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Young Maidens brilliant

FRESHMAN GIRLS COME UP BIG AGAINST CR NORTH

By KEV HUNTER, Staff Writer



MARK C. PSORAS / THE REPORTER North Penn diver Julia Tate arcs her way into the pool against Council Rock North.

TOWAMENCIN — Maidens coach Kristen Bartlewitz challenged her team on Friday: “I put the pressure on our freshmen,” she said, “and they pulled through.”

Those freshmen filled the 100 fly race for the Maidens, and it was Jan Ikeda who stood out the most, winning the event in 1 minute, 1.65 seconds to give North Penn a boost in the 103-83 victory over Council Rock North at Rick Carroll Natatorium.

“I’m trying to teach my girls a lesson that you gotta learn how to swim well under pressure, and you have to learn how to swim well when you’re tired,” Bartlewitz said. “When we go to leagues and districts, there’s gonna be even more pressure down on the pool deck.”

Ikeda is one of those competitors who seemingly doesn’t feel any pressure.

Packed into her slight frame is a ton of tenacity.

“She’s like the energizer bunny,” Bartlewitz said.

Ikeda has already qualified for districts in the 100 fly, and she is looking to also make the cut in the 100 breaststroke and 200 IM.

She posted a 1:14.79 in the 100 breaststroke on Friday, good for fourth place.

Asked what she enjoys most about this North Penn team, the freshman responded that it’s like a “family.”

“These girls should be happy - they pulled through,” Bartlewitz said.

“There was leadership on our pool deck, by the upper classmen, in and out of the pool. And that’s really important to me.”

One of those upper classman that continues to get it done is senior Lauren French, who won the 50 free, and led off the winning 200 free relay, and the winning 400 free relay.

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Wins in seven of the 12 events helped the Maidens defeat a Rock team that has plenty of potential.

“Council Rock North is a completely different team than they were before, and their freshmen and sophomores came in and really performed well,” Bartlewitz said.

The Maidens swept the diving, getting solid performances up on the board from Laurie McLaughlin (206.05), Julia Tate (196.65) and Shauna Hannings (166.20).

The Maidens have another meet this morning, for the North Penn Aquatic Club. It will be good for the younger swimmers to get used to the back-to-back meets, since that is what districts and states are all about.

Asked how she maintains her energy for a tough stretch like this one, Ikeda simply said with a laugh: “I eat a lot.”

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