 357-2000 for appointments.