



**NO SHIPPING FEES\***

**Huge selection of MP3 players at prices that rock.**

Just what I needed.

[shop now](#)

[Contact Us](#) | [Advertise](#) | [Home Delivery](#) | [About Us](#)



Clear 37°

[Advanced News Search](#)

Enter Search Words | Last 30 days

[News](#) [Classifieds](#) [Yellow Pages](#) [Today's Ads](#) [Special Sections](#) [AllAroundPhillyJobs](#) [PhillyCarSearch](#) [AllAroundPhillyHome](#)

FRIDAY, FEBRUARY 24

[home](#) : [news](#) : [community newspapers](#) : [welcome](#)

Community Newspapers

- [Welcome](#)
- [The Ambler Gazette](#)
- [Central Bucks Life](#)
- [The Colonial](#)
- [The Globe](#)
- [Main Line Life](#)
- [Montgomery Life](#)
- [News-Herald](#)
- [North Penn Life](#)
- [Public Spirit/W.G. Guide](#)
- [Souderton Independent](#)
- [Spring-Ford Reporter](#)
- [Springfield Sun](#)
- [Times Chronicle/Glenside News](#)
- [Valley Item](#)
- [Philadelphia Golfer](#)
- [Parents Express](#)
- [Art Matters](#)
- [New Jersey Golf News](#)
- [South Jersey Parents Express](#)
- [Ticket Entertainment](#)
- [Local TV Listings](#)
- [Movie Listings](#)
- [Baby & Toddler Expo](#)
- [Town & Country Living Magazine](#)
- [Welcome to our Communities](#)
- [Community Calendar](#)
- [Community Websites](#)
- [Weather](#)
- [Shopping](#)
- [Business Directory](#)
- [Classified](#)
- [Subscriptions](#)
- [Jobs at Montgomery Newspapers](#)
- [Contact Us](#)

## Maidens' Jernigan is regaining form

By: Alex Frazier, Sportswriter  
01/27/2006

[Email to a friend](#) [Post a Comment](#) [Printer-friendly](#)

### Devon Jernigan's swimming career began unceremoniously when her mother tossed her in the water at the age of 2.

It couldn't have been otherwise. Courtney, Lindsey, Ashley and Brittany had all received a similar initiation. Why would it be different for Devon? With four sisters having already successfully preceded her through North Penn, the expectations for Devon are naturally high. Especially this, her senior year. Jernigan started swimming competitively at four at the Hatfield Swim Club and then went on to the North Penn Aquatic Club around nine. She swam at North Penn in ninth and 10th grades, but had to quit part way through last year because of health problems. She had her tonsils removed and had kidney problems. She missed most of the end of the year and was sick a good deal of the summer. She even had to forego her favorite sport water polo in the fall. She didn't get back in the water until the official start of swim season in November. That's a long time for a swimmer to be out of water. "I haven't done anything since last year," she said. "I was really out of shape." In practice she began in Lane Eight-the slowest-and has advanced to Lanes Four and Five. "I really couldn't keep up with anybody," she said, "but I've worked my way up." "She's doing a real good job," said her coach Kristen Bartlewicz. Jernigan is slowly getting back some of her old speed. She is mainly a sprint freestyler, but also does some breaststroke. On a team that is deep with sprint freestylers, Jernigan is number four. She also swam butterfly this year for the first time. "It was pretty good," she said. "I didn't know what a good time was, but when I got done the time was really good (1:09)." Ironically a year off of swimming was good for Jernigan. "I definitely missed it," she said. Jernigan had always liked water polo better than swimming. "My mom always forced me to swim because everybody else did," she said. "I wasn't crazy about it, but after taking off a year, I did it because I wanted to do it. My mom didn't make me." "That's why you should be swimming," said Bartlewicz. "It's tough to wake up before 5 o'clock in the morning. It takes a lot of self-motivation." In fact, her mother was concerned that if she swam it might aggravate her health problems. "Now I'm doing it because I want to do it," she said. "I missed it a lot." Her motivation is high right now because she's invested in it. She's even thinking about swimming or playing water polo in college. "It's such a commitment," she said. "It depends." She wants to go to art school to study architecture. But she's also interested in electronics.

Advertisement



**We show our small business customers how to schedule**




There Been T

No O



Click here to

Click To 2006

EMAIL

Get the news sent to your



Click to s

- Journal Register Company
- Fun and Games
- Personals
- AllAroundPhillyGolf.com



"Everything I like is totally opposite," she said. Right now she's trying to make the best of the short time she has left at North Penn. As a promising freshman, Jernigan qualified for districts in the 50 freestyle, and as a sophomore she went to states on relay teams. Her lifetime best in the 50 free came her freshman year at the league championships when she clocked as 25.47. She's already qualified for districts in the event with a season best time of 26.01. "It's different when you're tapered and rested for a big meet than in season," said Bartlewicz. "She's been consistent within a couple of tenths in most of her races." At the Wilson Relays she clocked a 25.8 split in the 200 freestyle relay to help the Maidens win the event. Jernigan is thriving under second-year swim coach Bartlewicz. It's actually Jernigan's first full year with her. "It's way different this year than my sophomore year," she said. "Our dryland is different. She does full body core workouts, which works all of our muscles. It feels so much better when you're swimming. I feel a lot stronger this year than every single year that I swam."

©Montgomery Newspapers 2006

- [Email to a friend](#)
- [Post a Comment](#)
- [Printer-friendly](#)
- [Top](#)

**PURCHASE PHOTOS ONLINE**



Looking to purchase a photo that appeared in the paper? [Click here](#) to browse our online photo galleries.

Featured Specialty Publications



**PURCHASE PHOTOS ONLINE**



Looking to purchase a photo that appeared in the paper? [Click here](#) to browse our online photo galleries.

[News](#) [Classifieds](#) [Yellow Pages](#) [Today's Ads](#) [Special Sections](#) [AllAroundPhillyJobs](#) [PhillyCarSearch](#) [AllAroundPhillyHo](#)

Send us your community news, events, letters to the editor and other suggestions. Now, you can submit birth, wedding and engagement announcements online [advertising@montgomerynews.com](mailto:advertising@montgomerynews.com).



Copyright © 1995 - 2006 PowerOne Media, Inc. All Rights Reserved.