



Wood Swimming 2010 - 2011

News



BoysSwimPreviews

Archbishop Wood

- **Coach:** Charlie Stilwell (13th year)
- **Last year's record:** 2-5 overall and in the PCL
- **Notable losses:** Gregory Oprendeck (breast and IM), Andre Delvalle (distance free and breast)
- **Key returnees:** Senior – Ian Mee (fly); Juniors – Kevin McGuckin (IM and fly), Andrew Gnias (breast, free and fly); Sophomore – Chris Conway (back and free)
- **Others to watch:** Senior – Gary Bone (sprint free)
- **Strengths:** The Vikings will field a bigger team than in past seasons which will give them depth and chance to score in more events. The large senior class makes the team leadership strong.
- **Question marks:** Unless the Vikings' young swimmer shed seconds off their time quickly it will be a battle all season to keep up with the extremely tough catholic league.
- **Overall Outlook:** The Vikings goal is to win the close meets and strive for a District 12 championship. The hope the experience they gained during the 2009-2010 season will pay off.

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: 2-5 (2-5 PCL)

Key performers: Jr. Kevin McGuckin (individual medley, butterfly); Jr. Andrew Gnias (breaststroke, freestyle, butterfly); So. Chris Conway (backstroke, freestyle); Sr. Ian Mee (individual medley, butterfly).

The season: Once again this year, the Vikings have a bigger team than usual, which gives them additional depth as they try to win more of the close meets and the District 12 Class AA title, which they were the runner-up for last year. Without any breakout swimmers, they will struggle at times to compete with the stronger teams in the league, but they should get stronger as the season progresses.

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: 2-5 (PCL)

Key performers: Jr. Kevin McGuckin (individual medley, butterfly); Jr. Andrew Gnias (breaststroke, sprint free, butterfly); So. Chris Conway (backstroke, distance free); Sr. Ian Mee (individual medley, butterfly).

The season: The Vikings' roster is larger than normal, which will translate into greater depth. They finished second last season in the District 12 tournament and hope to challenge for the top spot, but that will depend on whether they can find a couple of hammers capable of winning, and on the number of others who finish second through sixth.



(listed alphabetically)

Melanie Busch, William Tennent:

Without question, she has the area's best shot at individual state gold. She almost had it last season, but came up .04 short in the 50 free and settled for silver, and, after having the fastest overall time after the preliminaries, she took the bronze in the backstroke.

Kacie Ciampoli, Germantown Academy:

As a junior, she continued to improve as the season went on and she peaked just before Easterns. She was the only member of the Patriots to win two individual golds, taking the 200- and 500-yard freestyle. It will be a huge shock if she fails to repeat.

Taylor Kane, Archbishop Wood: She finished fifth at states in the 500 free, but her chances of winning a gold improved

dramatically because the Vikings dropped from AAA to AA. After making the consolation finals in the 200 free and finishing 11th, she has to be considered a major threat in both events.

Natalee Szopo, Upper Moreland: In her first two seasons, she proved she was one of the best Class AA divers in the state. She just missed a bronze last spring, but her fourth-place finish returned her to the medal platform and made her that much more determined to finally make the top three this season.

Chloe Thomas, Souderton: There is a lot of pressure on her as the area's biggest hope for a state gold in the sprint freestyle events. In the process, she becomes the latest in a long line of Indians who have owned it before her, and that alone will push her all season.

— Bill Keen

Archbishop Wood

- **Coach:** Charlie Stilwell (13th year)
- **Last year's record:** 8-1, 7-0 in PCL
- **Notable losses:** Emily Smith (free and breast), Bridget Kerins (sprint free and fly)
- **Key returnees:** Senior – Tayloy Kane (distance free and breast), Grace Cochrane (fly and IM); Juniors – Orla Cole (back and free), Alexandra Fitzgerald (sprint free and back), Bridget McGrath (sprint free and breast); Sophomore – Renata Rios (distance free and IM)
- **Others to watch:** Junior – Kristina Halner (distance free); Sophomores – Rebecca Winkler (breast), Jennifer McGrath (fly); Freshmen – Hanna Cochrane (all), Claire Cochrane (all)
- **Strengths:** The Vikings should not skip a beat from last year's undefeated season in the catholic league. They are an experienced team with strong swimmers in every event.
- **Question marks:** The Vikings do not have as much depth as they had last year unless the younger swimmers can prove they can fill the gaps of the Seniors that graduated.
- **Outlook:** The Vikings are moving to class AA, which only makes the more confident they can win a District 12 title. There are some new faces, but they have got a taste of winning over the last few years. The Vikings are hungry to regain the top team status in the P.C.L.

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: 8-1 (7-0, PCL champions)

Key performers: Sr. Taylor Kane (distance free, breaststroke); Sr. Grace Cochrane (butterfly, individual medley); Jr. Orla Cole (backstroke); Jr. Alexandra Fitzgerald (sprint free, backstroke); Jr. Bridget McGrath (breaststroke, sprint free); Jr. Kristina Halner (distance free); So. Renata Rios (distance free, individual medley); So. Jennifer McGrath (butterfly)

The season: The Vikings have two things going for them as they prepare for the upcoming season. First, they have quality experience returning and second, they drop from class AAA to class AA. While that means a very small field of competitors in District 12, it improves the chances of sending a lot of girls to states.

GirlsSwimPreviews

The 5^s Athletes to Watch

Melanie Busch, William

Tennent: Busch, a senior, finished second in the 50-yard freestyle and third in the 100 backstroke at last year's PIAA Class AAA championships. The future Maryland Terp was the Suburban One League National Conference champion in both of those events and took second in the backstroke and fifth in the 50 freestyle at the District One Meet. She was the Courier Times Swimmer of the Year her sophomore and junior years.



Melanie Busch

Grace Cochrane, Archbishop Wood: Despite being hampered by a shoulder injury last year, Cochrane made it to states in the 100 butterfly. She was the District 12 Class AAA champion in the 100 fly and took second in the 200 individual medley last season. A senior, she is the defending Philadelphia Catholic League champion in the 100 fly and took third in the IM in the league last year.

Kate Dillione, Council Rock North: Dillione, a senior, qualified for last year's PIAA Class AAA meet in both the 200 individual medley and 100 butterfly, taking fifth in the state in the fly. She was the 2009-10 Suburban One League National Conference champion in both events and was second in the butterfly and fourth in the IM at the District One Class AAA meet. She will swim at Brown next year.

Taylor Kane, Archbishop Wood: Kane was the 2009-10 District 12 Class AAA and Philadelphia Catholic League champion in both the 200 and 500-yard freestyles. She was fifth at the PIAA meet in the 500 freestyle and 11th in the 200 freestyle last year. A senior, she is headed for James Madison next season.

Bizzy Millen, Council Rock North: Millen qualified for the PIAA Class AAA meet in two events last year, finished seventh in the 500 freestyle and 27th in the 100 butterfly. A senior, she was fourth in the 500 freestyle and eighth in the butterfly at the District One meet and finished second in both events at the Suburban One League National Conference championships last year.

The 5^s Meets to Watch

CR North at Pennsbury, Jan. 12, 3:30 p.m.: This meet features the 2009-10 Suburban One League National Conference champion Indians against the runner-up Falcons. CR North has won the last three meetings between the two, with Pennsbury's last win over the Indians coming in the 2006-07 season.

Archbishop Wood at Archbishop Ryan, Jan. 12, 3 p.m.: Last year, Wood defeated the Ragdolls in the dual meet season, but Ryan won the Philadelphia Catholic League and District 12 Class AAA titles. This is always a competitive meet and sets the tone for the championship season.

Abington at CR South, Jan. 12, 3:30 p.m.: The Golden Hawks won this SOL National meet last year, 97-89. It was a big win for CR South, as the Hawks try to move up in the standings this year.

William Tennent at Neshaminy, Jan. 19, 3:45 p.m.: This meet has evolved into a friendly rivalry that benefits both teams. They have a tendency to swim well against each other, so some good times always come from this meeting.

CR South at CR North, Feb. 4, 3:30 p.m.: This annual clash between district rivals is the SOL National finale for both teams. This will be the ninth meeting since CR South opened in the fall of 2002 and CR North leads the series, 9-0.



Archbishop Wood's
Grace Cochrane

Archbishop Wood

Coach: Charlie Stillwell (14th year)

Last year: 8-1 (7-0 PCL)

Key performers: Sr. Taylor Kane (distance freestyle, breaststroke); Sr. Grace Cochrane (butterfly, individual medley); Jr. Orla Cole (backstroke, freestyle); Jr. Alexandra Fitzgerald (sprint freestyle, backstroke); Jr. Bridget McGrath (breaststroke, sprint freestyle); Jr. Kristina Halner (distance freestyle); So. Renata Rios (distance freestyle, individual medley); So. Jennifer McGrath (butterfly).

The season: The Vikings have a lot of experience but lack the depth in the strokes that they've had in previous seasons, so they are counting on the younger swimmers to step into the gaps. Moving down from Class AAA to Class AA this season gives them an excellent chance to win the District 12 title. After coming in second in the PCL last year, the team is hungry to regain the top spot.

High School Girls Swimming Preview



Grace Cochrane qualified for states in the 100 butterfly last year despite her nagging shoulder injury. Now healed, she's ready to shoulder her own expectations. **STEVE GENGLER/STAFF PHOTOGRAPHER**

Council Rock North: The Indians are coming off a 2009-10 season that saw them go undefeated and win the Suburban One League National Conference title for the second year in a row, and win the District One Class AAA crown. They have a lot of good swimmers back this year and should be the team to beat.

Pennsbury: The Falcons were the SOL National Conference second-place finisher last year and would like to move up this year. They have a nice core of returning swimmers to build from, and they should be competitive.

William Tennent: This team has a nice core of swimmers to work with. The Panthers should be in the hunt this year.

Archbishop Wood: The Vikings finished second in the Philadelphia Catholic League and the District 12 Class AAA team competition last season. A move down to Class AA should help them win a district crown and make them more competitive at states.

Council Rock South: The Golden Hawks face the future with a new coach in Ken Brask, who replaced Christina Esposito, the only coach the program had ever known. The transition should be seamless, and the Hawks should be ready to go when the season begins.

The
L^S

**Teams
to Watch**

(listed in order of strength)

Stronger every day

Archbishop Wood's Grace Cochrane was a state qualifier last year, despite swimming the entire season with a nagging shoulder injury. Now pain-free, the senior is anticipating her best year yet.

By KAREN SANGILLO
STAFF WRITER

WARMINSTER — There is very little doubt that this is going to be Grace Cochrane's year.

The senior on the Archbishop Wood girls swim team is completely recovered from the scapular dyskinesis that bothered her all of last season.

Scapular dyskinesis is an irregular movement of the shoulder blade,

which would make swimming the butterfly very difficult. As luck would have it, the butterfly is one of Cochrane's specialties.

"Last year was rough," Cochrane said. "I was fortunate to never need surgery, but I had to wear a brace that was like a straitjacket."

"I went through physical therapy, but I wasn't keeping up with my exercises and, over the summer, it acted up again so I had to go back to therapy."

"That was a wake-up call. It was my fault for not doing what I was sup-

MORE ON C3

- Team-by-team capsules
- The 5s — Breaking down the area's best in 2010-11

posed to do, and I will never make that mistake again."

Last season, Cochrane swam through the injury, getting to states in the 100-yard butterfly. She was the District 12 and Philadelphia Catholic

League champion in the butterfly and took second in the district and third in the league in the 200 individual medley.

"Last year was really a grind," she said. "I swam through it, but it was frustrating."

"I'm so excited for this season. I've been doing my exercises and I'm feeling great now. I can really feel a difference in the water from the way I felt last year. I feel so much stronger."

"I can't wait to see what I can do
See COCHRANE, Page C3

Cochrane

Continued from Page C1

now that I'm healthy. Last year, I just got through the season. This year, I'm really eager to swim and I have high expectations for myself.

"I want to get to states in both of my individual events. I'm very proud of my butterfly swim at states last year. It was my best time (59.91, 29th place), but I'd like to do better."

The Vikings finished second in both the PCL and District 12 Class AAA team championship to Archbishop Ryan.

"We beat Ryan in the dual meet, but then they came back and beat us at champs," Cochrane said. "We lost some good swimmers, but then I'm sure they did, too, so we'll have to see how it goes this year."

"I think we have a good team. We have a lot of good swimmers back and some new people who are really going to help out."

Two of the newcomers are Cochrane's twin sisters, freshmen Hannah (backstroke) and Claire (butterfly and freestyle).

"It's been fun to have them on the team," Cochrane said. "I think they're enjoying it and we're looking forward to maybe being on a relay together."

When she is not in the pool, Cochrane is the president of the student council and a member of the National Honor Society. She has not chosen a college yet.

"I'm looking at a couple of different schools, but I haven't made up my mind yet," she said.

However, she has already chosen her major.

"I really loved going to physical therapy, and I would like to be able to help others the way I was helped," she said. "I wouldn't have considered this as a career if I hadn't benefited from PT myself. That was the silver lining of my injury."

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SWIMMING

Wood's Kane chooses JMU

By KAREN SANGILLO
STAFF WRITER

Taylor Kane had her mind set on a Division I swimming career.

And now that has become a reality.

The Archbishop Wood senior has chosen James Madison University.

She also considered Purdue, Texas Christian, Miami of Ohio and Fordham.

"I visited all the schools and James Madison was the last school I saw," said Kane, who would like to major in early childhood education.

"I knew right away that I wanted to go there. It felt so comfortable and everything just clicked. The girls on the team were so welcoming and nice and I felt like I belonged there. The coach (Samantha Smith) is really nice and I felt that I could have a good relationship with her and that I could help the team and she saw that in me.

"Academics are important to me and when I took swimming out of the equation I still wanted to go to JMU so it isn't just about swimming. It's just great to have this all decided and concentrate on my senior year."

Wood went 8-1 overall, 7-0 in the Philadelphia Catholic League, were the PCL runner-up and the District 12 runner up last year.

Kane was fifth in the 500-yard freestyle and 11th in the 200 freestyle at the PIAA Class AAA championships in March.

She was the PCL champion in the 200 freestyle and 500 freestyle and the District 12 titlist in both events.

"JMU is just right for Taylor," Wood coach Charlie Stillwell said.

"It's not too big but it's not so small that she won't be in a competitive environment and that will be very good for her."

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Longtime swimming official Lou Fante dies

By KAREN SANGILLO
STAFF WRITER

Lower Bucks swimming has lost an icon.

Longtime swimming official and president of the Lower Bucks Chapter of Swim Officials Lou Fante died on Monday from renal cancer.

He was 65.

A resident of Bensalem, he is survived by his wife of 42 years, Judy; son Matt; daughter Jo Anne Gallagher; and grandchildren Ava, 7, Matthew, 4, and William, 21 months.

He taught math at Archbishop Ryan High School for 39 years after spending five years at West Catholic.

Fellow swim official Mike Dunn worked with Fante for many years and came to appreciate how much Fante loved his work.

"One day after officiating a meet together, Lou and I were walking to our cars and started talking about what we wanted to do when we retired," Dunn said.

"I mentioned a half-dozen inconsequential things but Lou said he'd like to become a school bus driver.

"I told him that he was crazy for wanting to haul kids around town after spending over 30 years teaching, but that was just the way Lou was. He loved being around the kids.

"Lou had a way of appreciating everyone he came in contact with. We often had discussions and he never failed to mention that he enjoyed the insights I brought.

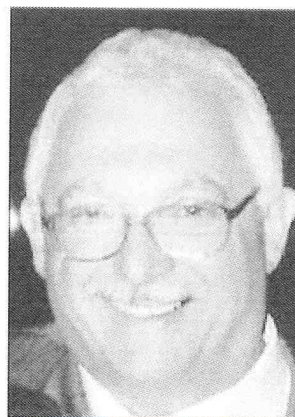
"He always had a way of making me feel good about myself and I know he did that with the kids."

Fante was the head official for the Philadelphia Catholic League and scheduled the meet officials.

"This is a sad day," Archbishop Wood coach Charlie Stillwell said.

"In the days before the PIAA, Lou would go over new rule changes with our coaches every year.

"He was the head official for the PCL before I started coaching. He was very enthusi-



Lou Fante

astic in everything he did and he especially loved the close meets.

"The Catholic League will honor Lou at our championship meet this year. He will be missed."

Fante's daughter is the reason he became a swim official.

"I was swimming at Bensalem Aquatic Club and Somerton Springs, and they asked the parents to volunteer," Gallagher said.

"He started out as a diving judge and after that he just kept doing more and more.

"He really loved it. I swam for Ryan and he loved going to the meets and he just kept getting more and more involved."

Fante loved the swimming community and the Ryan community.

"One of his favorite events every year was 'Ryan Makes Waves,' which is an alumni event at the Jersey shore," son Matt said.

"He loved catching up with his former students. He remembered every one of them and he enjoyed hearing about their successes.

"The impact that he had on so many lives is like the waves rippling in a pool."

Viewing will be held at St. Ephrem Catholic Church, 5400 Hulmeville Road, Bensalem on Sunday from 6 to 9 p.m. and Monday from 9:30 to 10:30 a.m.

A funeral Mass will follow the Monday viewing.

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— NATIONAL SIGNING DAY —

The following chart identifies athletes whose Division I commitments on Wednesday's National Signing Day were reported to the newspaper:



**Tom Baker,
Archbishop Wood**



**Madison Harding,
CB South**

ARCHBISHOP WOOD

Player	Sport	College
Taylor Kane	Swimming	James Madison
Jeff Courter	Baseball	Villanova
Kyle McCrossen	Baseball	Temple
Cait McCartney	Girls lacrosse	Delaware
Tom Baker	Boys soccer	La Salle

CENTRAL BUCKS SOUTH

Player	Sport	College
Casey Haegels	Field hockey	Penn State
Madison Harding	Field hockey	Villanova
Katie Walsh	Field hockey	St. Joseph's
Colleen Kempf	Field hockey	La Salle
Jessie Accurso	Field hockey	Yale
Cara Armstrong	Girls soccer	Youngstown St.

CENTRAL BUCKS WEST

Player	Sport	College
Bree Benedict	Girls soccer	Central Conn. St.
Sherry Ben Joseph	Girls track	UNC-Wilm.
Alex Miller	Field hockey	Appalachian St.

CHRISTOPHER DOCK

Player	Sport	College
Hannah Loux	Field hockey	Monmouth

FAITH CHRISTIAN

Player	Sport	College
Chris Makowski	Boys soccer	Syracuse

GERMANTOWN ACADEMY

Player	Sport	College
Aaron Novak	Baseball	Penn State
Bobby Tait	Boys lacrosse	Syracuse

HATBORO-HORSHAM

Player	Sport	College
Matt Hollenbeck	Baseball	Georgetown

LANSDALE CATHOLIC

Player	Sport	College
Megan Poiesz	Girls soccer	Fordham

NORTH PENN

Player	Sport	College
Kayla Charles	Girls track	St. Joseph's
Elizabeth Fedele	Field hockey	North Carolina
Craig Lepre	Baseball	Albany
Mary Morris	Girls water polo	Bucknell
Heather Selheimer	Girls track	George Mason
Carly Yost	Girls soccer	Monmouth

PALISADES

Player	Sport	College
Josh Parris	Football	Lehigh

PENNRIDGE

Player	Sport	College
Dan Caya	Boys soccer	Rutgers
Brandon Cope	Football	Colgate



**Elizabeth Fedele,
North Penn**



**Joe Stolfi,
Souderton**

SOUDERTON

Player	Sport	College
Alex Atiyeh	Field hockey	Drexel
Danielle Notvest	Girls lacrosse	Villanova
Kirstin Russell	Girls lacrosse	George Mason
Joe Stolfi	Wrestling	Bucknell
Chloe Thomas	Girls swimming	Liberty

UPPER MORELAND

Player	Sport	College
David McInerney	Baseball	Cincinnati



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SWIMMING NOTEBOOK

Wood turns in solid times at Winter Classic

Grace Cochrane of Archbishop Wood was the girls high point winner at the Stroudsburg Winter Classic, held at East Stroudsburg University.

Cochrane won the 200-yard individual medley in 2 minutes, 19.24 seconds, and 100 backstroke (1:03.08), and took second in the 100 butterfly (1:02.38).

"That was very unexpected," said Cochrane, a senior. "It's not something I was thinking about at all, but it was a very nice surprise."

"This meet is so much fun. We stayed overnight and hung out with the swimmers from Father Judge and Little Flower."

Teammate Taylor Kane won

the 200 freestyle (1:59.05) and 500 freestyle (5:17.29) and was third in the 100 breaststroke (1:12.30).

Orla Cole won the 100 freestyle (59.64), and Bridget McGrath

was second in the 100 free (1:00.66). Renata Rios took second in the 500 freestyle (5:29.95).

Sangillo's Top 5

(records through Tuesday)

Boys

1. CR North (5-1)
2. Pennsbury (3-2)
3. William Tennent (6-2)
4. CR South (3-1)
5. Neshaminy (2-3)

Girls

1. CR North (5-1)
2. Pennsbury (3-2)
3. Arch. Wood (6-0)
4. William Tennent (5-3)
5. CR South (3-1)

The 400 freestyle relay of Kane, Kristina Halner, Rios and Cole took first (3:53.05).

The 200 medley relay of Cole, McGrath, Cochrane and Alexandra Fitzgerald placed second (1:56.39), and the 200 freestyle relay of Halner, Hannah Cochrane, Claire Cochrane and Barbara Deegan took third (1:53.45).

The girls finished second in overall team scoring to Philadelphia Catholic League rival Archbishop Ryan, with the Ragdolls scoring 661 points to 507 for the Vikings.

"We finished second to them last year, too," Cochrane said. "We're not going to read too much into that. We had some people missing, and this meet was just for fun."

"It has a nice atmosphere, and it's a good experience to swim at a college. You get to take a look at the school and check it out."

For the boys, Wood's Andrew Gnias, Gary Bone, Ian Mee and Kevin McGuckin took third in the 400 freestyle relay (3:43.64).

The boys finished fourth in team scoring with 317.5 points.

"I'm very happy with how everyone swam," Wood coach Charlie Stillwell said. "This is a fun meet for us and we really look forward to swimming at it every year. It's a nice break from dual meets."

Change should benefit Wood

This year, the Archbishop Wood girls swim team moves down from Class AAA to Class AA in PIAA competition.

It's a move that should definitely benefit the Vikings at both the district and state level.

There are only two girls teams at the Class AA level in District 12, as Archbishop Carroll moved up to Class AAA this year. The other Class AA team is Lansdale Catholic.

"When they split it up last time, we were the cutline between the classes, so we were the very last team to be Class AAA," Wood coach Charlie Stillwell said. "So I'm not overly surprised that we're moving down because, if anyone was going to, it had to be us."

"Lansdale Catholic has some very nice swimmers, so I'm sure there will be some good competition from them at the district meet. We're very optimistic that we can get a big group to states this year and that we'll place better."

Wood junior Orla Cole has been there, literally.

As a freshman, Cole swam at Class AA Mount St. Joseph before transferring to Wood for her sophomore year.

"I didn't even know what that meant, that Mount was Class AA and Wood was Class AAA," she said. "It took me awhile to realize what the classifications were and what they meant."

"But honestly, now that I see how it all works, I do think it will be an advantage for us to swim in Class AA, because we'll be competing against schools that are more our size."

Cole went to states last year on the 200-yard medley relay, but not in her best individual event, the 100 backstroke.

"States was a lot of fun," she said. "I really do hope that a lot of girls who didn't get to go to states last year will have that experience this year."

"Last year, I didn't qualify in the backstroke, and I was looking at the times in Class AA, and I would have made it, and that was frustrating. This year, I'm definitely hoping to make it; that's what I'm working for."

"I'm really excited about the season and I can't wait to see what we can do as a team. I think we're going to have a really good year."

Wood boys have always been Class AA.

"It'll be nice for me to have both genders at the same classification," said Stillwell, the head coach of both programs.

Wood tops Ryan for first in PCL

BY KAREN SANGILLO

STAFF WRITER

PHILADELPHIA — The seniors on the Archbishop Wood girls swim team entered Thursday's Philadelphia Catholic League meet against defending league champion Archbishop Ryan having never lost to the Ragdolls in a dual meet.

"We really, really wanted to win this one because we wanted to be able to say we beat them in

four dual meets," Wood senior Taylor Kane said.

Kane and her classmates got their wish. Wood prevailed, 89-81, at Alberta Morris Pool.

The Vikings got off on the right foot by winning the 200-yard medley relay, with Orla Cole, Bridget McGrath, Grace Cochrane and Taylor Kane clocking in at 1:52.94.

"That really set the tone for the meet for us," Wood coach Charlie Stillwell said. "We didn't expect to win that relay, but we did, and that was one of the things that went in our favor."

Ryan took the lead after the 50 freestyle and held it for just a couple of events before Wood took it back for good after the 100 freestyle.

"When they got ahead of us, I wasn't too worried because, at that point, it was closer than Charlie had predicted, so I knew we were actually ahead of where he thought we'd be," said Cochrane, who won the 200 individual medley and 100 backstroke.

Cole was another individual winner for the Vikings, taking first in the 100 freestyle.

Wood sealed the victory by winning the 400 freestyle relay. Renata Rios, Alexandra Fitzgerald, Cochrane and Kane were the foursome.

The victory extended the Vikings' PCL dual-meet win streak to 31, with the last loss coming on Jan. 24, 2007, 98-72 to Ryan.

"I was so nervous," said Kane, who won the 200 and 500 freestyles. "We've never lost to Ryan in a dual meet while I've been on the team, and we wanted to make it four in a row."

"It's really exciting to win this one. This really is the biggest dual meet of the year for us. They're our biggest rivals."

Despite defeating Ryan in the dual meet last year, the Ragdolls prevailed at the PCL meet.

"We know that's a possibility, but right now we still have a lot of dual meets to swim, so we have to think about them," Cochrane said. "This meet gives us a lot of confidence. We had so many great swims. Everyone really stepped up."

"It's going to be a very interesting championship meet and we're looking forward to it."

Archbishop Wood 89, Archbishop Ryan 81 (at Alberta Morris Pool)

200-yard medley relay: 1. Wood (Orla Cole, Bridget McGrath, Grace Cochrane, Taylor Kane), 1:52.94; 2. Ryan, 1:56.34; 3. Ryan, 2:01.83; **200 freestyle:** 1. Kane (AW), 1:59.28; 2. Mary O'Leary (AR), 2:06.25; 3. Kristina Halner (AW), 2:10.50; **200 IM:** 1. G. Cochrane (AW), 2:18.07; 2. Katie Conallen (AR), 2:22.25; 3. Maria Rocchi (AR), 2:25.21; **50 freestyle:** 1. Sarah Hammer (AR), 25.47; 2. Alex Fitzgerald (AW), 26.90; 3. Bernadette Jackson (AR), 27.55; **Diving:** 1. not contested; **100 butterfly:** 1. Hammer (AR), 1:01.25; 2. Renata Rios (AW), 1:05.32; 3. J. Staskel (AR), 1:07.07; **100 freestyle:** 1. Cole (AW), 58.50; 2. Fitzgerald (AW), 59.09; 3. McGrath (AW), 59.78; **500 freestyle:** 1. Kane (AW), 5:17.78; 2. Rios (AW), 5:29.19; 3. O'Leary (AR), 5:40.59; **200 freestyle relay:** 1. Ryan (Jackson, Weggner, Hammer, O'Leary), 1:45.56; 2. Wood, 1:47.44; 3. Ryan, 1:52.44; **100 backstroke:** 1. G. Cochrane (AW), 1:02.22; 2. Conallen (AR), 1:02.90; 3. Cole (AW), 1:06.09; **100 breaststroke:** 1. Conallen (AR), 1:10.84; 2. McGrath (AW), 1:11.59; 3. Jackson (AR), 1:11.70; **400 freestyle relay:** 1. Wood (Rios, Fitzgerald, G. Cochrane, Kane), 3:51.53; 2. Ryan, 4:00.10; 3. Ryan, 4:07.56.

Records: Ryan (3-1, 3-1 PCL); Wood (4-0, 3-0 PCL).

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Boys swimming

Monsignor Bonner 91, Archbishop Wood 77

200 medley relay—Archbishop Wood (Christopher Conway, Andrew Gnias, Kevin McGuckin, Gary Bone) 1:54.65; **200 freestyle—**Christopher Conway (AW) 2:01.82; **200 individual medley—**Kevin McGuckin (AW) 2:17.42; **50 freestyle—**Steve Horn (MB) 24.34; **100 butterfly—**Ian Mee (AW) 1:03.32; **100 freestyle—**Brian Baxter (MB) 54.92; **500 freestyle—**Ciaran Curran (MB) 6:03.81; **200 freestyle relay—**Monsignor Bonner (Rockenbach, Pace, Horn, Baxter) 1:42.22; **100 backstroke—**Ciaran Curran (MB) 1:03.76; **100 breaststroke—**Sean Fay (MB) 1:10.24; **400 freestyle relay—**Archbishop Wood (Christopher Conway, Kevin McGuckin, Ian Mee, Andrew Gnias) 3:47.98

Roman Catholic 94, Archbishop Wood 74

200 medley relay—Roman Catholic (Peyton, Von Hofen, Cox, McParland) 1:55.66; **200 freestyle—**Dan Slivjak (RC) 2:01.88; **200 individual medley—**Luke Lahann (RC) 2:17.27; **50 freestyle—**Christopher Conway (AW) 25.14; **100 butterfly—**Ian Mee (AW) 1:02.57; **100 freestyle—**JT Peyton (RC) 57.04; **500 freestyle—**Steve Paul (RC) 6:04.13; **200 freestyle relay—**Roman Catholic (Cram, Cox, Lahann, McParland) 1:44.26; **100 backstroke—**Christopher Conway (AW) 1:04.05; **100 breaststroke—**Andrew Gnias (AW) 1:11.19; **400 freestyle relay—**Archbishop Wood (Christopher Conway, Ian Mee, Kyle Bond, Kevin McGuckin) 3:52.09.

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Girls swimming

Archbishop Wood 79, Archbishop Prendergast 63

200 medley relay—Archbishop Wood (Orla Cole, Bridget McGrath, Claire Cochrane, Alexandra Fitzgerald) 2:00.00; **200 freestyle—**Renata Rios (AW) 2:07.45; **200 individual medley—**Taylor Kane (AW) 2:17.75; **50 freestyle—**Megan Callahan (AP) 28.33; **100 butterfly—**Renata Rios (AW) 1:06.16; **100 freestyle—**Barbara Deegan (AW) 1:05.46; **500 freestyle—**Grace Cochrane (AW) 5:50.64; **200 freestyle relay—**Archbishop Prendergast (Oropollo, Fleming, Buoni, Callahan) 1:59.49; **100 backstroke—**Sienna Oropollo (AP) 1:09.38; **100 breaststroke—**Kate Buoni (AP) 1:20.26; **400 freestyle relay—**Archbishop Prendergast 5:24.04.

Archbishop Wood 95, Gwynedd Mercy Academy 70

200 medley relay—Archbishop Wood (Grace Cochrane, Taylor Kane, Claire Cochrane, Alexandra Fitzgerald) 2:01.82; **200 freestyle—**Taylor Kane (AW) 2:03.66; **200 individual medley—**Grace Cochrane (AW) 2:20.75; **50 freestyle—**Alexandra Fitzgerald (AW) 27.46; **100 butterfly—**Taylor Kane (AW) 1:06.56; **100 freestyle—**Grace Cochrane (AW) 58.50; **500 freestyle—**Renata Rios (AW) 5:32.98; **200 freestyle relay—**Archbishop Wood 1:52.69; **100 backstroke—**Hannah Cochrane (AW) 1:07.99; **100 breaststroke—**Annalise Zaengle (GMA) 1:15.37; **400 freestyle relay—**Gwynedd Mercy Academy (Jen Lehman, Emily Fesnak, Arleigh MacMaster, Katie Dunphy) 4:22.88.

SWIMMING

Wood girls aim for PCL crown



Karen Sangillo

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The Philadelphia Catholic League championships are slated for Saturday and Sunday at Widener

University's Schwartz Center.

Both sessions begin at 9:30 a.m.

The Archbishop Wood girls team looks to regain the PCL crown it won in 2008 and 2009, but lost to

Archbishop Ryan last year despite beating Ryan in the dual-meet matchup, 96-74.

"Last year was really disappointing for us because we'd won both years before that," Wood senior captain Barbara Deegan said. "But Ryan swam really well. They had a good team and they deserved it.

"This year, we'd really like to win it back. I think our team is really good. We lost a bunch of good swimmers from last year, but we gained a lot of good swimmers, too, so I think we definitely have the potential to win it."

Deegan will swim the 200-yard medley and 400 freestyle relays and the 50 and 100 freestyles at the PCL meet, the same events as she will swim in the District 12 competition.

"I'm not swimming in college, so it's coming to the end for me," she said. "I'd really like to swim a 27 in the 50 free; I'll be trying really hard for that.

"This is a nice preparation for the District 12 meet, but, for a lot of us, the PCL meet is the more important one because at districts we'll only be swimming against Lansdale Catholic (Wood dropped to Class AA this year).

"I've always felt that PCLs were bigger than districts, so I really want to swim well there."

Wood girls also won the PCL title in 1991.

The boys team has more modest goals.

"We'd just like to swim well," said senior captain Andy Gnais. "It's always a good meet. We're focused on districts right now and saving our taper for that, but this is a good meet to swim in preparation for that. It's a big meet and it's always nice to swim at a college pool.

"We always have a small boys team, and this year we wanted to be more competitive, which I think we did. We were close in a couple of meets, and we beat Lansdale Catholic, which was good for us."

He will swim in the 100 butterfly, 200 medley and 200 freestyle relays Saturday and the 100 breaststroke Sunday. Those are also the events he will swim at the District 12 championships.

"I won't be swimming in college, so this is it for me," he said. "I'm really motivated to swim my best times and leave on a positive note."

A four-year member of the swim team, he followed in the footsteps of sisters Rachel and Elizabeth.

"I wanted to do a sport in high school and they swam so I gave it a try," he said. "It was a good choice for me."

Wood tops Ryan for first in PCL

By KAREN SANGILLO

STAFF WRITER

PHILADELPHIA — The seniors on the Archbishop Wood girls swim team entered Thursday's Philadelphia Catholic League meet against defending league champion Archbishop Ryan having never lost to the Ragdolls in a dual meet.

"We really, really wanted to win this one because we wanted to be able to say we beat

them in four dual

meets," Wood senior Taylor Kane said.

Kane and her classmates got their wish.

Wood prevailed, 89-81, at Alberta Morris Pool.

Girls Swimming

The Vikings got off on the right foot by winning the 200-yard medley relay, with Orla Cole, Bridget McGrath, Grace Cochrane and Taylor Kane clocking in at 1:52.94.

"That really set the tone for the meet for us," Wood coach Charlie Stillwell said. "We didn't expect to win that relay, but we did, and that was one of the things that went in our favor."

Ryan took the lead after the 50 freestyle and held it for just a couple of events before Wood took it back for good after the 100 freestyle.

"When they got ahead of us, I wasn't too worried because, at that point, it was closer than Charlie had predicted, so I knew we were actually ahead of where he thought we'd be," said Cochrane, who won the 200 individual medley and 100 backstroke.

Cole was another individual winner for the Vikings, taking first in the 100 freestyle.

Wood sealed the victory by winning the 400 freestyle relay. Renata Rios, Alexandra Fitzgerald, Cochrane and Kane were the foursome.

The victory extended the Vikings' PCL dual-meet win streak to 31, with the last loss coming on Jan. 24, 2007, 98-72 to Ryan.

"I was so nervous," said Kane, who won the 200 and 500 freestyles. "We've never lost to Ryan in a dual meet while I've been on the team, and we wanted to make it four in a row.

"It's really exciting to win this one. This really is the biggest dual meet of the year for us. They're our biggest rivals."

Despite defeating Ryan in the dual meet last year, the Ragdolls prevailed at the PCL meet.

"We know that's a possibility, but right now we still have a lot of dual meets to swim, so we have to think about them," Cochrane said. "This meet gives us a lot of confidence. We had so many great swims. Everyone really stepped up.

"It's going to be a very interesting championship meet and we're looking forward to it."

Archbishop Wood 89, Archbishop Ryan 81
(at Alberta Morris Pool)

200-yard medley relay: 1. Wood (Orla Cole, Bridget McGrath, Grace Cochrane, Taylor Kane), 1:52.94; 2. Ryan, 1:56.34; 3. Ryan, 2:01.83;
200 freestyle: 1. Kane (AW), 1:59.28; 2. Mary O'Leary (AR), 2:06.25; 3. Kristina Halner (AW), 2:10.50; **200 IM:** 1. G. Cochrane (AW), 2:18.07; 2. Katie Conallen (AR), 2:22.25; 3. Maria Rocchi (AR), 2:25.21; **50 freestyle:** 1. Sarah Hammer (AR), 25.47; 2. Alex Fitzgerald (AW), 26.90; 3. Bernadette Jackson (AR), 27.55; **Diving:** 1. not contested; **100 butterfly:** 1. Hammer (AR), 1:01.25; 2. Renata Rios (AW), 1:05.32; 3. J. Staskel (AR), 1:07.07; **100 freestyle:** 1. Cole (AW), 58.50; 2. Fitzgerald (AW), 59.09; 3. McGrath (AW), 59.78; **500 freestyle:** 1. Kane (AW), 5:17.78; 2. Rios (AW), 5:29.19; 3. O'Leary (AR), 5:40.59; **200 freestyle relay:** 1. Ryan (Jackson, Weggner, Hammer, O'Leary), 1:45.56; 2. Wood, 1:47.44; 3. Ryan, 1:52.44; **100 backstroke:** 1. G. Cochrane (AW), 1:02.22; 2. Conallen (AR), 1:02.90; 3. Cole (AW), 1:06.09; **100 breaststroke:** 1. Conallen (AR), 1:10.84; 2. McGrath (AW), 1:11.59; 3. Jackson (AR), 1:11.70; **400 freestyle relay:** 1. Wood (Rios, Fitzgerald, G. Cochrane, Kane), 3:51.53; 2. Ryan, 4:00.10; 3. Ryan, 4:07.56.
Records: Ryan (3-1, 3-1 PCL); Wood (4-0, 3-0 PCL).

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ksangillo@phillyburbs.com.



STEVE GENGLER / STAFF PHOTOGRAPHER

Archbishop Wood swimmer **Grace Cochrane** will enter the Philadelphia Catholic League championship meet as the third seed in the butterfly and the second in the backstroke.

PCL championships kick off postseason

The PIAA swimming and diving championship will be March 16-19 at Bucknell University.

First up, however, are the various league meets, starting Sunday with the Philadelphia Catholic League championships at Widener University.

Swimming notebook

By Bill Keen



The boys meet could be subtitled "The La Salle Invitational," because the Explorers usually dominate and should again this year. The lone individual from area schools seeded in the top 10 in any swimming event is Nick Augustine of **Lansdale Catholic**, the ninth-best in the 500-yard freestyle.

In diving there is not as deep a field, but that won't be the only reason LC's Dylan Yurasits should make a lot of noise. The freshman has already broken the school record for six dives, thanks to some high degree-of-difficulty dives that will put him in good stead at Bucknell.

On the girls side, a couple of Archbishops — Ryan and Wood — should battle for the team title, although **Archbishop Wood** coach Charlie Stillwell said the Vikings may not be able to duplicate their 89-81 dual-meet win.

"At the start of the season, I didn't think we had a chance to beat Ryan, but we did," the coach said. "The championships are different than the District 12 meet because there's no limit how many swimmers a school can enter in each event and they have a lot of depth."

Individually, LC's Jess Gidzinski is the top seed in her specialties, the 100 freestyle and the 200 individual medley. She is eligible to swim two more times, but it will be as a member of two relay teams, depriving fans of the chance to see more of her versatility. She has the second-fastest time in the 50 and 200 free, third-fastest in the backstroke and fourth in the breaststroke.

Gidzinski's decision means she will not face either of Wood's top two swimmers individually, although they could meet in

Girls swimming

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relay legs. Grace Cochrane enters the butterfly as the third seed and the backstroke as the second, while Taylor Kane goes in the 200 and 500 free and is the top seed in both.

Another of Wood's top individuals is sophomore Renata Rios, a transfer student from Florida.

"She was swimming for her club team, Tri-Hampton Y in Newtown, but she wanted to swim in high school and enrolled at Wood," Stillwell said. "She's been a very pleasant surprise, and you could hear a lot from her in the future because she's been in just about every event."

Keen's Top 5

Boys

1. Germantown Academy
2. North Penn
3. Hatboro-Horsham
4. Souderton
5. Central Bucks East

Girls

1. Germantown Academy
2. North Penn
3. Souderton
4. Archbishop Wood
5. Central Bucks East

Archbishop Wood girls stand second at PCL championships

The Vikings trail only Archbishop Ryan heading into today's final day of competition.

By KAREN SANGILLO
STAFF WRITER

The girls team competition at the Philadelphia Catholic League swim championships is shaping up the way it was expected to.

Swimming

The meet opened up on Saturday at Widener University's Schwartz Center with defending champion Archbishop Ryan in first place with 366 points. Archbishop Wood is in second with 243.

"We knew going in that

they had more depth than we did, so we're not too surprised," said Wood senior Grace Cochrane, who won the 200-yard butterfly. "We still have another day, so we'll have to see what happens."

"We're all doing our best and swimming really well, so that's the important thing."

Cochrane was surprised by her own success.

"I didn't expect to win the fly," she said. "I was just going for my best time, and I was fortunate to get both the championship and the time."

Senior Taylor Kane won the 200 freestyle in 1:56.22 for Wood.

Archbishop Wood defeated Ryan in the dual-meet season, 89-81.

"We beat Ryan in the dual meet all four years so, for the seniors, that's a big deal," Cochrane said.

Renata Rios was third in the 200 individual medley (2:17.63), and Alex Fitzgerald took third in the 50 freestyle (26.49) for Wood.

The Wood girls also took second in both relays contested on Saturday.

Orla Cole, Bridget McGrath, Cochrane and Fitzgerald took second in the 200 medley relay (1:54.79), while Cochrane, Rios, Fitzgerald and Kane took the silver in the 200 freestyle relay (1:42.66).

Lansdale Catholic senior Jessica Gidzinski won the 200 individual medley (2:15.75).

"I thought I had a chance to win, but I knew it was going to be a close race," said Gidzinski, who bested Katie Conallen of Archbishop Ryan for the title.

"My coach (Bob Birnbrauer) and I talk all the time about how the time is more important than the place. I'm very happy

with my time. I'm going into districts with a better time this year than last year, and that's what I wanted. Winning the event is a really nice bonus."

"We know we're not going to win the team title, so our goal as a team is for everyone to just swim their best and improve our seeds for districts, and I think we're doing well."

La Salle is leading the boys team competition with 459 points. Archbishop Wood is tied for eighth with Roman (60 points), and Lansdale Catholic is 10th (56).

Newtown resident Shane McKenzie, swimming for St. Joe's Prep, was second in the 200 IM (1:58.77).

The meet concludes today at Widener at 9:30 a.m.

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

Boys

Team scores: 1. LaSalle, 888 points; 2. St. Joe's Prep, 495.5; 3. Father Judge, 330; 4. Archbishop Ryan, 258; 5. Archbishop Carroll, 133; 6. Cardinal O'Hara, 115; 7. Monsignor Bonner, 108; 8. Roman Catholic, 97; 9. Archbishop Wood, 87; 10. Lansdale Catholic, 83.5.

Event results

200-yard medley relay: 1. LS (Joe Maginnis, David Speese, Luke

Maguire, Eric Schultz), 1:36.31; 2. FJ, 1:39.66; 3. AR, 1:42.12.

200 freestyle: 1. Chris Szekely (LS) 1:45.79; 2. Evan Holder (LS) 1:46.15; 3. Chris Catalino (LS) 1:46.58.

200 individual medley: 1. Patrick Olson (SJP) 1:56.83; 2. Shane McKenzie (SJP) 1:58.77; 3. Speese (LS) 1:59.02.

50 freestyle: 1. Schultz (LS) 21.98; 2. William Urban (AR) 22.25; 3. J.P. Kelley (LS) 22.69.

100 butterfly: 1. J. Maginnis (LS) 51.93; 2. Luke Maginnis (LS) 53.51; 3. Jake Marker (AR) 55.29.

200 freestyle relay: 1. LS (Schultz, Sean Regan, Kelley, Szekely), 1:27.73; 2. FJ, 1:31.10; 3. SJP, 1:31.84.

100-yard freestyle: 1. Harner (FJ) 49.09; 2. Regan (LS) 49.43; 3. Maginnis (LS) 49.44.

500 freestyle: 1. Szekely (LS) 4:44.21; 2. McKenzie (SJP) 4:44.25; 3. Scott Dennis (SJP) 4:46.76.

100 backstroke: 1. Grant Proctor (SJP) 54.10; 2. Schultz (LS) 54.74; 3. Kevin Savage (SJP) 55.94.

100 breaststroke: 1. Speese (LS) 58.50; 2. Jarred Gettes (FJ) 58.55; 3. Patrick Olson (SJP) 1:00.31.

400 freestyle relay: 1. LS (Regan, Maginnis, Szekewly, Speese) 3:12.99; 2. SJP, 3:16.98; 3. AR, 3:20.50.

Keen's Top 5:

Boys

1. Germantown Academy
2. North Penn
3. Hatboro-Horsham
4. Souderton
5. Central Bucks East

Girls

1. Germantown Academy
2. North Penn
3. Souderton
4. Archbishop Wood
5. Central Bucks East

Swimming notebook

By Karen Sangillo



Sangillo's Top 5:

Boys

1. CR North (8-2)
2. Pennsbury (5-2)
3. CR South (4-3)
4. Tennent (8-4)
5. Neshaminy (5-5)

Girls

1. CR North (8-1)
2. Wood (6-1)
3. Pennsbury (5-2)
4. Tennent (7-5)
5. CR South (3-4)

(records through Tuesday)

Keen's Top 5:

Girls

1. Germantown Academy (4-0)
2. North Penn (8-0)
3. Souderton (5-1)
4. Archbishop Wood (5-0)
5. Central Bucks East (5-2)

Boys

1. Germantown Academy (2-0)
2. North Penn (8-0)
3. Hatboro-Horsham (6-3)
4. Souderton (4-2)
5. Central Bucks East (5-2)

Meets to watch:

This coming week there are two. Tuesday (3:30 p.m.), two Top 5 teams meet when Souderton visits North Penn. The big meet is Wednesday (4 p.m.) — Peddie School at Germantown Academy.

Bill Keen can be reached at 215-345-8158 or bkeen@phillyburbs.com.

SWIMMING: PHILADELPHIA CATHOLIC LEAGUE CHAMPIONSHIPS

Wood girls stand second at PCL championships

The Vikings trail only Archbishop Ryan heading into today's final day of competition.

By KAREN SANGILLO
STAFF WRITER

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The meet opened up on Saturday at Widener University's Schwartz Center with defending champion Archbishop Ryan in first place with 366 points.

Archbishop Wood is in second with 243. "We knew going in that they had more depth than we did, so we're not too surprised," said Wood senior Grace Cochrane, who won the 200-yard butterfly. "We still have another day, so we'll

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The meet concludes today at Widener at 9:30 a.m.

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

Fante remembered

The Philadelphia Catholic League remembered longtime official Lou Fante with a prayer before the day's races on both days of the championship meet last weekend.

Fante, a resident of Bensalem, died of renal failure on Nov. 29 at age 65.

He was the president of the Lower Bucks Chapter of Swim Officials and the head official for the Philadelphia Catholic League. He taught math at Archbishop Ryan for 39 years after teaching five years at West Catholic.

Sangillo's Top 5: (records through Tuesday)

Boys

1. Pennsbury (2-0)
2. William Tennent (3-1)
3. Council Rock North (1-1)
4. Council Rock South (1-0)
5. Neshaminy (1-2)

Girls

1. Council Rock North (1-1)
2. Pennsbury (2-0)
3. William Tennent (2-2)
4. Archbishop Wood (1-0)
5. Neshaminy (0-3)

Sangillo's Top 5: (records through Tuesday)

Boys

1. Council Rock North (5-2)
2. Pennsbury (4-2)
3. Council Rock South (4-2)
4. Neshaminy (5-3)
5. William Tennent (7-3)

Girls

1. Council Rock North (6-1)
2. Archbishop Wood (6-1)
3. Pennsbury (4-2)
4. William Tennent (5-3)
5. Council Rock South (3-3)

Kane wins for Wood

Vikings girls end up second behind Archbishop Ryan.

By KAREN SANGILLO
STAFF WRITER

CHESTER — They knew they had their work cut out for them, but even when they knew they couldn't win, the girls on the Archbishop Wood swim team gave it their all.

"I'm so proud of them," Wood coach Charlie Stillwell said. "Everyone swam so well."

Wood went into Sunday's conclusion of the Philadelphia Catholic League championships at Widener University's Schwartz Center trailing defending champion Archbishop Ryan for the team title. The Ragdolls had 366 points and Wood 243 going into the day.

The Vikings swam hard but could not overtake Ryan, which captured the title with 653 points. Wood finished second with 519.

"It's disappointing, but we knew they had more depth than we did," Wood senior Taylor Kane said. "Everyone on our team did so well. We had so many people do their best times. It was amazing. We're just happy we swam as well as we did and now we're looking forward to the District 12 championships."

Kane was the day's standout for the Vikings, winning the 500-yard freestyle in 5:05.51.

"I'm really tired right now so I'm really, really happy with that time," she said. "I've been struggling with my distance events so this is great. For the 500 all I wanted to do was get under a 5:10 and when I saw my time I couldn't believe it, I was so happy. I had to do a 5,000 time trial on Monday so this hasn't been an easy week for me."

Kane also anchored the winning 400 freestyle relay, where she was joined by Renata Rios, Orla Cole and Hannah Cochrane to finish in 3:46.84.

"The relay did so well," said Kane, who will swim at James Madison next year. "We're really excited about it."

Grace Cochrane finished second in the 100 backstroke (1:02.60). She was the winner of the 100 butterfly on Saturday.

Rios was second in the 500 freestyle (5:20.36) and Bridget McGrath was third in the 100 breaststroke (1:10.81) for the Vikings.

Senior Jessica Gidzinski of Lansdale Catholic started off the day with a win in the 100 freestyle (55.86).

"I'm really happy with my swim," said Gidzinski, who won the 200 individual medley on Saturday. "I was hoping to get my time down a little bit more but I swam right through this meet so I can't complain. It's really nice to win two events here. I'm really looking forward to districts now. I'm coming to the end of my high school swimming career so I really am trying to enjoy each swim as much as possible."

The Crusaders finished sixth in the team competition (221).

La Salle won the boys team title for the 22nd consecutive time with 888 points. Archbishop Wood finished ninth (87) and Lansdale Catholic was 10th (83.5).

Newtown resident Shane McKenzie, swimming for St. Joe's Prep, took second in the 500 freestyle (4:44.75).

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

Philadelphia Catholic League Championships

Girls

Team scores: 1. Archbishop Ryan, 653 points; 2. Archbishop Wood, 519; 3. Archbishop Carroll, 280; 4. Cardinal O'Hara, 242; 5. Little Flower, 233; 6. Lansdale Catholic, 221; 7. Archbishop Prendergast, 162; 8. St. Hubert, 159.

Event results

200-yard medley relay: 1. AR (Katie Conallen, Maria Rocchi, Sarah Hammer, Mary O'Leary), 1:53.16; 2. AW, 1:54.79; 3. SH, 2:04.71.

200 freestyle: 1. Taylor Kane (AW) 1:56.22; 2. O'Leary (AR) 2:01.38; 3. Christine Loughery (AC) 2:04.38.

200 individual medley: 1. Jessica Gidzinski (LC) 2:15.75; 2. Conallen (AR) 2:16.92; 3. Renata Rios (AW) 2:17.63.

50 freestyle: 1. Hammer (AR) 25.04; 2. Katie Hay (COH) 25.74; 3. Alex Fitzgerald (AW) 26.49.

100 butterfly: 1. Grace Cochrane (AW) 59.61; 2. Hammer (AR) 1:00.09; 3. Jillian Salwach (SH) 1:02.94.

200 freestyle relay: 1. AR

(Conallen, Bernadette Jackson, Hammer, O'Leary), 1:42.11; 2. AW, 1:42.66; 3. COH, 1:46.60.

100-yard freestyle: 1. Gidzinski (LC) 55.86; 2. Hay (COH) 56.98; 3. Cole (AW) 57.55.

500 freestyle: 1. Kane (AW) 5:05.51; 2. Rios (AW) 5:20.36; 3. O'Leary (AR) 5:36.68.

100 backstroke: 1. Carline Quindlen (AC) 1:01.65; 2. Cochrane (AW) 1:02.60; 3. Conallen (AR) 1:02.74.

100 breaststroke: 1. Rocchi (AR) 1:10.58; 2. Julianne Staskel (AR) 1:10.80; 3. Bridget McGrath (AW) 1:10.81.

400 freestyle relay: 1. AW (Rios, Cole, Hannah Cochrane, Kane) 3:46.84; 2. COH, 3:54.85; 3. AC, 3:57.13.

Boys

Team scores: 1. LaSalle, 888 points; 2. St. Joe's Prep, 495.5; 3. Father Judge, 330; 4. Archbishop Ryan, 258; 5. Archbishop Carroll, 133; 6. Cardinal O'Hara, 115; 7. Monsignor Bonner, 108; 8. Roman Catholic, 97; 9. Archbishop Wood, 87; 10. Lansdale Catholic, 83.5.

Event results

200-yard medley relay: 1. LS (Joe Maginnis, David Speese, Luke Maguire, Eric Schultz), 1:36.31; 2. FJ, 1:39.66; 3. AR, 1:42.12.

200 freestyle: 1. Chris Szekely (LS) 1:45.79; 2. Evan Holder (LS) 1:46.15; 3. Chris Catalino (LS) 1:46.58.

200 individual medley: 1. Patrick Olson (SJP) 1:56.83; 2. Shane McKenzie (SJP) 1:58.77; 3. Speese (LS) 1:59.02.

50 freestyle: 1. Schultz (LS) 21.98; 2. William Urban (AR) 22.25; 3. J.P. Kelley (LS) 22.69.

100 butterfly: 1. J. Maginnis (LS) 51.93; 2. Luke Maginnis (LS) 53.51; 3. Jake Marker (AR) 55.29.

200 freestyle relay: 1. LS (Schultz, Sean Regan, Kelley, Szekely), 1:27.73; 2. FJ, 1:31.10; 3. SJP, 1:31.84.

100-yard freestyle: 1. Harner (FJ) 49.09; 2. Regan (LS) 49.43; 3. Maginnis (LS) 49.44.

500 freestyle: 1. Szekely (LS) 4:44.21; 2. McKenzie (SJP) 4:44.25; 3. Scott Dennis (SJP) 4:46.76.

100 backstroke: 1. Grant Proctor (SJP) 54.10; 2. Schultz (LS) 54.74; 3. Kevin Savage (SJP) 55.94.

100 breaststroke: 1. Speese (LS) 58.50; 2. Jarred Gettes (FJ) 58.55; 3. Patrick Olson (SJP) 1:00.31.

400 freestyle relay: 1. LS (Regan, Maginnis, Szekewly, Speese) 3:12.99; 2. SJP, 3:16.98; 3. AR, 3:20.50.

Kane wins for Wood, Gidzinski takes two for LC

The Vikings ended up second at the PCL championship meet.

By KAREN SANGILLO

STAFF WRITER

CHESTER — They knew they had their work cut out for them, but even when they knew they couldn't win, the girls on the Archbishop Wood swim team gave it their all.

"I'm so proud of them," Wood coach Charlie Stillwell said. "Everyone swam so well."

Wood went into Sunday's conclusion of the Philadelphia Catholic League championships at Widener University's Schwartz Center trailing defending champion Archbishop Ryan for the team title. The Ragdolls had 366 points and Wood 243 going into the day.

The Vikings swam hard but could not overtake Ryan, which captured the title with 653 points. Wood finished second with 519.

"It's disappointing, but we knew they had more depth than we did," Wood senior Taylor

Kane said. "Everyone on our team did so well. We had so many people do their best times. It was amazing. We're just happy we swam as well as we did and now we're looking forward to the District 12 championships."

Kane was the day's standout for the Vikings, winning the 500-yard freestyle in 5:05.51.

"I'm really tired right now so I'm really, really happy with that time," she said. "I've been struggling with my distance events so this is great. For the 500 all I wanted to do was get under a 5:10 and when I saw my time I couldn't believe it, I was so happy. I had to do a 5,000 time trial on Monday so this hasn't been an easy week for me."

Kane also anchored the winning 400 freestyle relay, where she was joined by Renata Rios, Orla Cole and Hannah Cochrane to finish in 3:46.84.

"The relay did so well," said Kane, who will swim at James Madison next year. "We're really excited about it."

Grace Cochrane finished sec-

ond in the 100 backstroke (1:02.60). She was the winner of the 100 butterfly on Saturday.

Rios was second in the 500 freestyle (5:20.36) and Bridget McGrath was third in the 100 breaststroke (1:10.81) for the Vikings.

Senior Jessica Gidzinski of Lansdale Catholic started off the day with a win in the 100 freestyle (55.86).

"I'm really happy with my swim," said Gidzinski, who won the 200 individual medley on Saturday. "I was hoping to get my time down a little bit more but I swam right through this meet so I can't complain. It's really nice to win two events here. I'm really looking forward to districts now. I'm coming to the end of my high school swimming career so I really am trying to enjoy each swim as much as possible."

The Crusaders finished sixth in the team competition (221).

La Salle won the boys team title for the 22nd consecutive time with 888 points. Archbishop Wood finished ninth (87) and Lansdale Catholic was 10th (83.5).

Newtown resident Shane McKenzie, swimming for St. Joe's Prep, took second in the 500 freestyle (4:44.75).

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

Philadelphia Catholic League Championships

Girls

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100 breaststroke: 1. Rocchi (AR) 1:10.58; 2. Julianne Staskel (AR) 1:10.80; 3. Bridget McGrath (AW) 1:10.81.

400 freestyle relay: 1. AW (Rios, Cole, Hannah Cochrane, Kane) 3:46.84; 2. COH, 3:54.85; 3. AC, 3:57.13.

Boys' Swimming

At La Salle University.

DISTRICT 12 CLASS AAA CHAMPIONSHIPS

200-yard medley relay: 1, La Salle (Joe Maginnis, David Speese, Luke Maguire, Eric Schultz), 1:34.08. 2, Father Judge, 1:37.00. 3, St. Joseph's Prep, 1:38.34.

200 freestyle: 1, (tie) Chris Szekely, La Salle; Chris Catalano, La Salle, 1:43.15. 3, Evan Holder, La Salle, 1:43.37.

200 ind. medley: 1, Patrick Olson, St. Joseph's Prep, 1:53.37. 2, Sean Regan, La Salle, 1:55.06. 3, David Speese, La Salle, 1:56.32.

50 freestyle: 1, Eric Schultz, La Salle, 20.91. 2, William Urban, Arch. Ryan, 21.87. 3, J.P. Kelley, La Salle, 22.15.

100 butterfly: 1, Joe Maginnis, La Salle, 49.59. 2, Patrick Olson, St. Joseph's Prep, 50.54. 3, Luke Maguire, La Salle, 51.85.

200 freestyle relay: 1, La Salle (Eric Schultz, Sean Regan, J.P. Kelley, Chris Szekely), 1:25.97. 2, Father Judge, 1:28.77. 3, St. Joseph's Prep, 1:30.00.

DISTRICT 12 CLASS AA CHAMPIONSHIPS

200-yard medley relay: 1, Arch. Wood (Christopher Conway, Andrew Gnias, Ian Mee, Kevin McGuckin), 1:46.54. 2, Lansdale Catholic, 1:50.34. 3, Arch. Carroll, 1:57.03.

200 freestyle: 1, John Howard, Arch. Carroll, 1:47.33. 2, Gary Bone, Arch. Wood, 1:59.27. 3, Steven Douglas, Lansdale Catholic, 1:59.66.

200 ind. medley: 1, Kevin McGuckin, Arch. Wood, 2:09.13. 2, Alexander Marshall, Lansdale Catholic, 2:13.60. 3, Thomas Giacomucci, Arch. Carroll, 2:14.89.

50 freestyle: 1, Nick Augustine, Lansdale Catholic, 22.07. 2, Tony Mack, Lansdale Catholic, 23.04. 3, Joshua Patota, Arch. Carroll, 24.33.

100 butterfly: 1, Ian Mee, Arch. Wood, 59.23. 2, Andrew Gnias, Arch. Wood, 59.87. 3, Jerry O'Connor, Arch. Carroll, 1:00.07.

200 freestyle relay: 1, Lansdale Catholic (Tony Mack, Steven Douglas, Tim Gillen, Nick Augustine), 1:33.89. 2, Arch. Carroll, 1:34.31. 3, Arch. Wood, 1:43.88.

Girls' Swimming

At La Salle University.

DISTRICT 12 CLASS AAA CHAMPIONSHIPS

200-yard medley relay: 1, Arch. Ryan (Katie Conallen, Julianne Staskel, Sarah Hammer, Mary O'Leary), 1:51.51. 2, Arch. Carroll, 1:57.87. 3, Arch. Prendergast, 2:03.28.

200 freestyle: 1, Christine Loughery, Arch. Carroll, 1:58.86. 2, Mary O'Leary, Arch. Ryan, 2:03.52. 3, Megan Oxley, Little Flower, 2:06.34.

200 ind. medley: 1, Katie Conallen, Arch. Ryan, 2:15.81. 2, Jillian Salwach, St. Hubert, 2:16.49. 3, Emily Dougherty, Arch. Ryan, 2:21.89.

50 freestyle: 1, Sarah Hammer, Arch. Ryan, 24.45. 2, Katie Hay, Cardinal O'Hara, 25.35. 3, Dominique Crable, Girls High, 26.18.

100 butterfly: 1, Sarah Hammer, Arch. Ryan, 59.11. 2, Jillian Salwach, St. Hubert, 1:00.32. 3, Siena Oropollo, Arch. Prendergast, 1:03.14.

200 freestyle relay: 1, Arch. Ryan (Katie Conallen, Bernadette Jackson, Sarah Hammer, Mary O'Leary), 1:42.75. 2, Cardinal O'Hara, 1:46.76. 3, Little Flower, 1:49.32.

DISTRICT 12 CLASS AA CHAMPIONSHIPS

200-yard medley relay: 1, Arch. Wood (Orla Cole, Bridget McGrath, Grace Cochrane, Alexandra Fitzgerald), 1:51.67. 2, Lansdale Catholic, 2:17.08. No third.

200 freestyle: 1, Taylor Kane, Arch. Wood, 1:55.62. 2, Kristina Halner, Arch. Wood, 2:06.81. 3, Katie Murphy, Lansdale Catholic, 2:10.89.

200 ind. medley: 1, Jessica Gidzinski, Lansdale Catholic, 2:10.94. 2, Renata Rios, Arch. Wood, 2:17.98. 3, Bridget McGrath, Arch. Wood, 2:25.51.

50 freestyle: 1, Alexandra Fitzgerald, Arch. Wood, 25.56. 2, Katie Murphy, Lansdale Catholic, 27.34. 3, Victoria Gawel, Lansdale Catholic, 28.07.

100 butterfly: 1, Grace Cochrane, Arch. Wood, 59.18. 2, Jennifer McGrath, Arch. Wood, 1:06.13. 3, Hannah Cochrane, Arch. Wood, 1:06.39.

200 freestyle relay: 1, Arch. Wood (Renata Rios, Alexandra Fitzgerald, Kristina Halner, Taylor Kane), 1:44.32. 2, Lansdale Catholic, 1:48.47. No third.

Boys' Swimming

At La Salle University.

DISTRICT 12 CLASS AAA CHAMPIONSHIPS

Team scoring: La Salle 601, St. Joseph's Prep 466, Archbishop Wood 361.5, Lansdale Catholic 349, Father Judge 302, Archbishop Carroll 296.5, Archbishop Ryan 207, Monsignor Bonner 120, Cardinal O'Hara 106, Roman Catholic 97, Central Co-op 87, Washington 40, Central High 22.

Diving: 1, Logan Knauss, St. Joseph's Prep, 490.15. 2, Brian Donnelly, Father Judge, 403.80. 3, Keilan Rademaker, St. Joseph's Prep, 298.85.

100 freestyle: 1, Sean Regan, La Salle, 46.69. 2, Joe Maginnis, La Salle, 46.77. 3, Jacob Harner, Father Judge, 47.35.

500 freestyle: 1, Shane McKenzie, St. Joseph's Prep, 4:40.17. 2, Chris Szekely, La Salle, 4:40.40. 3, Evan Holder, La Salle, 4:40.98.

100 backstroke: 1, Eric Schultz, La Salle, 52.15.

2, Grant Proctor, St. Joseph's Prep, 54.11. 3, Kevin King, St. Joseph's Prep, 54.48.

100 breaststroke: 1, Nicholas Angeny, Arch. Ryan, 58.00. 2, David Speese, La Salle 58.07. 3, Jarred Gettes, Father Judge, 58.09.

400 freestyle relay: 1, La Salle (Sean Regan, David Speese, Joe Maginnis, Chris Szekely), 3:07.88. 2, St. Joseph's Prep, 3:13.01. 3, Arch. Ryan, 3:18.65.

DISTRICT 12 CLASS AA CHAMPIONSHIPS

Diving: 1, Dylan Yurasits, Lansdale Catholic, 376.60 (meet record, betters own 209.15, 2011). No second or third.

100 freestyle: 1, Kevin McGuckin, Arch. Wood, 49.79. 2, Christopher Conway, Arch. Wood, 51.14. 3, Tony Mack, Lansdale Catholic, 51.34.

500 freestyle: 1, John Howard, Arch. Carroll, 4:51.90 (meet record, betters own 4:58.24, 2010). 2, Nick Augustine, Lansdale Catholic, 4:55.79. 3, Ian Mee, Arch. Wood, 5:12.31.

100 backstroke: 1, Alexander Marshall, Lansdale Catholic, 59.31 (meet record, betters own 1:00.33, 2009). 2, Christopher Conway, Arch. Wood, 1:00.07. No third.

100 breaststroke: 1, Andrew Gnias, Arch. Wood, 1:05.13. 2, Dang Khoa Tran, Lansdale Catholic, 1:07.83. 3, Phillip Repisky, Arch. Wood, 1:09.20.

400 freestyle relay: 1, Arch. Carroll (Thomas Giacomucci, Jerry O'Connor, Joshua Patota, John Howard), 3:26.12. 2, Arch. Wood, 3:27.18. 3, Lansdale Catholic, 3:35.87.

Girls' Swimming

At La Salle University.

DISTRICT 12 CLASS AAA CHAMPIONSHIPS

Team scoring: Archbishop Wood 608, Archbishop Ryan 517, Lansdale Catholic 357, Archbishop Carroll 299, Cardinal O'Hara 248, Little Flower 247, St. Hubert 161, Prendergast 151, Girls High 116, Central Co-op 95.

100 freestyle: 1, Mary O'Leary, Arch. Ryan, 55.48 (meet record, betters 56.02 by Sara Kuhn, Ryan, 2009). 2, Katie Hay, Cardinal O'Hara, 55.53. 3, Megan Callahan, Arch. Prendergast, 57.97.

500 freestyle: 1, Christine Loughery, Arch. Carroll, 5:24.18. 2, Kirsten Becker, Cardinal O'Hara, 5:36.93. 3, Megan Oxley, Little Flower, 5:44.72.

100 backstroke: 1, Caroline Quindlen, Arch. Carroll, 1:00.86. 2, Katie Conallen, Arch. Ryan, 1:01.63. 3, Jackie Rose, Arch. Ryan, 1:03.95.

100 breaststroke: 1, Maria Rocchi, Arch. Ryan, 1:08.78 (meet record, betters own 1:10.65, 1:10.65, 2011). 2, Emily Dougherty, Arch. Ryan, 1:12.98. 3, Kate Buoni, Arch. Prendergast, 1:15.20.

400 freestyle relay: 1, Cardinal O'Hara (Courtney Reiley, Christina Devito, Danielle Hassard, Katie Hay), 3:52.25. 2, Arch. Carroll, 3:52.68. 3, Arch. Ryan, 3:58.68.

DISTRICT 12 CLASS AA CHAMPIONSHIPS

100 freestyle: 1, Jessica Gidzinski, Lansdale Catholic, 53.83 (meet record, betters own 54.25, 2010). 2, Alexandra Fitzgerald, Arch. Wood, 57.35. 3, Orla Cole, Arch. Wood, 57.42.

500 freestyle: 1, Taylor Kane, Arch. Wood, 5:04.32 (meet record, betters own 5:05.51, 2011). 2, Renata Rios, Arch. Wood, 5:20.70. 3, Kristina Halner, Arch. Wood, 5:48.33.

100 backstroke: 1, Grace Cochrane, Arch. Wood, 1:02.23. 2, Orla Cole, Arch. Wood, 1:03.46. 3, Hannah Cochrane, Arch. Wood, 1:06.29.

100 breaststroke: 1, Bridget McGrath, Arch. Wood, 1:10.89. 2, Maura Conley, Lansdale Catholic, 1:16.34. 3, Rebecca Martino, Arch. Wood, 1:19.39.

400 freestyle relay: 1, Arch. Wood (Grace Cochrane, Orla Cole, Renata Rios, Taylor Kane), 3:45.46. (meet record, betters own 3:46.84, 2011). 2, Lansdale Catholic, 4:05.90. No third.

Down to the wire

Already this season, several dual meets have come down to the final event with a chance for the teams to finish in a tie. Thursday, there was another when the **Archbishop Wood** girls faced their toughest challenge of the season against Archbishop Ryan.

Going into the 400 free relay, the Vikings were clinging to an 81-77 lead. For the novices out there, first place in relays is worth eight points, while second brings the team only four.

Faced with the possibility of an unsatisfactory deadlock, Wood's Renata Rios, Alexandra Fitzgerald, Grace Cochran and Taylor Kane locked up the team win, 89-81, in 3:51.55.

Boys Swimming

Archbishop Ryan 87, Archbishop Wood 72—Archbishop Wood won just three individual events Monday and dropped an 87-72 Philadelphia Catholic League decision to Archbishop Ryan. Christopher Conway won the 100 backstroke for Wood, while Andrew Gnias took the 100 breaststroke. The team of Kevin McGuckin, Ian Mee, Conway and Gnias won the 400 freestyle.

Archbishop Ryan 87, Archbishop Wood 72—200 medley relay—Archbishop Ryan (Urban, Angeny, Marker, Rocchi) 1:47.40; 200 freestyle—Pat Wilkinson (AR) 1:57.57; 200 individual medley—Nicholas Angeny (AR) 2:07.03; 50 freestyle—William Urban (AR) 22.91; 100 butterfly—Jake Marker (AR) 57.07; 100 freestyle—William Urban (AR) 52.74; 500 freestyle—Pat Wilkinson (AR) 5:31.35; 200 freestyle relay—Archbishop Ryan (Angeny, Rocchi, Mack, Derer) 1:42.53; 100 backstroke—Christopher Conway (AW) 1:07.12; 100 breaststroke—Andrew Gnias (AW) 1:12.28; 400 freestyle relay—Archbishop Wood (McGuckin, Mee, Conway, Gnias) 3:52.34.

Keen's Top 5:

Girls

1. Germantown Academy (5-0)
2. North Penn (9-0)
3. Souderton (5-2)
4. Archbishop Wood (5-0)
5. Central Bucks East (5-2)

Boys

1. Germantown Academy (3-0)
2. North Penn (9-0)
3. Hatboro-Horsham (6-3)
4. Souderton (4-3)
5. Central Bucks East (5-2)

Meet to watch

Let's try this again — Peddie School at Germantown Academy, Monday, 3:45 p.m.

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com

SATURDAY'S HIGHLIGHTS

Wood boys, girls win district team titles

Archbishop Wood swept the boys and girls team titles at the District 12 Class AA swimming championships, held at La Salle University on Friday and Saturday.

The girls scored 608 points to outpace runner-up Lansdale Catholic (357), while the boys posted 361.5 points to also outdistance Lansdale Catholic (349).

For the Wood girls, Taylor Kane led the charge with a win in the 500-yard freestyle in a district-record time of 5 minutes, 4.32 seconds.

"I was sick last week and the beginning of this week, so I'm happy with how I swam," said Kane, who also won the 200 freestyle on Friday in a district record time (1:55.62).

Also for Wood, Grace Cochrane won the 100 backstroke (1:02.23). On Friday, she set a district record en route to a win in the 100 butterfly (1:59.18).

Bridget McGrath won the 100 breaststroke (1:10.89) and, on Friday, Alexandra Fitzgerald won the 50 freestyle (25.56) for the Vikings.

Wood also won all three relays. Renata Rios, Fitzgerald, Kristina Halner and Kane won the 200 free relay (1:4.32) and Cochrane, Orla Cole, Rios and Kane took the 400 freestyle relay (3:45.46). On Friday, Cole, McGrath, Cochrane and Fitzgerald won the 200 medley relay (1:51.67, district record).

For the Wood boys, Kevin McGuckin won the 100 freestyle (49.79) and Andy Gnias won the 100 breaststroke (1:05.13).

On Friday, McGuckin won the 200 individual medley (2:09.13), Ian Mee took the 100 butterfly (59.23) and Chris Conway, Gnias, Mee and McGuckin captured the 200 medley relay (1:46.54) for Wood. Newtown resident Shane

McKenzie, swimming for St. Joe's Prep, won the Class AAA 500 freestyle (4:40.17, district record).

Event winners automatically advance to the PIAA championships, slated for March 16-17 at Bucknell University.

— Karen Sangillo

District 12 championships

Girls

Class AA

Team scores

1. Archbishop Wood 608 points; 2. Lansdale Catholic 357.

Event results

200-yard medley relay: 1. Wood (Orla Cole, Bridget McGrath, Grace Cochrane, Alexandra Fitzgerald), 1:51.67 (district record); **200 freestyle:** 1. Taylor Kane (AW) 1:55.62 (district record); **200 individual medley:** 1. Jessica Gidzinski (LC) 2:10.94 (district record); **50 freestyle:** 1. Fitzgerald (AW) 25.56; **100 butterfly:** Cochrane (AW) 1:59.18 (district record); **100 freestyle:** 1. Gidzinski (LC) 53.83 (district record); **500 freestyle:** 1. Kane (AW) 5:04.32 (district record); **200 freestyle relay:** 1. Wood (Renata Rios, Fitzgerald, Kristina Halner, Kane) 1:44.32; **100 backstroke:** 1. Cochrane (AW) 1:02.23; **100 breaststroke:** 1. McGrath (AW) 1:10.89; **400 freestyle relay:** 1. Wood (Cochrane, Cole, Rios, Kane), 3:45.46.

Boys

Class AA

Team scores

1. Archbishop Wood, 361.5 points; 2. Lansdale Catholic, 349; 3. Archbishop Carroll, 296.50.

Event results

200-yard medley relay: 1. Wood (Chris Conway, Andrew Gnias, Ian Mee, Kevin McGuckin), 1:46.54; **200 freestyle:** 1. John Howard (AC) 1:47.33; **200 individual medley:** 1. McGuckin (AW) 2:09.13; **50 freestyle:** 1. Nick Augustine (LC) 22.07; **Diving:** 1. Dylan Yurasits (LC) 376.60 (district record); **100 butterfly:** 1. Mee (AW) 59.23; **100 freestyle:** 1. McGuckin (AW) 49.79; **500 freestyle:** 1. Howard (AC) 4:51.90 (district record); **200 freestyle relay:** 1. LC (Tony Mack, Steven Douglas, Tim Gillen, Augustine), 1:33.89; **100 backstroke:** 1. Alexander Marshall (LC) 59.31 (district record); **100 breaststroke:** 1. Gnias (AW) 1:05.13; **400 freestyle relay:** 1. Carroll (Thomas Giacomucci, Jerry O'Connor, Joshua Patota, Howard), 3:26.12.



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ATHLETE OF THE WEEK

Taylor Kane

*Archbishop Wood,
swimming*

WHAT SHE DID: Led her team to the District 12 Class AA team title. Won the 200-yard freestyle and 500 freestyle and was on the winning 200 and 400 freestyle relays at the District 12 Class AA championships. She set district records in the 200 free (1:55.62) and 500 free (5:04.32).

PERSON SHE WOULD MOST WANT TO MEET: Swimmer Natalie Coughlin. "She's always been such a role model for me. I've always loved her.

COLLEGE CHOICE: She will attend James Madison University, where she will major in early childhood education and continue her swimming career.

WHAT SHE SAID: "I'm so happy for our team and also for our boys team. They didn't think they had a chance going in, but they won the team title too."

OUT OF THE POOL: Carries a 4.0 GPA. "Swimming takes up so much of my time, so I really enjoy just hanging around with my friends. It's a really nice break from swimming and just to relax."



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Area swimmers earn at-large state bids

Swimming notebook

By Karen Sangillo



Quite a few area swimmers who did not receive automatic berths at the upcoming PIAA championships will still be going to the meet.

They earned at-large spots based on a statewide time comparison.

In Class AA, Chris Doherty of Holy Ghost Prep will compete in the boys 200 individual medley.

For the girls, Renata Rios of Archbishop Wood will swim the girls 500 freestyle and Bensalem resident Lauren Hirst, competing for Nazareth Academy, earned a spots both in the 200 freestyle and also as a member of the 200 medley relay and 200 freestyle relay.

In Class AAA boys, Connor Forlini of William Tennent will compete in the 200 freestyle. He had already gotten an automatic in the 500 freestyle by virtue of his second place finish at the District One championships.

Jimmy Newman of Council Rock North will swim the 500 freestyle, and Newtown resident Shane McKenzie, competing for St. Joe's Prep, got at-large spots in the 200 individual medley and 400 freestyle relay after getting an automatic in the 500 freestyle.

In Class AAA girls, Council Rock North's Tommie Dillione and Kate Dillione both earned at-large spots in the same event, the 100 butterfly. Each had already received automatic spots as members of the 200 and 400 freestyle relays and Tommie had already earned a spot in the 100 freestyle.

Pennsbury's Shannon McHenry, Melissa Smith, Jane He and Whitney Gould grabbed a spot in the 200 freestyle relay.

"I was very disappointed in my district time (5:20.70) because my goal was a 5:15, but my coach (Charlie Stillwell) thought I had a chance, so I was hopeful," Rios said.

Record setters

Council Rock North's Tommie Dillione set a school record in the 100-yard freestyle with her time of 52.17 at the District One championships.

Bizzy Millen's time of 4:56.79 is a school mark for CR North in the 500 freestyle, and Samantha Park set a standard in the 100 backstroke (59.10). Kate Dillione, Millen, Tommie Dillione and Madison Meyer set school records in the 200 free relay (1:36.73) and 400 freestyle relay (3:30.06).

William Tennent's Melanie Busch set a school mark of 52.22 in the 100 freestyle with her lead-off split in the 400 freestyle relay.

For Holy Ghost Prep, Daniel Gosek's 50 freestyle time of 20.91 and 100 free time of 46.46 lowered his own school mark in those events, and Joe Esposito's score of 461.10 points bests his own mark for 11 dives.

The Firebirds' 200 medley relay of Gosek, Chris Doherty, Zachery Gibbins and Shawn Entenman set a school record with their time of 1:41.76, and the 400 freestyle relay of Doherty, Brian Shiue, Entenman and Gosek lowered the school standard with their time of 3:22.08.

Ian Forlini of Tennent set a school record for 11 dives with his District One Class AAA winning score of 535.25.

The Council Rock South boys set a pair of records. TJ Schenkel's score of 475.05 points is a program record, and Matt Eastburn is the new owner of the school standard in the 100 butterfly with his time of 55.29.

Meet to watch

The PIAA championships begin Wednesday, March 16 and conclude Saturday, March 19. Class AA is Wednesday and Thursday and Class AAA is Friday and Saturday.

Karen Sangillo can be reached at ksangillo@phillyBurbs.com.

Girls Swimming State Qualifiers

Class AA

Archbishop Wood: Grace Cochrane (100 butterfly, 100 backstroke, 200 medley relay, 400 freestyle relay); Orla Cole (200 medley relay, 400 freestyle relay); Alex Fitzgerald (50 freestyle, 200 medley relay, 200 freestyle relay); Kristina Halner (200 freestyle relay); Taylor Kane (200 freestyle, 500 freestyle, 200 freestyle relay, 400 freestyle relay); Bridget McGrath (100 breaststroke, 200 medley relay); Renata Rios (500 freestyle, 200 freestyle relay, 400 freestyle relay).

Nazareth Academy: Lauren Hirst (Bensalem resident) (200 freestyle, 200 medley relay, 200 freestyle relay).

Class AAA

Council Rock North: Kate Dillione (100 butterfly, 200 freestyle relay, 400 freestyle relay); Tommie Dillione (100 butterfly, 100 freestyle, 200 freestyle relay, 400 freestyle relay); Madison Meyer (200 freestyle, 500 freestyle, 200 freestyle relay, 400 freestyle relay); Bizzy Millen (200 freestyle, 500 freestyle, 200 freestyle relay, 400 freestyle relay); Samantha Park (100 backstroke).

Pennsbury: Whitney Gould, Jane He, Shannon McHenry, Melissa Smith (200 freestyle relay).

William Tennent: Melanie Busch (50 freestyle, 100 backstroke).

Boys Swimming State Qualifiers

Class AA

Holy Ghost Prep: Chris Doherty (200 individual medley, 200 medley relay, 400 freestyle relay); Shawn Entenman (200 medley relay, 400 freestyle relay); Joe Esposito (diving); Zachery Gibbins (200 medley relay); Daniel Gosek (50 freestyle, 100 freestyle, 200 medley relay, 400 freestyle relay); Brian Shiue (400 freestyle relay).

Class AAA

Archbishop Wood: Chris Conway (200 medley relay); Andy Grias (100 breaststroke, 200 medley relay); Kevin McGuckin (200 individual medley, 100 freestyle, 200 medley relay); Ian Mee (100 butterfly, 200 medley relay).

Council Rock North: Jimmy Newman (500 freestyle).

Council Rock South: TJ Schenkel (diving).

St. Joe's Prep: Shane McKenzie (Newtown resident) (200 individual medley, 500 freestyle, 400 freestyle relay).

William Tennent: Connor Forlini (200 freestyle, 500 freestyle); Ian Forlini (diving).

CB East's O'Brien not psyched out by seeding

Swimming notebook

By Bill Keen



The "psych sheets" for the PIAA State Swimming and Diving Championships are out, and we'll take a look at how area's swimmers and divers stack up when compared to the rest of the

field.

For those who are not familiar with the term, the psych sheet shows all the competitors in a given event and lists them according to time or, in the case of diving, point totals.

Of the many individuals who laughed in the face of the psych sheets at the PIAA District One swimming championships and went home with a personal-best time, **Central Bucks East** sophomore Ellie O'Brien represents each and every one of them.

Her season best in the individual medley, 2 minutes, 21.95 seconds, left her in lane 6, the far outside in the second of eight heats.

When she finished first in 2:16.43, she shattered that seed time by more than 5½ seconds, even though she used the weeks leading up to districts to train for other events.

"I didn't swim (the IM) in a while," she said. "I had been working on my (butter)fly and backstroke for the past couple of weeks."

She swam the IM instead of the 200 free because she didn't consider herself a fast sprinter, which is why she was stunned and pleasantly surprised by her 50-yard free sprint to the wall.

"I thought I was going to go a 2:20, maybe 2:19," she said. "I was nervous because I didn't swim it in a while."

For her and all the others like her, last week's nerves will turn into next season's confidence.

On to states

The state psych sheets have **William Tennent** senior Melanie Busch listed second in the Class AAA backstroke, but you would think she would be No. 1 based on districts. Granted, she and West

Chester East's Christine Leander finished in a 55.60 dead heat for the gold, but Busch, not Leander, was seeded first going into the race.

Busch is also seeded fourth in the 50 free, as is **North Penn** senior Jan Ikeda in the fly. In diving, **Central Bucks South's** Lyndsay Schmidt is seeded third in AAA, but junior Natalee Szopo of **Upper Moreland** is seeded first in AA, and this year she has company: Little sister Sydney is seeded 10th.

The highest seed among AA swimmers is Taylor Kane of **Archbishop Wood**, fourth in the 500 free. Teammate Grace Cochrane is fifth in the fly, while Upper Moreland's district champion Amber Saint Clair is seeded sixth in the backstroke.

Over to the AAA boys side, the Suburban One League Continental Conference is extremely well represented. A total of 17 individuals earned a trip states; eight of them — North Penn's Jason Deana and Patrick Dunigan; Central Bucks East's Riley Weber, Kerry Thompson and Kevin Magee; William Tennent's Connor Forlini, **Hatboro-Horsham's** Mike Schaeffer and CB South's Tim Ware — qualified in two events and all but Forlini and Ware are in at least one relay.

The highest seed goes to Tennent's Ian Forlini, third in diving, with Ozzie Moyer of Souderton right behind him in fourth.

Diving has four representatives from the area, with CB South's C.J. Gimpel and Souderton's Tyler Wenzel joining Forlini and Moyer, and the 50-yard free also has four — Deana is sixth, Weber seventh, Schaeffer 11th and Pennridge's David Zurmuhl is seeded 17th. All have excellent chances of being around after the preliminaries.

The area contingent in the AA boys field includes Archbishop Wood in the medley relay and **Lansdale Catholic** in the 200 free relay, along with eight individuals. Kevin McGuckin of Wood and Nick Augustine, the youngest of LC's Augustine brothers, qualified in two events.

Of course, the psych sheets won't mean a thing when the actual competition gets under way. The AA states will be next Wednesday and Thursday, with AAA next Friday and Saturday.

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com.

Boys' Swimming

PIAA STATE CLASS AAA CHAMPIONSHIPS

200 medley relay: 1, La Salle (Joe Maginnis, David Speese, Luke Maguire, Eric Schultz), 1:31.94 (state meet record, betters 1:32.07 by Emmaus, 2010). 2, Hershey, 1:32.06. 3, North Allegheny, 1:34.00. 4, Wilson, 1:34.31. 5, Upper St. Clair, 1:34.35. 6, Upper Dublin, 1:35.48.

200 freestyle: 1, Shane Ryan, Haverford High, 1:38.36. 2, John Nappi, Mount Lebanon, 1:38.63. 3, Tim Maurer, Lower Dauphin, 1:39.82. 4, Tyler Early, Garnet Valley, 1:39.94. 5, Ben Bauchwitz, Hershey, 1:40.59. 6, Chris Szekely, La Salle, 1:40.65.

200 ind. medley: 1, David Nolan, Hershey, 1:41.39 (national scholastic record, betters own 1:43.43, 2010; state meet record, betters own 1:47.41, 2011). 2, Nathaniel Savoy, Woodrow Wilson, 1:47.65. 3, Matthew Buerger, North Allegheny, 1:50.25. 4, Zachary Buerger, North Allegheny, 1:51.42. 5, David Speese, La Salle, 1:51.78. 6, Luke Nosbich, Gateway, 1:52.91.

50 freestyle: 1, Dain Bomberger, Warwick, 23.22 (set state meet record of 20.18 in trials). 2, Romain Decrop, Emmaus, 23.29. 3, Jeffrey Young, Hershey, 23.51. 4, Riley Weber, Central Bucks East, 23.65. 5, Alexander Muraro, Emmaus, 23.70. 6, Gerard Woody, Dallastown, 23.89.

100 butterfly: 1, Andrew Kosc, W.C. Henderson, 47.68 (state meet record, betters own 47.82, 2011). 2, Christian McCurdy, Penn Trafford, 49.43. 3, Kyle Dudzinski, Upper St. Clair, 49.52. 4, Philip Mancuso, Hershey, 49.77. 5, Joe Maginnis, La Salle, 49.94. 6, (tie) Kevin Magee, Central Bucks East; Lucas Bureau, Greater Latrobe, 50.13.

200 freestyle relay: 1, Hershey, 1:21.0 (national scholastic record, betters 1:22.15 by Glenbrook, Ill., 2009; state meet record, betters own 1:22.70, 2011). 2, Wilson, 1:23.38. 3, Emmaus, 1:23.58. 4, Upper St. Clair, 1:24.22. 5, W.C. Henderson, 1:24.39. 6, La Salle, 1:25.88.

Girls' Swimming

PIAA STATE CLASS AAA CHAMPIONSHIPS

200 medley relay: 1, Wilson, 1:44.45. 2, Hershey, 1:44.58. 3, Franklin, 1:45.73. 4, Emmaus, 1:46.44. 5, State College, 1:46.46. 6, North Allegheny, 1:47.18.

200 freestyle: 1, Meaghan Raab, Hershey, 1:46.16 (state meet record, betters own 1:46.53,

2011). 2, Danielle Siverling, Downingtown East, 1:46.63. 3, Leah Smith, Oakland Catholic, 1:46.84. 4, Erica Reifinger, Parkland, 1:49.07. 5, Caitlyn Carr, Wilson, 1:49.15. 6, Claire Lohr, Red Land, 1:50.40.

200 ind. medley: 1, Emily Cameron, Warwick, 1:57.74 (state meet record, betters own 1:59.00, 2010). 2, Christina Leander, West Chester East, 2:02.05. 3, Kristen Murslack, Pine Richland, 2:02.84. 4, Kayla Grim, Parkland, 2:04.25. 5, Kelly Carroll, Great Valley, 2:04.35. 6, Morgan Pfaff, Red Lion, 2:04.59.

50 freestyle: 1, Susanne Gingher, State College, 23.22. 2, Shannon Rauth, Downingtown West, 23.29. 3, Melanie Busch, William Tennent, 23.51. 4, Katelyn Miller, Hershey, 23.65. 5, Alyssa Ruffing, Franklin, 23.70. 6, Samantha Wary, Central Dauphin, 23.89.

100 butterfly: 1, Yurie Nakano, Hershey, 54.89. 2, Katie Diller, Manheim Township, 55.22. 3, Kasey Mann, Manheim Township, 56.52. 4, Jan Ikeda, North Penn, 56.63. 5, Natalie Johnson, Upper St. Clair, 56.87. 6, Samantha Surfus, Hershey, 56.94.

200 freestyle relay: 1, Hershey, 1:34.23. 2, Wilson, 1:34.79. 3, Parkland, 1:35.54. 4, Franklin, 1:36.22. 5, Council Rock North, 1:36.23. 6, Oakland Catholic, 1:37.01.

Diving: 1, Rachel Mumma, Cedar Cliff, 513.95. 2, Lauren Lamendola, Pine Richland, 443.60. 3, Lyndsay Schmidt, Central Bucks South, 442.35. 4, Rachel Saunders, Central Bucks West, 432.45. 6, Angelika McGhee, W.C. Henderson, 432.05. 6, Erica Elias, North Penn, 419.15.

Another season almost in the books

Finally, it comes down to this — again.

The best Class AAA swimmers and divers in Pennsylvania are traveling to Bucknell University in Lewisburg, for the

Swimming notebook

By Bill Keen



annual Rite of Almost-Spring known as the PIAA state championships.

There, they will battle to see who will go home with gold, silver and bronze medals, while those finishing fourth

through eighth in each event receive a medal of some other hue.

Today, a tribute to all the individuals who give up so much of their time for the better part of four years, just so they can try to bring glory to their school. We will refer to them as “swimmers,” but it’s only for the

sake of simplification.

My admiration for divers actually exceeds that for swimmers, because I can swim — I wouldn’t dream of attempting a flip turn — but I can get from point “A” to point “B” in a pool, even if my time is measured in days.

Diving? I know how to do a cannonball. That’s the extent of it. So to all the divers, please don’t be offended when you see references to swimmers, because that includes you as well.

Most of the athletes from area schools will leave with nothing more than a time from the last time they swim their given event. They know that going in, so the goal is to make it their personal best. There is nothing greater than knowing you really did your best, regardless of where you finish, and you have the numbers to back it up.

Yet, even those whose times are not quite as good as they might have had at districts take with them the thrill and excitement of being there, in the pool,

competing again against others from all over the Commonwealth. Each individual knows the sacrifices that it took to get there, like the countless times over the last four months they desperately wanted an extra helping of mom’s apple pie, but said no, because they didn’t want to have to “practice off” the calories.

Ah, yes, those practices. As the athletes stand on the blocks waiting for the starter to turn them loose, maybe they will remember those early wakeup calls — all the times they rose before siblings who chose other sports, because the swimmer had to get to the pool before school. They will recall the “joy” of punishing their bodies with whatever drills their coaches deem are appropriate, knowing full well there’s a day of classes to follow — and when the final buzzer sounds and the non-athletes head for the buses and a trip home, the swimmer heads back to the pool for more practice, unless they happen to

have a meet.

Meets are the real thing, where times count toward team points and, hopefully, a victory. They are also a welcomed break from practice, although you can bet many coaches with the luxury of a pool at their school still had practice in the morning.

This salute is also for swimmers from Class AA schools, but they arrived in Lewisburg on Tuesday, and Day One of their competition is already in the books. In 24 hours, when the Class AAA states are just beginning, the Class AA swimmers will be eagerly anticipating the biggest breakfast they’ve had in months, and who knows what other treats they can now “pig out” on without guilt.

Unless, of course, they happen to be one of the many individuals who compete year-round with club teams, but that’s another story.

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com

C4 Thursday, March 17, 2011
BUCKS COUNTY COURIER TIMES

SPORTS

PIAA CLASS AA GIRLS STATE SWIMMING

Wood girls capture three state medals

By BILL KEEN
STAFF WRITER

LEWISBURG — For Taylor Kane, the first day of the PIAA Class AA state swimming and diving championships produced the first of what she hopes will be two individual medals.

Her Archbishop Wood senior teammate, Grace Cochrane, was happy she made the finals in the butterfly, while junior Bridget McGrath can’t wait to try the waters of Bucknell University’s pool again after swimming the breaststroke leg of the 200-yard medley relay.

With the exception of Upper Moreland’s Natalie Szopo finishing second in the diving and Holy Ghost Prep’s Daniel Gosek setting a state record in winning the boys 50 freestyle, Kane was

the only area competitor to finish in the top three.

Kane took home a bronze medal in the 200 freestyle. Her time — 1 minute, 52.85 seconds — was not only a career best, it also topped her seeding time of 1:53.31 from the District 12 meet.

“It’s exciting, but I still don’t really know what to think of it,” Kane said, adding the significance would probably hit her later.

“I just wanted to drop my times before college, because I was struggling in the beginning of the season, so this was a great meet for me to have.

“Last year, I didn’t even medal, so for me to get third this year is quite an accomplishment.”

McGrath teamed with Orla Cole, Cochrane and Alexandra Fitzgerald to finish sixth in the

medley relay with a season-best 1:51.00.

“I’m really excited that we made it here, we placed and we got a medal,” McGrath said. “I got my best time (for the relay), so I’m happy about that. Now (today), I’ll swim the individual breaststroke and I hope I do really well.”

Cochrane finished eighth in the 100 butterfly. While her 59.60 was a few ticks off her best of 59.38, she was happy the Vikings are in Class AA this year instead of Class AAA like last year.

“I think this is the division that we’re better suited for,” she said. “In the past, we would come in (from districts), but then we would swim against girls who are way out of our league. This is our (kind of) competition, and I feel

like we’ll all do better.”

Only one other area girl made it out of the preliminary round. Lansdale Catholic’s Jess Gidzinski finished seventh in the consolation finals of the 200 individual medley. She’ll have another chance for a medal today when she competes in the 100 free.

On the boys’ side, Holy Ghost Prep’s quartet of Gosek, Chris Doherty, Zach Gibbins and Shawn Entenman struggled to a 16th-place finish in the 200 medley relay preliminaries, but blazed their way to a third in the consolation final and 10th place overall.

The meet resumes at 8 a.m. today, beginning with preliminaries in the final five girls events.

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com

Wood girls capture three state medals

Taylor Kane was third in the 200-yard freestyle.

Teammate Grace

Cochrane was eighth in the 100 butterfly, and she teamed with three others to place sixth in the 200 medley relay.

By BILL KEEN

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Swimming

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Swimming and Diving

At Bucknell University's Kinney Natatorium, Upper Moreland had two of the top four divers in the PIAA Class AA championship finals as Natalie Szopo, a junior, finished second. Her younger sister, Sydney Szopo, a freshman, finished third.

Archbishop Wood's Taylor Kane had one of the top swimming performances with a third-place finish in the 200-yard freestyle.

Contact Mike Gibson at rallysports@phillynews.com.

Sangillo's Top 5: (records through Tuesday)

Boys

1. Council Rock North (5-2)
2. Pennsbury (3-2)
3. Council Rock South (4-1)
4. Neshaminy (5-3)
5. William Tennent (7-3)

Girls

1. Council Rock North (5-1)
2. Archbishop Wood (6-0)
3. Pennsbury (3-2)
4. William Tennent (5-3)
5. Council Rock South (3-2)

SWIMMING: PIAA CLASS AA CHAMPIONSHIPS



Archbishop Wood's Taylor Kane sails through the water in the girls 500 yard freestyle during the PIAA Class AA championship meet at Bucknell University Thursday.

RICK KINTZEL / STAFF PHOTOGRAPHER

Villa Maria wins AA state swim title

By Joe Fite
FOR THE INQUIRER

Villa Maria languished in also-ran status at the conclusion of the PIAA Class AA girls' swimming championship meet last season, but the feeling was much different Thursday.

The Hurricanes finished in seventh place last year, but Thursday rode the performance of sophomore Sarah Hitchens to the state title at Bucknell University's Kinney Natatorium.

Villa Maria scored 178.5

points, 19.5 points ahead of West Allegheny.

Hitchens started the day by winning the 100-yard freestyle in 51.45 seconds, and ended the day by anchoring the 400-yard freestyle relay to victory in 3 minutes, 32.30 seconds.

Also swimming on the winning relay were Molly O'Brien, Julia Wisler and Julia Murphy who powered the Hurricanes to a performance that was a quarter-second off the state record of 3:32.04.

Olivia Tierney also contrib-

uted for Villa, finishing second in the 100-yard breaststroke in 1:06.08.

Archbishop Wood's Taylor Kane earned her second medal of the meet, finishing fourth in the 500-yard freestyle with a time of 4:56.97.

Boys' Swimming

Holy Ghost Prep's Daniel Gosek swam a National Federation of High Schools honorable-mention time of 45.38 seconds in winning the 100-yard freestyle in the

Class AA championship meet at Bucknell.

Also winning medals in the meet were the Springfield (Montgomery County) 400-yard freestyle relay. The Spartans finished second with a team of Chris McTear, Bill Riley, Jesse Fallon and Jake Oeschger in 3:12.20.

Springfield placed fourth in team scoring with 133 points, 57 points behind Shady Side Academy.

Contact Joe Fite
at rallysports@phillynews.com.

Wood's Kane finishes 4th

BY KAREN SANGILLO

STAFF WRITER

LEWISBURG — Taylor Kane finished off her high school career with a bang.

The Archbishop Wood senior clocked in at 4:56.97 to place fourth in the 500-yard freestyle at the PIAA Class AA championships, held at Bucknell University's Kinney Natatorium.

But the swim was not quite what she'd hoped it would be.

"I'd be lying if I said I wasn't disappointed," said Kane, who will swim at James Madison next year. "I was hoping for a faster time."

"I worked really hard all year and this was my last individual swim in high school so it wasn't what I wanted but I'm still very happy with fourth place and a medal and I'm happy that I got third in the 200 (on Wednesday).

"Last year I didn't make the finals in the 200 so this year I made the finals in both and that's something I'm very happy about."

She was fifth in the 500 last year in Class AAA. Wood moved down to Class AA this season.

"That was a good move for us," Kane said. "We had a lot of fun being here and we had a lot of people qualify for states and do really well who might not have done that."

"Look at Bridget McGrath. She had a great swim."

McGrath got to the consolation final in her first appearance at states in an individual event, taking 15th in the 100 breaststroke (1:09.52).

Wood rounded out the day with a 15th place finish in the 400 freestyle relay. Grace Cochran, Orla Cole, Renata Rios and Kane clocked in at 3:42.38.

The Vikings finished 12th in team scoring with 74 points.

"I'm very happy," Wood coach Charlie Stillwell said. "I know Taylor was hoping to go faster but she beat her morning time so I'm happy with that and I'm really happy with Bridget coming back and swimming in the consols."

"This was a really good meet for us."

Freshman Amber Saint Clair of Upper Moreland collected some hardware at her first state appearance,

See **SWIMMING**, Page C3

PHOTOS BY RICK KINTZEL / STAFF PHOTOGRAPHER
Upper Moreland's Amber Saint Clair finished fifth in the 100 backstroke at the PIAA Class AA girls swimming championship meet Thursday. Below, Archbishop Wood's Taylor Kane finishes fourth in the 500 freestyle event.

Swimming

Continued from Page C1

finishing fifth in the 100 backstroke (58.79).

"I didn't let it get to me," Saint Clair said. "When I get too pressured I don't swim well so I just got into the right mindset."

"I came into the meet thinking I had nothing to lose and this was my first time here so whatever happened, happened."

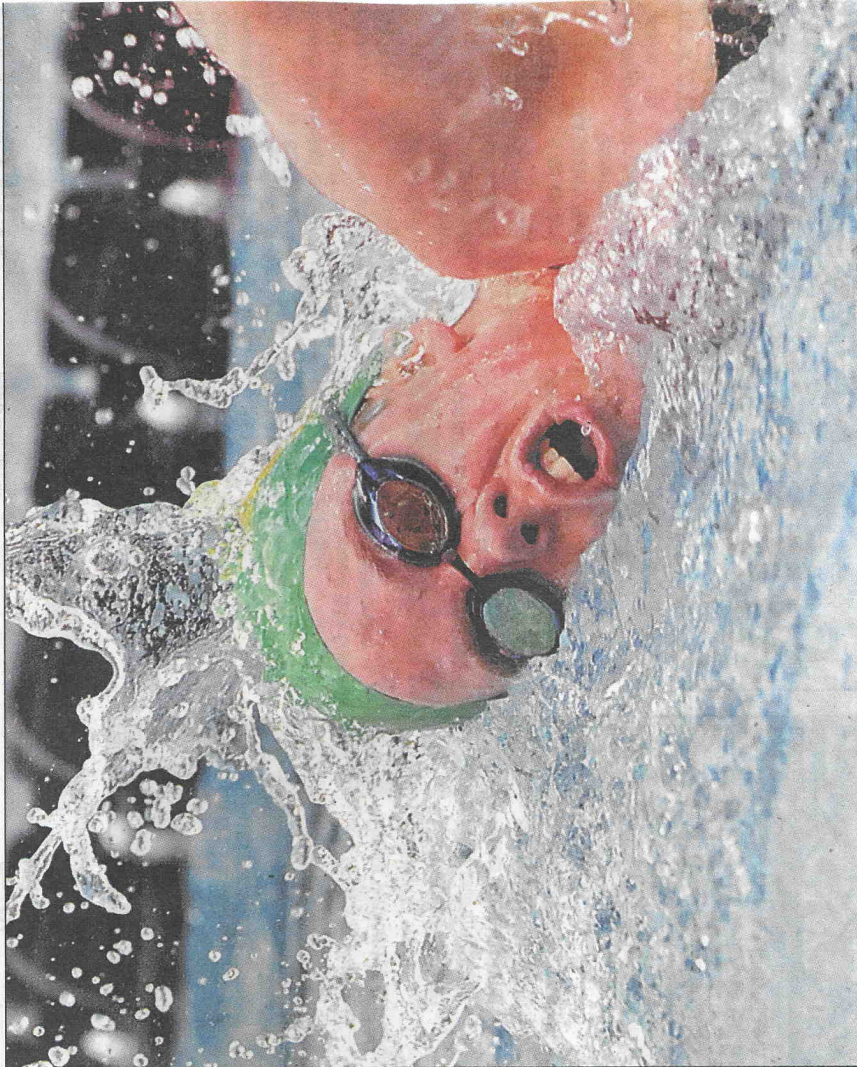
Saint Clair was seeded sixth coming into the meet, and was fourth after the preliminaries.

"I saw that I was the sixth seed so I thought a medal was a possibility but I didn't want to think too much about it or think that it was a given," she said. "I knew I had to swim well to get it."

"This whole experience was so much fun."

Lansdale Catholic's Jessica Gidzinski made it back to the consolation heat in the 100 freestyle, finishing 14th overall (53.97).

The Class AAA meet begins today with the girls preliminaries at 8 a.m.



Karen Sangillo can be reached at ksangillo@phillyburbs.com



RICK KINTZEL / STAFF PHOTOGRAPHER

Archbishop Wood's Taylor Kane sails through the water in the girls 500 yard freestyle during the PIAA Class AA championship meet at Bucknell University Thursday.

Wood's Kane earns fourth in 500

The Vikings senior improved on last year's fifth-place finish at states to highlight the day for her team.

By KAREN SANGILLO
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PIAA Class AA Swimming Championships

Girls

1-meter diving: 1. Ashley Buchter, Camp Hill Trinity, 448.70; 2. Natalee Szupo, Upper Moreland, 442.35; 3. Rebecca Gross, Northeastern, 379.25; 4. Sydney Szopo, Upper Moreland, 371.75; 5. Lyndsey Dickson, Eastern York, 367.95; 6. Kathleen Durst, Washington Trinity, 364.50; 7. Carolyn Eckendorf, Fairview, 363.75; 8. Sarah Zerfoss, Dallas, 359.70.

200 medley relay: 1. Central Columbia (Kelsey Chyko, Dani Blass, Beth Grazio, Katie Saloky) 1:47.71; 2. Villa Maria Academy 1:48.04; 3. Shady Side Academy 1:48.25; 4. Fairview 1:50.94; 5. Mercyhurst Prep 1:50.99; 6. Archbishop Wood 1:51.00; 7. Northern York 1:51.50; 8. Holy Redeemer 1:52.37.

200 freestyle: 1. Gillian Ryan, Kutztown, 1:47.80; 2. Caroline Finkbeiner, Camp Hill Trinity, 1:49.90; 3. Taylor Kane, Archbishop Wood, 1:52.85; 4. Kara Laulius, West Allegheny, 1:53.31; 5. Emily Lyons, Southern Lehigh, 1:54.15; 6. Michelle Giordani, Line Mountain, 1:54.76; 7. Abigail Thomson, Moravian academy, 1:54.97; 8. Brianna Bentz, Wyomissing, 1:55.76.

200 individual medley: 1. Madison Burns, Northwestern Lehigh, 2:00.48; 2. Marie Georger, Mercyhurst Prep, 2:00.57; 3. Paige Daniel, Manheim Central, 2:06.38; 4. Michelle Fischl, Greensburg Salem, 2:07.78; 5. Kelsey Williams, Danville, 2:08.09; 6. Anne Marie Bilott, Shady Side Academy, 2:09.02; 7. Jessica Burkett, Boiling springs, 2:09.48; 8. Shannon Harrington, Nazareth Academy, 2:09.92; **Also:** 15. Jessica Gidzinski, Lansdale Catholic, 2:13.74; 16. Julie Ann Mahle, Holy Redeemer, 2:15.31.

50 freestyle: 1. Katie Saloky, Central Columbia, 23.45; 2. Adrianna Grabski, Mifflinburg, 23.59; 3. Taylor Snyder, Titusville, 23.76; 4. Natalie Domeisen, Shady Side Academy, 23.90; 5. Rylee Klomp, Mercyhurst Prep, 23.98; 6. Rebekah Campo, Scranton Prep, 24.05; 7. Sarah Hitchens, Villa Maria Academy, 24.07; 8. Maggie Glass, Fairview, 24.12.

100 butterfly: 1. Margaret Gruber, Mars, 54.98 (Gruber established PIAA record of 54.84 in preliminaries, beating old record of 54.92, Andrea Marko, Greensburg Central Catholic, 2008); 2. Rebekah Campo, Scranton Prep, 57.57; 3. Brianna Bentz, Wyomissing, 58.09; 4. Beth Grazio, Central Columbia, 58.48; 5. Elizabeth Davis, Lancaster Catholic, 58.69; 6. Maggie Storm, Lewisburg, 58.88; 7. Kellie Gervas, West Allegheny, 59.08; 8. Grace Cochrane, Archbishop Wood, 59.60.

200 freestyle relay: 1. Villa Maria Academy (Sarah Hitchens, Kaitlin Alvanos, Julia Murphy, Julia Wisler) 1:37.24; 2. Central Columbia 1:37.90; 3. Wyomissing 1:38.27; 4. West Allegheny 1:38.61; 5. Shady Side Academy 1:38.74; 6. Lewisburg 1:38.97; 7. Southern Lehigh 1:39.26; 8. Salisbury Twp. 1:39.88.

Boys

200 medley relay: 1. Shady Side Academy (David Paulk, Grant Zentgraf, Broderick Kelley, Chris Leech) 1:36.83; 2. Franklin 1:37.28; 3. Indiana 1:37.43; 4. Southern Lehigh 1:37.69; 5. Lancaster Catholic 1:38.91; 6. Bloomsburg 1:39.29; 7. Springfield Twp. 1:39.31; 8. Fairview 1:39.65; **Also:** 11. Holy Ghost Prep 1:42.24.

200 freestyle: 1. David Paulk, Shady Side Academy, 1:38.53; 2. Jared Haley, Northern York, 1:41.56; 3. Travis Bohn, Annville-Cleona, 1:42.43; 4. Zachary Oatis, Saucon Valley, 1:42.84; 5. Logan Metzger, Lewisburg, 1:44.65; 6. John Howard, Archbishop Carroll, 1:44.82; 7. Alexander Szakelyhidi, Ellwood City Riverside, 1:44.92; 8. Sam Linder, Northern York, 1:46.42.

200 individual medley: 1. Zach Stephens, Bloomsburg, 1:51.12; 2. Richard Petrella, Fairview, 1:53.45; 3. Matt Rochna, Indiana, 1:55.10; 4. Bobby Francis, Quaker Valley, 1:55.66; 5. Jacob Robinson, Lancaster Catholic, 1:58.28; 6. Everett Albert, Lancaster Catholic, 1:59.25; 7. Adam Phillips, Elk Lake, 2:00.21; 8. Tyler Gross, Pottsgrove, 2:00.85.

50 freestyle: 1. Daniel Gosek, Holy Ghost Prep, 20.57 (state record; Old: 20.69, Kevin Marsteller, York Suburban, 2009); 2. Jason Moyer, Southern Lehigh, 21.08; 3. Nathan Smith, Susquehanna Twp., 21.44; 4. Jake Oeschger, Springfield Twp., 21.56; 5. Ryan Holmes, Scranton Prep, 21.66; 6. Lars Sigurdsson, Montoursville, 21.67; 7. Piotr Stepniak, Mercyhurst Prep, 21.74; 8. Brent Longenecker, Donegal, 21.96.

100 butterfly: 1. Broderick Kelley, Shady Side Academy, 49.93; 2. Tim Mangis, West Allegheny, 51.98; 3. Bradley Strathmeyer, West York, 52.61; 4. Jeff Mikitka, Fleetwood, 52.79; 5. Chris Tamanini, Dallas, 52.82; 6. Kyle Garase, Ringgold, 53.17; 7. A.J. Knostathis, Pottsgrove, 53.20; 8. Stefan Szilagyi, Bloomsburg, 53.40.

200 freestyle relay: 1. Springfield Twp. (Chris McTear, Bill Riley, Ryan McWilliams, Jake Oeschger) 1:26.85; 2. Fairview 1:27.28; 3. Indiana 1:28.87; 4. Shady Side Academy 1:29.11; 5. Susquehanna Twp. 1:29.34; 6. Schuylkill Valley 1:29.54; 7. Franklin 1:30.33; 8. Bishop Shanahan 1:30.43.

PIAA SWIMMING AND DIVING CHAMPIONSHIPS

At Kinney Natatorium, Bucknell University
THURSDAY'S FINALS

CLASS AA GIRLS

Team standings: 1. Villa Maria Academy 178.5; 2. West Allegheny 159; 3. Central Columbia 145; 4. Shady Side Academy 142; 5. Mercyhurst Prep 125; 6. Camp Hill 112.5; 7. Wyomissing 90; 8. Southern Lehigh 89; 9. Boiling Springs 79; 10. Scranton Prep 78.

100 freestyle: 1. Sarah Hitchens, Malvern Villa Maria Academy, 51.45; 2. Adrianna Grabski, Mifflinburg, 51.66; 3. Rylee Klomp, Mercyhurst Prep, 51.97; 4. Katie Saloky, Central Columbia, 52.21; 5. Ashley Niznik, West Allegheny, 52.54; 6. Samantha Shirliff, Camp Hill Trinity, and Maddi Thompson, Jersey Shore, 52.67; 8. Emily Pia, West Allegheny, 53.44.

500 freestyle: 1. Gillian Ryan, Kutztown, 4:44.29; 2. Caroline Finkbeiner, Camp Hill Trinity, 4:53.86; 3. Paige Daniel, Manheim Central, 4:55.45; 4. Taylor Kane, Archbishop Wood, 4:56.97; 5. Kara Kaulius, West Allegheny, 5:01.98; 6. Jessica Burkett, Boiling Springs, 5:04.39; 7. Emily Lyons, Southern Lehigh, 5:04.79; 8. Abigail Thomson, Moravian Academy, 5:05.16.

100 backstroke: 1. Marie Georger, Mercyhurst Prep, 55.34; 2. Margaret Gruber, Mars, 55.46; 3. Kelsey Williams, Danville, 56.98; 4. Emily Shumaker, Big Spring, 58.74; 5. Amber Saint Clair, Upper Moreland, 58.79; 6. Ashley Niznik, West Allegheny, 59.36; 7. Chelsea Kahle, Bradford, 59.44; 8. Taylor Mateja, Upper Merion, 59.54.

100 breaststroke: 1. Madison Burns, Northwestern Lehigh, 1:03.72; 2. Olivia Tierney, Malvern Villa Maria Academy, 1:06.08; 3. Michelle Fischl, Greensburg Salem, 1:06.19; 4. Jaime Kane, Pope John Paul II, and Amanda Lawson, Fairview, 1:06.21; 6. Anne Marie Bilott, Shady Side Academy, 1:07.19; 7. Laura Haggerty, Quigley Catholic, 1:07.84; 8. Maggie Storm, Lewisburg, 1:08.03.

400 free relay: 1. Malvern Villa Maria Academy (Molly O'Brien, Julia Wisler, Julia Murphy, Sarah Hitchens) 3:32.30; 2. West Allegheny 3:32.88; 3. Shady Side Academy 3:33.47; 4. Mercyhurst Prep 3:35.59; 5. Salisbury Twp. 3:37.03; 6. Camp Hill Trinity 3:37.15; 7. Wyomissing 3:37.36; 8. Southern Lehigh 3:37.46.

CLASS AA BOYS

Team standings: 1. Shady Side Academy 190; 2. Fairview 163; 3. Franklin 139; 4. Springfield Twp. 133; 5. Bloomsburg 121; 6. Southern Lehigh 112; 7. Lancaster Catholic 111; 8. Indiana 100; 9. Dallas 85; 10. Holy Ghost Prep and Susquehanna Twp. 83.

1-meter diving: 1. Danniell Roberts, Fairview, 479.45; 2. Joseph Esposito, Holy Ghost Prep, 419.30; 3. Michael Stec, Dallas, 406.65; 4. Alec Lane, Bloomsburg, 405.40; 5. Luke Dickson, Eastern York, 395.15; 6. Jake Baker, Wyoming Seminary, 391.55; 7. Jonathan Jones, Uniontown, 387.65; 8. Evan Barr, Bishop Shanahan, 374.80.

100 freestyle: 1. Daniel Gosek, Holy Ghost Prep, 45.38; 2. Brian Frederick, Franklin, 46.66; 3. Broderick, Shady Side Academy, 46.68; 4. Phil Emerson, Franklin, 46.71; 5. Nathan Smith, Susquehanna Twp., 46.83; 6. Richard Petrella, Fairview, 47.10; 7. Chris Tamanini, Dallas, 47.82; 8. Lars Sigurdsson, Montoursville, 47.83.

500 freestyle: 1. David Paulk, Shady Side Academy, 4:29.41; 2. Jared Haley, Northern York, 4:33.71; 3. Zachary Oatis, Saucon Valley, 4:37.27; 4. John Howard, Archbishop Carroll, 4:44.27; 5. Alexander Szakelyhidi, Ellwood City Riverside, 4:45.87; 6. Bradley Strathmeyer, West York, 4:46.16; 7. Dan Mazur, Seton-LaSalle, 4:47.15; 8. Sam Linder, Northern York, 4:54.40.

100 backstroke: 1. Travis Bohn, Annville-Cleona, 50.99; 2. Jason Moyer, Southern Lehigh, 51.84; 3. Tim Mangis, West Allegheny, 52.16; 4. Matt Rochna, Indiana, 52.57; 5. Jacob Robinson, Lancaster Catholic, 53.53; 6. Logan Metzger, Lewisburg, 53.54; 7. Kurt Muelheuser, Mars, 53.59; 8. Jacob Nicoletta, Canevin Catholic, 54.24.

100 breaststroke: 1. Zach Stephens, Bloomsburg, 55.64 (Record. Old: 55.85, Stephens, 2011 preliminaries); 2. Brian Frederick, Franklin, 57.17; 3. Bobby Francis, Quaker Valley, 57.68; 4. Michael Thatcher, East Pennsboro, 58.80; 5. Harrison Grimm, Fairview, 1:00.00; 6. Tyler Gross, Pottsgrove, 1:00.11; 7. Adam Phillips, Elk Lake, 1:00.61; 8. Mike Allada, Quaker Valley, 1:00.76.

400 free relay: 1. Shady Side Academy (Broderick Kelley, David Paulk, Peter Scott, Ryan Koul) 3:11.91; 2. Springfield Twp. 3:12.20; 3. Franklin 3:12.87; 4. Southern Lehigh 3:14.98; 5. Bloomsburg 3:15.29; 6. Lancaster Catholic 3:15.58; 7. Fairview 3:16.17; 8. Susquehanna Twp. 3:18.89.

PIAA Swimming and Diving Championships

PIAA Swimming and Diving Championships At Kinney Natatorium, Bucknell University Lewisburg, Pa.

CLASS AAA GIRLS

Team standings: 1. Hershey 269.5; 2. Wilson 210; 3. Parkland 193; 4. North Allegheny 116.5; 5. Oakland Catholic 102; 6. Council Rock North 101; 7. Franklin Regional and Lansdale North Penn 92; 9. State College and Emmaus 89.

100 freestyle: 1. Meghan Raab, Hershey, 49:32 (Record. Old: 49:51, Danielle Sverling, Downingtown East, 2011 preliminaries); 2. Danielle Sverling, Downingtown East, 49:37; 3. Emily Cameron, Warwick, 49:45; 4. Caitlyn Karr, West Lawn Wilson, 51:19; 5. Susanne Gingham, State College, 51:23; 6. Emily Stang, Parkland, 51:24; 7. Katelyn Miller, Hershey, 51:82; 8. Danielle Parowski, Altoona, 52:17.

Consolation finals: 9. Katie Diller, Manheim Twp., 51:27; 10. Tommie Dillione, Council Rock North, 51:62; 11. Shannon Rauth, Downingtown West, 51:80; 12. Allie Penetti, North Allegheny, 51:98; 13. Emily Zheng, State College, 52:00; 14. Katerina Zheng, State College, 52:00; 15. Mackenzie Hornbrook, Unionville, and Kaci McIlmoyle, Avon Grove, 53:24

500 freestyle: 1. Leah Smith, Oakland Catholic, 4:39.96 (Record. Old: 4:42.18, Smith, 2011 preliminaries); 2. Taylor O'Brien, Emmaus, 4:49.71; 3. Claire Lohr, Red Land, 4:49.90; 4. Erica Reifinger, Parkland, 4:51.96; 5. Blaire Kinsey, Methacton, 4:57.97; 6. Bizzzy Millen, Council Rock North, 4:59.76; 7. Megan Sverling, Downingtown East, 5:00.97; 8. Alexis Grier, Hershey, 5:01.03.

Consolation finals: 9. Camilla Czulada, West Lawn Wilson, 4:55.17; 10. Madison Meyer, Council Rock North, 5:00.27; 11. Allison Murslack, Pine-Richland, 5:00.90; 12. Shannon Haberman, Oakland Catholic, 5:04.13; 13. Alexis Walley, Parkland, 5:04.23; 14. Erin Regan, Upper Dublin, 5:04.24; 15. Sarah Kaneshiki, Hollidaysburg, 5:04.69; 16. Allison Viverette, Oakland Catholic, 5:07.41

100 backstroke: 1. Christina Leander, West Chester East, 54.83; 2. Melanie Busch, William Tennent, 54.84; 3. Allison Roberts, Emmaus, 54.93; 4. Yurie Nakano, Hershey, 56.34; 5. Kayla Grim, Parkland,

56.38; 6. Brooke Waugaman, Greensburg Hempfield Area, 56.86; 7. Kelsey Ferrante, McDowell, 56.90; 8. Morgan Pfaff, Red Lion, 57.43.

Consolation finals: 9. Taylor Straub, West Lawn Wilson, 57.36; 10. Erin Timochenko, Clair, 57.50; 12. Gabriella Schaffer, Muhlenberg, 57.81; 13. Ariana Waitkavicz, Hershey, and Katie Ford, Mount Lebanon, 58.03; 15. Allie Brinkhoff, Bethel Park, 58.04; 16. Meghan Mendez, Franklin Regional, 58.31.

100 breaststroke: 1. Kristen Murslack, Pine-Richland, 1:02.12; 2. Kelly Carroll, Great Valley, 1:03.37; 3. Kylie Reiter, West Lawn Wilson, 1:04.48; 4. Alexis Grier, Hershey, 1:05.21; 5. Megan Mallon, Garnet Valley, 1:05.28; 6. Megan Harris, Downingtown West, 1:05.56; 7. Megan Polaha, Parkland, 1:05.80; 8. Gabriella Borza, North Allegheny, 1:06.12.

Consolation finals: 9. Jennifer Mill, West Chester East, 1:05.94; 10. Kayla Owens, Greater Latrobe, 1:05.96; 11. Carly Deliberty, Hershey, 1:06.28; 12. Lauren Early, Garnet Valley, 1:06.31; 13. Paige Spradling, Landisville Hempfield, 1:06.92; 14. Carolyn McCarthy, Hershey, 1:07.16; 15. Madeline Marcelle, Woodland Hills, 1:07.31; 16. Carlyn Evans, Downingtown, 1:07.43.

400 free relay: 1. Hershey (Samantha Surtus, Katelyn Miller, Yurie Nakano, Meaghan Raab) 3:22.85 (PIAA and National Federation of High Schools record. Old PIAA: 3:24.02, Hershey, 2011 preliminaries. Old NFHS: 3:23.10, Austin, Tex., Westlake, 2008); 2. Parkland 3:26.32; 3. Council Rock North 3:29.09; 4. West Lawn Wilson 3:29.98; 5. North Allegheny 3:30.04; 6. Oakland Catholic 3:31.16; 7. Upper Dublin 3:31.43; 8. Lansdale North Penn 3:32.02

Consolation finals: 9. Bayard Rustin

3:33.12; 10. Downingtown East 3:33.13; 11. State College 3:33.67; 12. McDowell 3:34.30; 13. Franklin Regional 3:34.73; 14. Mount Lebanon 3:36.08; 15. Bethel Park 3:36.32; 16. Emmaus 3:38.70.

CLASS AAA BOYS

Team standings: 1. Hershey 344; 2. La Salle College 228; 3. West Lawn Wilson 151; 4. North Allegheny 138; 5. Henderson 134; 6. Emmaus 121; 7. Upper St. Clair 117; 8. Penn-Trafford 76; 9. Central Bucks East 72.5; 10. Upper Dublin 64.

1-meter diving: 1. Connor Kuremsky, North Allegheny, 599.50 (Record. Old: 543.85, Kuremsky, 2010); 2. J.B. Kolod, Fox Chapel, 580.60; 3. Tanner Wilfong, Hershey, 574.00; 4. Ozzie Moyer, Souderton, 542.90; 5. Ian Forlini, William Tennent, 538.30; 6. Christian Parker, Exeter, 497.00; 7. James Perryman, Upper St. Clair, 481.25; 8. Dominic Giordano, Pine-Richland, 473.75.

Consolation finals: 9. Council Rock South, 472.80; 10. John Brice, Lower Merion, 464.20; 11. Chris Murphy, Ridley, 458.30; 12. C.J. Gimpel, Central Bucks South, 444.40; 13. Collin West, Wyoming Valley West, 442.80; 14. Logan Knauss, St. Joseph's Prep, 434.85; 15. Tyler Wenzel, Souderton, 427.55; 16. Mark Idelman, Parkland, 425.40.

17. Sam Guenin, J.P. McCaskey, 296.40; 18. Greg Kemper, Parkland, 293.05; 19. Gage Schwab, McDowell, 286.85; 20. Jacob Lenhart, Parkland, 273.25; 21. Brian Donnelly, Father Judge, 179.10; 22. Zach Worley, Muhlenberg, 167.10; 23. Alex Pfisterer, Governor Mifflin, 159.75; 24. Dan Marone, State College, 126.05

100 freestyle: 1. Andrew Kosic, Henderson, 43.32 (Record. Old: 44.34, Kosic, 2011 preliminaries); 2. Dain Bomberger, Warwick, 44.57; 3. Tyler Early, Garnet Valley, 45.73; 4. Jeffrey Young, Hershey, 45.79; 5. Alex Chialastri,

Plymouth-Whitemarsh, 45.90; 6. Kevin Intieri, McDowell, 45.97; 7. Lucas Bureau, Greater Latrobe, 46.26; 8. Benjamin Bauchwitz, Hershey, 46.27.

Consolation finals: 9. Alexander Muraro, Emmaus, 45.79; 10. Riley Weber, Central Bucks East, 45.84; 11. Ashton Leyens, Upper Dublin, 46.35; 12. Andrew Miller, Cedar Crest, 46.53; 13. Jason Deana, Lansdale North Penn, 46.70; 14. Tyler Toren, West Lawn Wilson, 46.81; 15. John Maza, Henderson, 46.90. Disqualified, Joe Maginnis, La Salle College.

500 freestyle: 1. John Nappi, Mount Lebanon, 4:27.64; 2. Christian McCurdy, Penn-Trafford, 4:29.72; 3. Chris Szekely, La Salle College, 4:31.61; 4. William Lee, Hershey, 4:34.50; 5. Zachary Luttrell, Hershey, 4:36.60; 6. Evan Holder, La Salle College, 4:37.70; 7. Philip Mancuso, Hershey, 4:38.24; 8. Matthew Drohan, Unionville, 4:39.95

Consolation finals: 9. Zachary Buerger, North Allegheny, 4:34.29; 10. Garrett Sharesky, Emmaus, 4:36.95; 11. Chris Catalano, La Salle College, 4:38.37; 12. Shane McKenzie, St. Joseph's Prep, 4:38.87; 13. Connor Forlini, William Tennent, 4:39.12; 14. Matthew Klotz, Parkland, 4:42.74; 15. Theo Hubbard, Mount Lebanon, 4:43.72; 16. James Frauen, Upper St. Clair, 4:45.61

100 backstroke: 1. David Nolan, Hershey, 45.49 (PIAA and NFHS record. Old PIAA: 47.57, Nolan, 2011 preliminaries. Old NFHS: 46.75, Cole Cragin, Friendswood HS, Tex., 2009); 2. Shane Ryan, Haverford, 47.53; 3. Nathaniel Savoy, West Lawn Wilson, 48.37; 4. Kyle Dudzinski, Upper St. Clair, 48.42; 5. Tim Maurer, Lower Dauphin, 49.20; 6. Matthew Buerger, North Allegheny, 49.37; 7. Eric Forrester, Canon-McMillan, and Nic Graesser, Conestoga, 50.32.

Consolation finals: 9. Andrew Blyskal,

Avon Grove, 50.17; 10. Austin Doss, Hershey, 50.95; 11. Tim Ware, Central Bucks South, 51.68; 12. John Quagliarello, Springfield-Delco, 51.72; 13. Eric Schultz, La Salle College, 51.74; 14. Benjamin Hagan, Hershey, 51.94; 15. Kyle Lukens, Plymouth-Whitemarsh, 52.51; 16. Bobby Bantley, Upper Dublin, 53.46.

100 breaststroke: 1. David Speese, La Salle College, 55.95; 2. Luke Nosbisch, Gateway, 56.13; 3. Nicholas Angeny, Archbishop Ryan, 57.22; 4. Jarred Gettes, Father Judge, 57.28; 5. Romain DeCroz, Emmaus, 57.49; 6. Mitchell Veith, Hershey, 57.52; 7. Kyle Ruddle, Hershey, 57.53; 8. Jacob Harner, Father Judge, 58.19.

Consolation finals: 9. Thomas McCormick, Henderson, 57.82; 10. J.C. Logan, Strath Haven, 58.02; 11. Evan Paules, Emmaus, 58.17; 12. Kerry Thompson, Central Bucks East, 58.32; 14. Ryan Hausler, Avon Grove, 58.81; 15. Gabriel Larson, Penn Hills, 58.83; 16. Chad Schmidt, Cumberland Valley, 58.94.

400 free relay: 1. Hershey (David Nolan, Shota Nakano, Philip Mancuso, Benjamin Bauchwitz) 3:00.71 (Record. Old: 3:03.53, West Lawn Wilson, 2010. Nolan also sets PIAA and NFHS record in the 100 free with a 42.34. Old PIAA: 43.32, Andrew Kosic, Henderson, 2011 100 free finals. Old NFHS: 42.87, Vlad Morozov, Torrance HS, Cal., 2010); 2. Henderson 3:04.72; 3. La Salle College 3:05.21; 4. West Lawn Wilson 3:06.21; 5. North Allegheny 3:06.75; 6. Lansdale North Penn 3:08.04; 7. Upper Dublin 3:09.80; 8. Emmaus 3:10.03.

Consolation finals: 9. Gateway 3:10.25; 10. Peters Twp. 3:11.37; 11. Upper St. Clair 3:11.53; 12. Cedar Crest 3:12.11; 13. Dallastown 3:12.41; 14. Franklin Regional 3:12.48; 15. Mount Lebanon 3:13.15; 16. Haboro-Horsham 3:14.83

Dillione sisters excel at states for CR North



Swimming notebook

By Karen Sangillo

For one Dillione sister, last week's PIAA Class AAA competition was her first.

For another, it was her last.

Kate and Tommie Dillione of Council Rock North swam in three of the same events at the meet, held Friday and Saturday at Bucknell University's Kinney Natatorium.

Both made it to the consolation heat of the 100-yard butterfly with Kate finishing 13th with a time of 56.67 seconds, and Tommie taking 15th (58.18).

Kate, a senior, led off the 200 and 400 freestyle relays while Tommie, a freshman, swam the third leg of both.

The 200 freestyle relay was fifth (1:36.23).

Bizzy Millen and Madison Meyer rounded out both relays.

"It was bittersweet," said Kate, who will continue her swimming career at Brown next season. "I really wanted to go out there and do my best."

"After the meet, I was talking to Mel (Busch, William Tennent senior), and we can't believe it's over for us. It went by so quickly."

"The exciting thing is that I'm swimming in college, so there are good things ahead, but this is my favorite meet so it's hard to leave it behind."

"It's so much fun leaving on a high note. I had (shoulder) surgery 10 months ago, and I was a second off my best time, so I'm happy I was able to work back to this and be a part of it all and help my team."

Tommie also competed in the 100 freestyle, where she finished 10th (51.62).

"It's amazing and kind of surreal to actually be swimming in this meet," she said. "It's really big and it's really cool seeing all the fastest kids in the state."

"I've been to this meet about four times before as a spectator (watching Kate and older sister Maggie, now a freshman at Case Western Reserve University), but it's totally different to be in it. Watching it didn't prepare me for it at all. It's so much more intense than it seems from the balcony."

"I'm looking forward to next year; I can't wait. This meet is so much fun and the best part is that I have three more years left."

Record setters

Council Rock North girls set five school records at the PIAA Class AAA championships.

Bizzy Millen lowered the mark in the 200-yard freestyle with her time of 1:52.29.

Tommie Dillione set the school record in the 100 freestyle (51.62) and Samantha Park in the 100 backstroke (58.89).

Kate Dillione, Millen, Tommie Dillione and Madison Meyer set school records in the 200 freestyle relay (1:36.23) and 400 freestyle relay (3:29.09).

Both relays qualified for National Interscholastic Swim Coaches Association All-American and National Federation honor roll.

Melanie Busch of William Tennent had two school records as well. Her preliminary time of 23.38 in the 50 freestyle is a school record, as is her backstroke time of 54.84.

Tennent's Ian Forlini raised the school standard for 11 dives with his score of 538.30.

Holy Ghost Prep's Daniel Gosek set school marks in the 50 freestyle (20.57) and the 100 freestyle (45.38) en route to Class AA state titles in both events.

The Firebirds' 200 medley relay of Gosek, Chris Doherty, Zachery Gibbins and Shawn Entenman set a school record at states (1:41.24) as did the 400 freestyle relay of Doherty, Brian Shiue, Entenman and Gosek (3:19.97).

Archbishop Wood's Taylor Kane set two school records, in the 200 freestyle (1:52.85) and 500 freestyle (4:56.97). Both times are also District 12 Class AA records and the 200 free time is a PCL record.

The 200 medley relay of Orla Cole, Bridget McGrath, Grace Cochrane and Alex Fitzgerald set a district mark of 1:51.00 and the 400 freestyle relay of Cochrane, Cole, Renata Rios and Kane went 3:42.38 at states for a district mark.

Cochrane also lowered the district time in the 100 backstroke (1:01.60).

Pennsbury's Whitney Gould is the new school record holder in the 200 freestyle with her time of 1:56.16 swum at districts.

Barren inducted

Warminster resident Paul Barren was inducted into the Pennsylvania Swimming Hall of Fame at the PIAA championships at Bucknell on Saturday.

A math teacher at Lower Moreland, he began a water polo team at the school. He coached the team for the next 20 years and compiled a record of 444-117-5.

He began officiating water polo games in the early 1970s and worked in national college championships and international tournaments such as the Olympics, Pan American Games and World University games.

Barren, who at one time coached the William Tennent boys swim team, is also a member of the USA Water Polo Hall of Fame and the Collegiate Water Polo Hall of Fame.

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A tough year for area swimmers



Bill Keen

Swimming notebook

Who woulda thunk it?
The PIAA state swimming and diving championships are history, and it was a somewhat anemic year for athletes from area high schools.

For the four days of competition at Bucknell University in Lewisburg, not a single boy finished in the top three, although the girls kept it from being a wipeout.

In Class AA, **Upper Moreland** junior Natalee Szopo's second in diving (her sister, Sydney, was fourth), and a bronze by Taylor Kane of **Archbishop Wood** in the 200-yard freestyle, were the lone top-three finishes among individuals from the smaller schools.

For athletes in Class AAA, **Central Bucks South** junior Lyndsay Schmidt was third in diving — **Central Bucks West's** Rachel Saunders and the North Penn duo of Erica Elias and Ashley Liss were fourth, sixth and seventh, respectively — as was **William Tennent** senior Melanie Busch in the 50 free.

In that 50, Busch's time was 23.51 seconds; the winner's time was 23.22. Missing gold at states by 0.29 seconds might cause a swimmer to lose sleep, but not this year and not for Busch, who won eight medals in four years at states.

This time, being 0.29 out of first was like losing by a minute.

Deja vu all over again

Everyone gasped in unison when the Class AAA girls backstroke at districts ended in a dead heat for first between Melanie Busch and Christina Leander of West Chester Henderson.

It would have been merciful if they tied at states, for what happened was agonizing to the nth degree for Busch.

Once again, they swam stroke for stroke. Leander touched out in 54.83 seconds, while Busch touched in 54.84. If you saw it in a movie you would say, "No way."

Way.

Busch lost a gold medal in the final state swim of her brilliant four-year career by less time than it takes to blink an eye.

Slim pickings

A fourth-place finish by Ozzie Moyer of **Souderton** was the best boys finish that area high schools could muster, although Moyer had company in the finals.

In fifth was Ian Forlini of William Tennent. C.J. Gimpel of Central Bucks South was 12th, with Souderton's Tyler Wenzel 15th.

Among boys swimmers, a slim field of Class AA competitors was shut out of the championship finals, while the AAA boys came away with just four medals, none of them in the top three.

Individually, **Central Bucks East** had the highest finisher, a tie for sixth by Kevin Magee in the 100-yard backstroke. In the relays, **North Penn** was sixth in the closing 400 free relay.

A special note

While boys from area high schools were absent from the top three, two Doylestown residents who swim for La Salle College High School had an outstanding meet.

Senior David Speese swam the breaststroke leg on the Explorers' AAA 200 medley relay, which won the gold in state record time, 1:31.94.

Saturday, Speese captured individual gold, winning the breaststroke in 55.95. About 15 minutes later, he joined another Doylestown resident, Chris Szekely, on La Salle's bronze medal-winning 400 free relay. Szekely also medaled individually, getting the bronze in the 500 free, and the two weren't finished.

Speese was fifth in the individual medley, while Szekely was sixth in the 200 free.

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Tennent's Busch wins silver, bronze at states

By Thomas D. McGlinchey
Sports writer

Last week was a big week for area swimmers and divers at the PIAA Class AAA and AA boys' and girls' swimming and diving championship meets at Bucknell University, including quite a few from Upper Moreland, William Tennent, Hatboro-Horsham and Archbishop Wood.

Hershey swept the Class AAA meets, while Shady Side Academy won the boys' Class AA meet and Villa Maria Academy won the

girls' Class AA meet.

Natalee and Sydney Szopo led the local barrage by taking second and fourth, respectively, in the Class AA girls' diving championship.

Natalee, a junior, scored 442.35 points, finishing a little over six points shy of first place winner Ashley Buchter's 448.70 total points. Sydney, a freshman, scored 371.75 points.

Amber Saint Clair also made Bears' fans proud. The freshman notched a time of 58.79, good enough for a fifth place medal.

Coming up huge was William Tennent senior Melanie Busch. In her

final Class AAA state championship meet, the University of Maryland-bound swimmer won a silver medal in the 100 backstroke. She clocked in at 54.84, a blink-of-an-eye longer than West Chester East's Christina Leander's time of 54.83. The two tied for first at the District One championship with times of 55.60.

Busch also bagged a bronze medal in the 50 freestyle by clocking in at 23.51.

Fellow Panther Connor Forlini, a junior, took 13th and 15th, respectively, in the 500 and 200 freestyle races in the boys' meet (top

eight medal, top 16 score points). Ian Forlini, a freshman, won a fifth place medal in the diving competition just two weeks after winning the District One title.

Also scoring points in the boys' big school meet was Hatboro-Horsham. The Hatters' 400 freestyle relay of Mike Shaeffer, Tim Janyszek, Ricky Sutton and Duane Adler finished 16th overall.

Archbishop Wood had plenty of reasons to celebrate too. Wood's girls' team came home with four medals. Senior Taylor Kane led the way by winning a bronze in the

100 breaststroke (58.79) and later a fourth place medal in the 500 freestyle (4:56.97).

The Vikings' 200 medley relay (Orla Cole, Bridget McGrath, Grace Cochrane, Alexandra Fitzgerald) won a sixth place medal with a time of 1:51.00.

Wood's 400 freestyle relay (Cochrane, Cole, Renata Rios, Kane) scored points by finishing 15th overall.

Individually, Cochrane won an eighth place medal in the 100 butterfly, while McGrath scored points with a 15th place finish in the 100 breaststroke.

Results

Girls

200 medley relay: 1. Central Columbia (Kelsey Chylko, Dani Blass, Beth Grazio, Katie Sakky) 1:47.71; 2. Villa Maria Academy 1:48.04; 3. Shady Side Academy 1:48.25; 4. Fairview 1:50.94; 5. Mercyhurst Prep 1:50.98; 6. Archbishop Wood 1:51.00; 7. Northern York 1:51.50; 8. Holy Redeemer 1:52.37.

200 freestyle: 1. Gillian Ryan, Kutztown, 1:47.80; 2. Caroline Finkbeiner, Camp Hill Trinity, 1:49.90; 3. Taylor Kane, Archbishop Wood, 1:52.85; 4. Kara Laulusius, West Allegheny, 1:53.31; 5. Emily Lyons, Southern Lehigh, 1:54.15; 6. Michelle Giordani, Line Mountain, 1:54.76; 7. Abigail Thomson, Moravian academy, 1:54.97; 8. Brianna Bentz, Wyomissing, 1:55.76.

100 butterfly: 1. Margaret Gruber, Mars, 58.98 (Gruber established PIAA record of 54.84 in preliminaries, beating old record of 54.92, Andrea Marfo, Greensburg Central Catholic, 2008); 2. Rebekah Campo, Scranton Prep, 57.57; 3. Brianna Bentz, Wyomissing, 58.09; 4. Beth Grazio, Central Columbia,

58.48; 5. Elizabeth Davis, Lancaster Catholic, 58.69; 6. Maggie Storm, Lewisburg, 58.88; 7. Kelle Gervas, West Allegheny, 59.08; 8. Grace Cochrane, Archbishop Wood, 59.60.

Boys

200 medley relay: 1. Shady Side Academy (David Paulk, Grant Zentgraf, Broderick Kelley, Chris Leach) 1:36.83; 2. Franklin 1:37.28; 3. Indiana 1:37.43; 4. Southern Lehigh 1:39.29; 5. Lancaster Catholic 1:39.31; 6. Bloomsburg 1:39.29; 7. Springfield Twp. 1:39.31; 8. Fairview 1:39.65; Also: 11. Holy Ghost Prep 1:42.24.

50 freestyle: 1. Daniel Gosek, Holy Ghost Prep, 20.57 (state record: Old: 20.69, Kevin Marsteller, York Suburban, 2009); 2. Jason Moyer, Southern Lehigh, 21.08; 3. Nathan Smith, Susquehanna Twp., 21.44; 4. Jake Oeschger, Springfield Twp., 21.56; 5. Ryan Holmes, Scranton Prep, 21.66; 6. Lars Sigurdsson, Montoursville, 21.67; 7. Piotr Stepniak, Mercyhurst Prep, 21.74; 8. Brent Longenecker, Donegal, 21.96.

Boys' Swimming

PIAA STATE CLASS AA CHAMPIONSHIPS

Team scoring: Shady Side Academy 190, Fairview 163, Franklin Area 139, Springfield (M) 133, Bloomsburg 121, Southern Lehigh 112, Lancaster Catholic 111, Indiana 100, Dallas 85, Holy Ghost Prep and Susquehanna Township 83.

District 1 and 12: Bishop Shanahan 54, Pottsgrove 44, Archbishop Carroll 28, Upper Perkiomen 8.

100-yard freestyle: 1. Daniel Gosek, Holy Ghost Prep, 45.38; 2. Brian Frederick, Franklin Area, 46.66; 3. Broderick Kelley, Shady Side Academy, 46.68; 4. Phil Emerson, Franklin Area, 46.71; 5. Nathan Smith, Susquehanna Township, 46.83; 6. Richard Petrella, Fairview, 47.10.

500-yard freestyle: 1. David Paulk, Shady Side Academy, 4:29.41; 2. Jared Haley, Northern York, 4:33.71; 3. Zachary Otis, Saucon Valley, 4:37.27; 4. John Howard, Archbishop Carroll, 4:44.27; 5. Alexander Szakely, Riverside, 4:45.87; 6. Bradley Strathmeyer, West York, 4:46.16.

100-yard backstroke: 1. Travis Bohn, Annville Cleona, 50.99; 2. Jason Moyer, Southern Lehigh, 51.84; 3. Tim Mangis, West Allegheny, 52.16; 4. Matt Rochna, Indiana, 52.57; 5. Jacob Robinson, Lancaster Catholic, 53.53; 6. Logan Metzger, Lewisburg, 53.54.

100-yard breaststroke: 1. Zach Stephens, Bloomsburg, 55.64 (PIAA record, better 55.85, Stephens, prelims); 2. Brian Frederick, Franklin Area, 57.17; 3. Bobby Francis, Quaker Valley, 57.68; 4. Michael Thatcher, East Pennsboro, 58.80; 5. Harrison Grimm, Fairview, 1:00.00; 6. Tyler Gross, Pottsgrove, 1:00.11.

400-yard freestyle relay: 1. Shady Side Academy (Broderick Kelley, David Paulk, Peter Scott, Ryan Koul), 3:11.91; 2. Springfield (M), 3:12.20; 3. Franklin Area, 3:12.87; 4. Southern Lehigh, 3:14.98; 5. Bloomsburg, 3:15.29; 6. Lancaster Catholic, 3:15.58.

Diving: 1. Dan Roberts, Fairview, 479.45; 2. Joseph Esposito, Holy Ghost Prep, 419.30; 3. Michael Stec, Dallas, 406.65; 4. Alec Lane, Bloomsburg, 405.40; 5. Luke Dickson, Eastern York, 395.15; 6. Jake Baker, Wyoming Seminary, 391.55.

Girls' Swimming

PIAA STATE CLASS AA CHAMPIONSHIPS

Team scoring: Villa Maria 178.5, West Allegheny 159, Central Columbia 145, Shady Side Academy 142, Mercyhurst Prep 123, Trinity 112.5, Wyomissing 90, Southern Lehigh 89, Boling Springs 79, Scranton Prep 78.

District 1 and 12: Archbishop Wood 74, Upper Moreland 46, Nazareth Academy 20, Merion Mercy 12, Phoenixville 10, Merion Mercy 8, Springfield (M) 6, Lansdale Catholic 5.

100-yard freestyle: 1. Sarah Hitchens, Villa Maria, 51.45; 2. Adrianna Grabski, Millinburg, 51.66; 3. Rylee Klomp, Mercyhurst Prep, 51.97; 4. Katie Sakky, Central Columbia, 52.21; 5. Ashley Niznik, West Allegheny, 52.54; 6. Samantha Shirreff, Trinity, 52.67.

500-yard freestyle: 1. Gillian Ryan, Kutztown, 4:44.29; 2. Caroline Finkbeiner, Trinity, 4:53.86; 3. Paige Daniel, Mainstem Central, 4:55.45; 4. Taylor Kane, Archbishop Wood, 4:56.97; 5. Kara Laulusius, West Allegheny, 5:01.98; 6. Jessica Burkett, Boling Springs, 5:04.39.

100-yard backstroke: Marie Georger, Mercyhurst Prep, 55.34; 2. Margaret Gruber, Mars Area, 55.46; 3. Kelsey Williams, Danville, 56.98; 4. Emily Stumaker, Big Spring, 58.74; 5. Amber Niznik, West Allegheny, 58.79; 6. Ashley Sant Clair, Upper Moreland, 59.36.

100-yard breaststroke: 1. Olivia Tierney, Northwestern Lehigh, 1:03.72; 2. Michelle Fischl, Villa Maria, 1:06.08; 3. Michelle Fischl, Greensburg Salem, 1:06.19; 4. (tie), Jaime Kane, Pope John Paul II, and Amanda Lawson, Fairview, 1:06.21; 6. Anne Marie Blott, Shady Side Academy, 1:07.19.

400-yard freestyle relay: 1. Villa Maria (Molly O'Brien, Julia Wisler, Julia Murphy, Sarah Hitchens), 3:32.30; 2. West Allegheny, 3:32.88; 3. Shady Side Academy, 3:33.47; 4. Mercyhurst Prep, 3:35.59; 5. Salisbury, 3:37.03; 6. Trinity, 3:37.15.

Men's Swimming & Diving

[[Div I](#)] [[Div II](#)] [[Div III](#)]

[Home](#) [Rankings](#) [History](#) [Video](#) [Photos](#) [Championship Info](#)

[<< Men's Swimming & Diving News](#)

Hood's Atras shows a lot of heart

After receiving heart transplant, Atras sets example for others



Hood College's Kyle Atras

Amy Hughes, NCAA.com

"I was 8-and-a-half months old when I received a heart transplant at Johns Hopkins in Baltimore, Maryland," explains Kyle Atras.

Today, the Hood College senior is closing out his collegiate swimming career and has his eye on both the World Transplant Games this June in Göteborg, Sweden, and a career in sports broadcasting.

"It started when I was three months old," explains Atras, "when my mom noticed what she thought were feeding problems. It wasn't until they did a chest X-ray that they realized I had an enlarged heart. I was diagnosed with idiopathic dilated cardiomyopathy, which is an enlarged heart. That's when they told us that I was in need of a transplant."

That transplant gave Atras a normal life with a minimum of complications. He started swimming competitively at eight years old and played a variety of sports growing up, including baseball and hockey.

"One of the doctors told my mom that organ transplants aren't to prolong life, they are to give life," said Atras. "It wasn't just to keep me around for a few more years. It was to give me the ability to be a kid and go out and play and have fun."

Atras' first love is hockey, but he is undersized for the sport at 5-foot-4 and chose to focus on swimming instead.

"I didn't really start the formal year-round swimming until high school," Atras said. "That was definitely a jump. Winter swimming

was a lot more intense than the summer team I was on.

"When I was making my college decision, I knew I could swim at Hood because we're a smaller team and we're looking for bodies as opposed to times, so that would give me the chance to swim for four more years."

"I received an e-mail from Kyle probably late in his senior year of high school," Hood head coach Don Feinberg remembered, "and his times were quite slow. I was hesitant, but I wrote back and told him that we have a small team and need depth, so we'd love to have you come out. I was thinking maybe he doesn't have much background and maybe I can do something with him."

Feinberg didn't know that Atras was a heart transplant patient.

"I didn't know until he was on deck and I saw the big scar on his chest and asked him about it," Feinberg said. "That showed a lot of his character. He makes no excuses for his heart or anything. He takes life as it is, that's part of it, and he just moves on. It was really cool to discover that in the heart transplant world, swimming-wise, he's quite good."

The U.S. Transplant Games take place in even-numbered years, most recently in Madison, Wis., in 2010. Atras has participated in the biennial Games since 2000. He has participated in the World Transplant Games, which are also contested on a biennial basis in odd-numbered years, in Bangkok, Thailand, and Australia's Gold Coast.

"It's been really cool to see those different places," Atras said. "It's cool to meet people like that from all over the world and realize that 18- or 19-year-olds all over the world are pretty much the same. I still talk to a few of them here and there through Facebook and Skype and stuff like that."

The next World Transplant Games are a goal for Atras as well. "The hopes are to go to the World Games in Göteborg, Sweden, this summer [June 17-24]. As long as we can get the funds together for that, I'll be doing that this year too."

"He's never going to light the world on fire as far as a non-heart transplant athlete," Feinberg said, "but he certainly has lit the world on fire within the heart transplant world."

"Kyle is the perfect definition of leading by example," Feinberg continued. "He never makes any excuses. Ever. He is just thankful every single day of his life that he's alive and was offered a second chance."

The second chance of a heart transplant has come with a few bumps in the road. Atras specifically points out two of them.

"When I was in fifth grade," Atras said, "I developed PTLTD, which is post-transplant lymphoproliferative disorder, which is a type of lymphoma that comes from being on the anti-rejection drugs for so long. It opened up my immune system to this type of lymphoma. We went through with that and it's been in remission for some time now. After my freshman year of high school, I developed autoimmune hemolytic anemia, which the doctors are pretty sure was caused by one of the rejection medicines I was taking at the time. Once we switched the medicines from one to the other, that situation cleared itself up. It's kind of nice to have it be that kind of easy."

FIRST-TEAM BIOS

Taylor Kane

School: Archbishop Wood (senior)
Event: 200 freestyle
Key facts: Philadelphia Catholic League and District 12 Class AA champion in this event and the 500 freestyle ... All-Catholic League and all-district first team ... Third in the 200 and fourth in the 500 at the PIAA Class AAA meet ... All-state first team in both events

Jane He

School: Pennsbury (senior)
Event: 200 individual medley
Key facts: SOL National Conference third-place finisher in this event ... All-league third time in this event and the 100 backstroke ... Finished 16th at District One Class AAA meet ... All-district honorable mention

Melanie Busch

School: William Tennent (senior)
Event: 50 freestyle
Key facts: SOL National Conference Girls Swimmer of the Year ... Won this event and the 100 backstroke at the SOL championships ... District One Class AAA champion in the backstroke and second-place finisher in the 50 ... Took second at the PIAA Class AAA championships in the backstroke and third in the 50 free

Kristina Congdon

School: Pennsbury (junior)
Event: Diving
Key facts: SOL National Conference champion ... Finished 17th at the District One Class AAA meet ... SOL first-team selection

Grace Cochrane

School: Archbishop Wood (senior)
Event: 100 butterfly
Key facts: Philadelphia Catholic League champion in this event and second in the 100 backstroke ... District 12 Class AA champion in the butterfly and backstroke ... All-Catholic and all-district first team ... Eighth at PIAA Class AA championships in the butterfly and 18th in the backstroke ... All-state first team in the butterfly

Tommie Dillione

School: Council Rock North (freshman)
Event: 100 freestyle
Key facts: Finished 10th at states in the 100 freestyle and 15th in the 100 butterfly ... Second in 100 freestyle and fifth in the 100 butterfly at districts ... SOL National Conference champion in both the 200 individual medley and 100 butterfly ... SOL first team in 200 individual medley and 100 butterfly ... All-District first team in 100 freestyle and 100 butterfly ... All-state honorable mention in 100 freestyle and 100 butterfly

Bizzy Millen

School: Council Rock North (senior)
Event: 500 freestyle
Key facts: District One Class AAA champion in this event and second in the 200 freestyle ... All-district first team in both events ... Sixth in the 500 and 12th in the 200 at the PIAA Class AAA meet ... All-state first team in the 500 and honorable mention in the 200 ... Won the 100 freestyle and took second in the 50 freestyle at the SOL National Conference meet ... SOL first team in the 100 freestyle and second team in the 50 freestyle

Samantha Park

School: Council Rock North (sophomore)
Event: 100 backstroke
Key facts: SOL National Conference runner-up in this event and took third in the 200 freestyle ... SOL second-team pick in the backstroke ... Finished fourth in the backstroke at the District One Class AAA meet ... All-district first team ... 18th at the PIAA Class AAA championships

Bridget McGrath

School: Archbishop Wood (junior)
Event: 100 breaststroke
Key facts: Finished 15th at the PIAA Class AA championships ... All-state honorable mention ... District 12 Class AA champion in the breaststroke and third in the individual medley ... Third place at the Philadelphia Catholic League meet ... All-Catholic first team

Melanie Busch

Girls Swimming
★ William Tennent



CARL KOSOLA / STAFF PHOTOGRAPHER

Tennent's most decorated girls swimmer saved her best year for last.

By KAREN SANGILLO
STAFF WRITER
Melanie Busch had an amazing season. The senior on the William Tennent girls swim team was the Suburban One League National Conference Swimmer of the Year.

She won league titles in both the 50-yard freestyle and 100 backstroke.

At the District One Class AAA meet, she was the co-champion in the 100 backstroke, posting a tie with Christina Leander of West Chester East with a time of 55.60, a district record.

She was also second in the 50 freestyle at districts. At the PIAA Class AAA championships, she was nosed out by Leander for the state title in the backstroke, posting a 54.84 to the 54.83 Leander swam to claim the crown.

Busch was also third in the 50 freestyle at states.

For these achievements, she is the Courier Times Girls Swimmer of the Year. It is the third consecutive year she has earned the honor. She joins Dianne Bisacky of Pennsbury (1984-86) and Tricia Harm of Council Rock (1999, 2001-02) as three-time winners.

There has been only one four-time winner, Alison Nemeth of Council Rock (1989-92).

"I think the most memorable moment for me was tying in the backstroke at districts and getting the record," said Busch, who will continue her swim career at Maryland next season. "I usually don't swim too well at districts and, this year, I went into it with a different mindset and it paid off.

"At states, going a .02 faster and winning the state title would have been great, but I'm not going to lose sleep over it.

"Everything happens for a reason, and maybe the reason for that was to teach me to try to not lose by that margin but to win by it, so that's something to motivate me in college."

Busch turned the noteworthy trick of earning eight medals in individual events at states over her four-year career, the maximum an individual swimmer is eligible for.

"My high school career just flew by," she said. "I really loved it, but I realize that it's time for me to move on."

She is the Tennent record-holder in the 50, 100 and 200 freestyles and the 100 butterfly and is the team and Tennent pool record-holder in the 100 backstroke, 100 breaststroke and 200 individual medley, giving her every team record for an individual event except the 500 freestyle and diving.

She is also a member of the school-record 400 freestyle relay team with Amanda Thomas, Leanna Puls and Meghan Forlini.

"Melanie is the type of athlete who asks to be challenged, desires to be challenged and accepts those challenges on the way in order to be the best she can possibly be," Tennent coach Lisa Forlini said.

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

GIRLS SWIMMING ★ SECOND TEAM

Event	Swimmer	School	Year
200 freestyle	Madison Meyer	Council Rock North	junior
200 individual medley	Rebecca Samson	Council Rock North	freshman
50 freestyle	Alex Fitzgerald	Archbishop Wood	junior
Diving	Alex Costello	Pennsbury	freshman
100 butterfly	Kate Dillione	Council Rock North	senior
100 freestyle	Abby Miller	Neshaminy	senior
500 freestyle	Whitney Gould	Pennsbury	senior
100 backstroke	Devon Perugini	Neshaminy	senior
100 breaststroke	Shirley Samson	Council Rock North	freshman

GIRLS SWIMMING ★ HONORABLE MENTION

Archbishop Wood: Orla Cole, junior; Renata Rios, sophomore.
Council Rock North: Melinda Birky, freshman; Rae-Clare Embree, junior.
Council Rock South: Haley Cichonski, freshman; Chelsea Kozior, senior.
Pennsbury: Shannon McHenry, junior; Bridget Perdoch, freshman; Jillian Sirkus senior.

FRENCH OPEN

Clijsters offers no excuses for loss

By HOWARD FENDRICH
ASSOCIATED PRESS

PARIS — There were plenty of excuses available for Kim Clijsters after a stunning collapse in the second round of the French Open against a woman ranked 114th.

In assessing her 3-6, 7-5, 6-1 loss to Arantxa Rus of the Netherlands on Thursday, the second-seeded Clijsters could have pointed to her heavily taped right ankle, which she hurt while dancing barefoot at her cousin's wedding last month.

In recounting how she managed to waste two match points and drop 11 of the last 12 games after leading 5-2 in the second set, the Belgian could have mentioned that she last entered the French Open in 2006, and had played a total of five clay-court matches anywhere since.

And in explaining her 65 unforced errors — 43 more than her opponent made — and 10 double-faults, Clijsters could have reminded everyone that she hadn't competed at all since late March because of that bum ankle and previous injuries to her right shoulder and wrist.

Instead, the winner of the last two Grand Slam titles, and four overall, pointed a finger squarely at herself and



MICHEL SPINGLER / ASSOCIATED PRESS
No. 2 seed Kim Clijsters fell 3-6, 7-5, 6-1 to Arantxa Rus of the Netherlands in the second round of French Open action on Thursday.

an odd crisis of confidence.

"I started doubting a little bit," said Clijsters, the French Open runner-up in 2001 and 2003. "When you start doubting yourself on any surface —

but for me, definitely on clay — it's the wrong attitude to have."

The 27-year-old Clijsters also gave credit to the 20-year-old Rus, who entered the day with a 3-4 career record in major tournaments and only twice before had been to Court Philippe Chatrier — and those visits were as a spectator.

After delivering one of the most surprising tennis results in recent years, Rus acknowledged she was nervous at the outset, perhaps because Clijsters is one of her favorite players, someone she used to cheer for when watching on TV.

"She obviously started building up more confidence, started playing a lot better, and was really kind of putting me on my back foot all the time," Clijsters said. "I couldn't really play my aggressive tennis anymore in that third set."

A similar scenario played out later in that stadium Thursday, except it was the heavy favorite, three-time major champion Maria Sharapova, who appeared to be down and out against an inexperienced kid, 17-year-old French wild-card entry Caroline Garcia, before reeling off the final 11 games to win 3-6, 6-4, 6-0.

"Look," the seventh-seeded Sharapova said, "it could have easily gone the other way."

She said she had trouble dealing with wind that gusted at upward of 20 mph, making the balls move unexpectedly at times and occasionally kicking up clouds of loose clay into players' eyes.

Those conditions led to this bon mot from Rafael Nadal: "If you play good, seems like much less wind. If you are playing bad, seems like a hurricane."

The five-time French Open champion wasn't forced to work nearly as hard as he did in getting past John Isner in five sets Tuesday, but Nadal was hardly satisfied after beating 48th-ranked Pablo Andujar of Spain 7-5, 6-3, 7-6 (4).

Also reaching the third round were past Grand Slam finalists Robin Soderling and Andy Murray, along with No. 10 Mardy Fish, the last U.S. man in the field. Six seeded men lost: No. 8 Jurgen Melzer of Austria, No. 20 Florian Mayer of Germany, No. 24 Sam Querrey of the U.S., No. 27 Marcos Baghdatis of Cyprus, No. 28 Nikolay Davydenko of Russia and No. 32 Kevin Anderson of South Africa.

Thursday's French Open Results

At Stade Roland Garros,Paris Purse: \$24.99 million (Grand Slam)	
Singles	
Men	
Second Round	
Robin Soderling (5), Sweden, def. Albert Ramos, Spain, 6-3, 6-4, 6-4.	
Alejandro Falla, Colombia, def. Florian Mayer (20), Germany, 4-6, 7-6 (4), 6-1, 6-2.	
Ivan Ljubicic, Croatia, def. Sam Querrey (24), United States, 7-6 (2), 6-4, 6-4.	
Mardy Fish (10), United States, def. Robin Haase, Netherlands, 7-6 (1), 6-2, 6-1.	
Lukasz Kubot, Poland, def. Carlos Berlocq, Argentina, 6-3, 7-6 (4), 6-3.	
Fernando Verdasco (16), Spain, def. Xavier Malisse, Belgium, 4-6, 6-3, 7-6 (5), 6-1.	
Andy Murray (4), Britain, def. Simone Bolelli, Italy, 7-6 (3), 6-4, 7-5.	
Leonardo Mayer, Argentina, def. Marcos Baghdatis (27), Cyprus, 7-5, 6-4, 7-6 (6).	
Antonio Veic, Croatia, def. Nikolay Davydenko (28), Russia, 3-6, 6-2, 7-5, 3-6, 6-1.	
Viktor Troicki (15), Serbia, def. Tobias Kamke, Germany, 6-2, 6-2, 7-6 (4).	
Juan Ignacio Chela, Argentina, def. Kevin Anderson (32), South Africa, 3-6, 6-3, 6-4, 4-6, 6-2.	
Alexandr Dolgoplov (21), Ukraine, def. Andreas Haider-Maurer, Austria, 6-2, 6-4, 6-2.	
Lukas Rosol, Czech Republic, def. Jurgen Melzer (8), Austria, 6-7 (4), 6-4, 4-6, 7-6 (3), 6-4.	
Michael Berrer, Germany, def. Arnaud Clement, France, 7-6 (6), 3-6, 7-5, 6-4.	
Gilles Simon (18), France, def. Jeremy Chardy, France, 4-6, 6-4, 6-1, 6-4.	
Women	
Second Round	
Petra Kvitova (9), Czech Republic, def. Zheng Jie, China, 6-4, 6-1.	
Agneszka Radwanska (12), Poland, def. Sania Mirza, India, 6-2, 6-4.	
Yanina Wickmayer (21), Belgium, def. Ayumi Morita, Japan, 6-4, 7-5.	
Sorana Cristea, Romania, def. Alexandra Dulgheru (27), Romania, 6-2, 7-5.	
Arantxa Rus, Netherlands, def. Kim Clijsters (2), Belgium, 3-6, 7-5, 6-1.	
Chan Yung-jan, Taiwan, def. Jill Craybas, United States, 6-1, 6-4.	
Li Na (6), China, def. Silvia Soler-Espinoza, Spain, 6-4, 7-5.	
Vania King, United States, def. Elena Baltacha, Britain, 4-6, 6-1, 6-4.	
Maria Kirilenko (25), Russia, def. Chanelle Scheepers, South Africa, 6-1, 6-4.	
Roberta Vinci (30), Italy, def. Iryna Bremond, France, 6-3, 6-4.	
Andrea Petkovic (15), Germany, def. Lucie Hradecka, Czech Republic, 7-6 (2), 6-2.	
Ekaterina Makarova, Russia, def. Johanna Larsson, Sweden, 6-3, 7-6 (5).	
Maria Sharapova (7), Russia, def. Caroline Garcia, France, 3-6, 6-4, 6-0.	
Kaia Kanepi (16), Estonia, def. Heather Watson, Britain, 6-1, 6-3.	
Victoria Azarenka (4), Belarus, def. Pauline Parmentier, France, 6-0, 6-1.	
Jarmila Gajdosova (24), Australia, def. Anabel Medina Garrigues, Spain, 7-6 (4), 6-4.	

FIRST-TEAM BIOS

Connor Forlini

School: William Tennent (junior) Event: 200 freestyle

Key facts: SOL National Conference Boys Swimmer of the Year ... Finished 10th at District One meet ... Was also the district second-place finisher in the 500 freestyle ... Won the 500 freestyle and 200 individual medley at the SOL National Conference championships ... State qualifier in the 200 and 500 freestyle ... Finished 10th in states in the 500.

Chris Doherty

School: Holy Ghost Prep (senior) Event: 200 indiv. medley

Key facts: State qualifier in Class AA in this event, finishing 18th ... Finished second at the District One meet ... All-district first team ... Also a state qualifier in the 100 butterfly, finishing 22nd.

Daniel Gosek

School: Holy Ghost Prep (senior) Event: 50 freestyle

Key facts: PIAA Class AA champion in this event with state-record time of 20.57 ... Also state champ in 100 freestyle ... District One champ in 50 and 100 freestyles ... All-state and all-district first team in both events.

Ian Forlini

School: William Tennent (freshman) Event: Diving

Key facts: District One Class AAA champion ... SOL National Conference champion ... Finished fifth at states ... All-state and all-district first team in this event ... SOL National Conference first-team selection in this event.

Taylor Jeronis

School: Pennsbury (senior) Event: 100 butterfly

Key facts: SOL National Conference champion and first-team selection in this event ... Finished 12th at the District One Class AAA meet ... All-district honorable mention ... SOL second team in the 200 individual medley.

Pat Griffin

School: Pennsbury (senior) Event: 100 freestyle

Key facts: SOL National Conference first team in this event and the 50 freestyle ... Finished 17th in the 50 and 18th in the 100 freestyle at the District One Class AAA meet ... Conference champion in the 100 and 50 freestyle.

Jimmy Newman

School: Council Rock North (junior) Event: 500 freestyle

Key facts: State qualifier in this event, finishing 30th ... District One Class AAA fifth-place finisher ... Took second at the SOL National Conference meet ... School record-holder with district time of 4:47.83.

Dylan Cooper

School: Tennent (sophomore) Event: 100 backstroke

Key facts: Area's best time in this event with a 57.13 ... Finished sixth at SOL National Conference meet ... Finished 25th at District One Class AAA meet.

James Bowe

School: CR North (junior) Event: 100 breaststroke

Key facts: SOL National Conference champion and first-team selection in this event ... Also SOL honorable mention in the 200 individual medley ... 24th at the District One Class AAA meet.

Daniel Gosek

Boys Swimming

★ Holy Ghost Prep

DAVE GARRETT
STAFF
PHOTOGRAPHER

THE SENIOR WON HOLY GHOST'S FIRST TWO STATE SWIMMING GOLDS.

By KAREN SANGILLO
STAFF WRITER

Daniel Gosek had a pretty good ride.

The senior on the Holy Ghost Prep swim team won the PIAA Class AA championship in the 50-yard freestyle in a state record time of 20.57.

He was also the state champion in the 100 freestyle (45.38).

Both times are school records.

He was the first state swimming champion for Holy Ghost Prep and the first male swimmer from Lower Bucks to win multiple state titles in individual events in the same season since Gary Plantier of Pennsbury won the 200 and 500 freestyles in 1974.

He was the first Lower Bucks male to win a state swim title since Chuck Venuto won diving for a unified Council Rock in 2001.

Gosek was also the District One Class AA champion in both events and was the Outstanding Swimmer of the district meet. He helped the

Firebirds to a 7-5 record, fourth in team scoring (216 points) at the District One Class AA meet and a tie for 10th place with Susquehanna Township (83 points) at the PIAA meet.

For these accomplishments, Gosek is the Courier Times Boys Swimmer of the Year for the second consecutive season.

He joins Karl Slatoff and Marc Fowler of Pennsbury and Brian Gemberling of Neshaminy as the only two-time winners of this award. Plantier and Bob Carmody of Council Rock are three-time winners.

"I'm very happy with the way things went," Gosek said.

After swimming for the Firebirds his freshman year, Gosek took a year off to concentrate on swimming with his club, Eastern Express, before returning for his junior and senior years.

"This is what I thought the high school swimming experience would be. It's even more than I thought it would be," he said. "It was a great experience to swim against people from all over the state.

"This is such a different atmosphere than club swimming. High school swimming has so many more meets and the meets are great. It was so much fun. "Winning two state titles was just a great way to cap it all off."

He will continue his swimming career at Columbia next year. "I'm really looking forward to that now," he said.

Holy Ghost coach Sheree Marsh was pleased for Gosek's success. "Dan had a very good year and now that his high school swim career has ended, my hope is that he passes on to others just how important it is to swim for your high school," she said.

Karen Sangillo can be reached at ksangillo@phillyburbs.com.

BOYS SWIMMING ★ HONORABLE MENTION

Council Rock North: Geoff Boodey, sophomore; Joe Lynch, freshman; Vlad Shalupov, senior. Council Rock South: Matt Eastburn, sophomore; Tim Harman, sophomore. Holy Ghost Prep: Joe Esposito, senior. Neshaminy: Steven Keashon, freshman; Justin Korenstein, sophomore. Pennsbury: Matt DeFranco, senior; Adam Sokol, sophomore.

BOYS SWIMMING ★ SECOND TEAM

Event	Swimmer	School	Year
200 freestyle	Jake Meyers	Council Rock North	senior
200 individual medley	Paul Caldwell	Council Rock North	sophomore
50 freestyle	Brandon McCredie	Council Rock North	freshman
Diving	TJ Schenkel	Council Rock South	senior
100 butterfly	Michael Joseph	Neshaminy	senior
100 freestyle	Steve Sekula	Council Rock North	sophomore
500 freestyle	Ryan Callanan	William Tennent	senior
100 backstroke	Rob Cohen	Council Rock North	senior
100 breaststroke	Andy Gnias	Archbishop Wood	senior

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Lacrosse programs. The summer sports camps utilize all of these facilities. The baseball camps will also use the Bensalem Ramblers Baseball Complex.

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*Summer Enrichment Camp and Forensics Program are for 7th and 8th Graders.

For Summer Camp Schedule and to Register, visit: summer.holyghostprep.org

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Atras, a team captain for the Blazers, has been busy with internships during swimming's off-season in preparation for a career in sports broadcasting.

"I worked at WIP in Philadelphia and that was a nice internship," Atras said. "This past semester, I worked at Sirius/XM in their sports department down in D.C. Those are the two internships that have gotten me a lot of contacts, so maybe after graduation I can get back in touch and see what's available. That's my ideal right now. Start at the bottom and work my way up."

Feinberg's descriptions of Kyle's collegiate career prove that Atras already knows how to climb any mountains in his path.

"I look at what Kyle has done, and if everyone took that home with them, they'd be a better person," Feinberg said. "He will be missed here. As a person, as an individual and as a swimmer. Everyone sees this kid that had a heart transplant and has been swimming all four years of college. I can count on one hand how many practices he's missed, and those were all because he had to take a trip to see his cardiologist for a check-up. He's awesome to have as a team captain. When other swimmers find themselves whining or complaining about something, I'll have Kyle talk to them or I'll use him as an example. He never misses a practice. He does every set of every workout. He's always here on time."

That time on the pool deck at Hood is coming to a close. The Hood men's swimming team completed its dual meet schedule on Jan. 29, and will close out the season at the Capital Athletic Conference Championships on Feb. 18-20.

"The big thing has been the people I've met through the team," Atras said. "The close bonding. We're here for the month of January when everyone else but the basketball team is home for break. That's when we're really all together and it's bonding. It's a family-type deal. It's been an awesome four years of swimming and it's hard to believe that it's almost over. It still seems like not too long ago that I was the freshman in Lane 6 and now all of a sudden we've had our last meet before the conference championships."