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Tuesday, January 15, 2008

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NP hitting midpoint of swimming in prime form

By KEV HUNTER, Staff Writer



NPHS swimmers compete Friday. Photo by Mark C. Psoras

The Knights are hitting their stride at just the right time.

"We're starting to see some of the rewards for all our hard work, and I think we're starting to build some confidence," North Penn coach Brian Daly said following Friday's win over Council Rock North. "January is a tough month. You have two meets a week. The guys don't see daylight — they come in when it's dark, they leave when it's dark. It's cold, it's dreary, it's tough to get motivated. But they definitely got up for it (Friday), and this gives them confidence and motivation as we head into

the second half of our season."

North Penn had personal bests across the board and a pool record by Dan Dingman in the 500 freestyle.

Already, the Knights are eyeing bigger things down the road.

"Seven weeks (from last Friday), we have districts," Daly said. "I think our guys have very lofty goals. And I think they understand where we're currently at, and they realize looking at those lofty goals that it's not all gonna happen at once. They know they gotta make some improvements, take some baby steps toward their bigger goals. And today we made a lot of them."

One of those guys who had a good day was Peter Kolokithias, who swam district-qualifying times in the 200 free and the 100 free.

= A winning tradition

As soon as Friday's meet against Council Rock North was over, the North Penn pool filled up quickly with a lot of eager youngsters.

The Rick Carroll Natatorium is also the home of the North Penn Aquatic Club, which continues to be the perfect feeder program for the high school team.

"The kids come to the high school meets, they look up to the high school kids, and then when they compete at the Aquatic Club meets, they try to do what the high school kids do," Maidens coach Kristen Bartlewitz said. "So when they get older, they know the tradition, they know the expectations, and you don't even have to say it."

The Maidens are off to a 7-0 start and will later be going for their third straight district title, which would be a first for the program. Advertisement

Part of the reason for the success is that freshmen come in and instantly contribute. There's a reason for that.

"A lot of them have older siblings, or friends of older siblings that came through the program," Bartlewitz said. "They know what it's about. And I think that's part of all the tradition and part of why it's been so strong."

= Coming up

North Penn travels to Pennsbury on Wednesday in an SOL National match-up, and also that day, Souderton travels to CB East in an SOL Continental clash.

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