



12/03/2008

Girls' Swimming Previews



Read about the upcoming girls' swimming and diving season.
Souderton

- * Coach: Swimming-Todd Bauer (second season), Diving-Bill Hence (eighth season)
- * Last year's record: 11-2 (7-0 Suburban One Continental Conference), finished fifth overall at PIAA Class AAA championships, second at District One Class AAA meet
- * Key losses: CJ Corcoran, Alyssa Kichline, Kate Evans
- * Key returnees: Seniors-Paige Whitmire, backstroke/butterfly/freestyle; Katie Curzon, backstroke/butterfly; Angela Severn, freestyle; Ashley Kichline, backstroke/freestyle; Lauren Peachey, breaststroke/IM; Arielle Fry, freestyle; Juniors-Hannah Cross, backstroke/freestyle; Mariel Kush, butterfly/freestyle;

Missy Doll, freestyle; Molly Clements, diving; Sophomores-Chloe Thomas, freestyle; Paige Hoehl, diving
* Others to watch: Seniors-Julia Penkal, freestyle; Christine Neville, freestyle; Rose Vacca, diving; Juniors-Molly Clement, breaststroke; Ingrid Moyer, diving; Freshmen-Sarah Kesack, breaststroke/IM; Jill Whitmire, backstroke
* Strengths: Souderton is loaded with talent this season, specifically its senior class, a class that has enjoyed some degree of achievements for the past few seasons. "We will look to build on our successes from last year and continue to compete at a very high level," said Bauer.
* Question marks: With almost half the team consisting of seniors, Souderton will look to groom its underclassmen to help lead the program in the future. How will the youngsters do, especially in the big league meets?
* Outlook: "We would like to improve on our second place finish at districts last season as well as our fifth place finish at PIAA championship," said Bauer. With most of its state qualifying swimmers back this season Souderton has a realistic shot of winning districts and improving upon last season's fifth place finish. On the diving front, the Indians are willing to learn to new dives and will look to help the swim team as much as possible.

North Penn

- * Coach: Matt Weiser (first season)
- * Last year's record: 12-2, finished third at the District One Class AAA meet and ninth at the PIAA Class AAA championship
- * Notable losses: Lauren French, sprint freestyle/butterfly; Becca Hannings, freestyle/IM
- * Key returnees: Seniors-Nicole DiBonaventura, freestyle; Heather Fellmeth, freestyle; Julia Tate, diving; Junior-Sam Deana, freestyle/backstroke; Mary Morris, freestyle/butterfly
- * Others to watch: Erin Meingossner, freestyle/breaststroke; Trish Michelson, freestyle/breaststroke; Kerstie Musoleno, freestyle/butterfly; Shelby Rinker, freestyle/butterfly; Lera Toropin, freestyle/breaststroke; Diana Vose, diving
- * Strengths: Strong Tradition, good teamwork, depth
- * Question marks: Who will fill the holes left by graduation and how will Weiser fare in his first year coaching the Maidens?
- * Outlook: The Maidens have a senior-heavy team that will match up well against Souderton in the Suburban One Continental Conference. North Penn should also do better than last season in the district and state meet. "The Maidens should continue to be competitive as one of the top teams in the league, district, and states," said Weiser. "Personal time improvements should lead to team success."

Penridge

- * Coach: Ryan Griffiths (third season)
- * Last year's record: 3-13-1
- * Notable losses: Haley Werkheiser, Ellen Liebenow, Lauren Maurone, Brittany Moses, Nicole Sensinger
- * Key returnees: Juniors-Alicia Detweiler, Erica Redmond, Erica Smale, Sophomores-Megan Hahn, Kendra Poirier
- * Others to watch: Freshmen-Gabi Rinaldi; Alexis Detweiler; Deanna Maurone; Alyssa Reigel; Emily Kaempf
- * Strengths: The Rams have stepped up their training regiment and the camaraderie makes these girls a strong bunch. Most of the Rams play water polo and swim in the Penridge Aquatic club together and the countless hours at the pool are beginning to show.
- * Question marks: The Rams lose a lot of senior leadership and need the new elder statesmen to relish in the leadership role and help motivate the girls through thick and thin times. The Rams have many girls capable of performing at a high level, but the question remains if they will be able to perform day in and day out.
- * Outlook: The incoming freshman class gives a strong energy of excellence for the Penridge program for years to come. The ladies come from a line of solid swimmers and they could be the piece to the puzzle that puts Penridge on the map in a tough Suburban One Continental Conference.

Lansdale Catholic

- * Coach: Bob Birnbrauer
- * Notable losses: Christine Gorge, Kelsey Husk, Natalie Kulik

- * Key Returnees: Bridgett Augustine, Victoria Gawel, Jessica Gidzinski, Allsion Husk, Jen Matylewicz
- * Others to watch: Maura Conley, Morgan Devanney, Katie Murphy, Caroline Rahmlow, Dana Salanik, Julia Young
- * Strengths: The young ladies come with experience against a high level. The Crusaders expect to see a strong relay and individual event competition in both the dual meets and districts.
- * Question marks: If they do have trouble in dual meets it will most likely be because of their lack of depth. The Crusaders are small and young, led by sophomore and returning state qualifier Gidzinski.
- * Outlook: Birnbrauer expects nothing less than the girls' best effort every time they hit the water. There is no reason they can't improve from last year and have a strong post season showing.

Wissahickon

- * Coach: Meredith Falatek
- * Last Year's Record: 6-4
- * Key Losses: Laura Berardelli, Rachel Walega, Juliet Chou
- * Key Returnees: Becky Gilpin, Whitney Walsh, Gretchen Andersen, Kristen Wieland, Ryan Marie Conway, Lori Jefferson, Serena Xu
- * Others to Watch: Lizzie McKenna, Rachel Bohr, Melissa Rudolph, Carrie Johnson, Sammy Ruser
- * Strengths: Upperclassman leadership and depth are the two main factors that should lead the Trojans to a successful season according to Falatek.
- * Question Marks: Falatek says her team is still in its developmental stage and that might be a team weakness this winter.
- * Outlook: Falatek says of this year's team: "We believe we will do as well, if not better than we did last year."

Mount St. Joseph

- * Coach: Janet Pudlinski
- * Last Year's Record: 9-3
- * Key Losses: Jackie Hain, Caroline Menapace, Megan Held
- * Key Returnees: Nicole Rossetti, Laura Pospissal, Katie Foley, Meredith Bracken
- * Strengths: By numbers, the Magic have a very deep and solid team all the way through. A good number of returning players should be a huge plus for this year's team.
- * Question Marks: Pudlinski is unsure of whether or not the younger girls are ready to step up this year, so she hopes that the youth on her team does not become a weakness.
- * Outlook: Pudlinski thinks that with a very deep team, they should have another winning record and her players should be able to achieve individual goals all season long.

Upper Dublin

- * Coach: Brian Palme
- * Last Year's Record: 8-2 overall, 7-0 league
- * Key Losses: Olivia Ehmann, Kelly Harchut
- * Key Returnees: Kelly Ashmead, Jenn Brannen, Julia DeVincent, Meg Lafferty, Melanie Redican, Erin Regan
- * Strengths: Strong senior leadership is the main focus for Palme. With a strong group of seniors to teach the younger girls, the Cardinals should be a solid team this year.
- * Question Marks: Experience. 23 of the 32 team members for Upper Dublin are sophomores or freshmen.
- * Outlook: "There are numerous challenges out there that we will come face to face with during the next couple of months," Palme said. "We need to make sure that we take care of the business that we can control. If we lose that focus, then things can start to go against us. Our goals are always to improve wherever we can, whether it happens in the pool, in the weight room or in the classroom."

Gwynedd Mercy Academy

- * Coach: Heather Clark
- * Last Year's Record: 5-6
- * Key Losses: Molly Kristiniak, Charlotte Greenwood
- * Key Returnees: Katie Hee, Catey Munnari, Susan Merlini
- * Strengths: Backstroke and one-minute freestyle are the two best aspects of Clark's team this year. She hopes that those two can help lead her girls to a good record.
- * Question Marks: Distance swimming can be a cause of concern for the Gwynedd Mercy girls team this year, according to Clark.
- * Outlook: "We have a pretty great schedule lined up," Clark said. The seniors are really stepping up and leading the younger girls on the team according to Clark, so this season should be better than last for the Gwynedd Mercy girls.

Hatboro-Horsham

- * Coach: Kip Emig
- * Key Losses: Meghan Nellett
- * Key Returnees: Jessica Healy, Kelsey Pennet, Chelsea Adlam
- * Others to Watch: Abby Hitchens
- * Strengths: With a pretty good mix of seniors and experience, the Hatters should have another year of learning under their belts and should be better than in 2007. There are also a few very promising incoming freshman.
- * Question Marks: Emig says that his team is more of a sprinting program than a distance program, so distance events might be a weakness for this team.
- * Outlook: Emig says that his team's goal is to have some of his seniors and younger girls to qualify and for their team to have a winning record this year. Individual goals are a main concern for Emig and his team this year.

Upper Moreland

- * Coach: Melanie Rowland
- * Last Year's Record: 3-8
- * Key Losses: None
- * Key Returnees: Sam Conard, Trisha Connelly, Deanna Schwartz, Maggie Meade
- * Strengths: Perseverance and Determination. Coach Rowland says her team knows that they are small and really have to work on many other things as a unit so their determination shows when they perform the best they can, which can go a long way.
- * Question Marks: Size. A lot of the girls have very small size which could come into factor during the season and during meets, according to Rowland.
- * Outlook: "The girls are trying their hardest and they are not as fast as they would like to be, but they are working hard," Rowland said. Rowland hopes to give her a team a chance to have her girls achieve individual awards and to go as far as they can in states.

Archbishop Wood

- * Coach: Charlie Stillwell
- * Last Year's Record: 7-1, won PCL Title last year
- * Key Losses: Amy Finn, Bridget Gannon, Rachael Gnias, Christina Rios, Amanda Horlacher
- * Key Returnees: Megan Basgil, MariKate Cook, Alyse Davis, Emily Smith
- * Others to Watch: Taylor Kane, Grace Cochrane
- * Strengths: Leadership, experience and team depth. With 41 kids on the team, 28 of them on varsity, Wood has more depth than most teams in their league this year.
- * Question Marks: Breaststroke and backstroke are the two weakest events according to Stillwell. By the end of the year, he hopes to be improved on those two strokes.
- * Outlook: Stillwell is not sure if his team will be as strong as last year, but he believes that they have a shot at winning the districts and says that his team will be in every meet until the end.

Abington

- * Coach: Joe Lennon
- * Last Year's Record: 5-9-1
- * Key Losses: Sarah McCaffrey, Kelsey Brady, Marissa Deck
- * Key Returnees: Alayna Ryan, Chelsea Burkart, Rachel Henninger
- * Others to Watch: Kelly Roedig, Randi Spitko
- * Strengths: Lennon says his team is a strong freestyle team, especially in distance events. After only graduation three seniors and with several returners, experience is a plus.
- * Question Marks: Some of the stroke events with new athletes may be a weakness for the Ghosts. Lennon is still learning the girls' strengths and abilities.
- * Outlook: Lennon is looking forward to his returning seniors to lead his team to a successful season and definitely a better record than last year. He thinks the experience will be a big factor to that success.

Cheltenham

- * Coach: Mikaela Scheuerman
- * Last Year's Record: Unknown
- * Key Losses: Laura Roman, Blair Krevitz, Kate O'Brien
- * Key Returnees: Chelsea Andrews, Summer Davis, Alice Stejskal, Madison Brunk, Kate Matus
- * Others to Watch: Simone Davis, Sunga Jeong
- * Strengths: "Our strength is in our returning athletes," Scheuerman said. "We have six district qualifiers coming back and one state qualifier."
- * Question Marks: The size of the Panthers' team is small, so filling all of the spots in a meet will be difficult for the coach to do.
- * Outlook: Scheuerman says that her main goal is to qualify more swimmers for districts and for states this year. "Despite the inconsistency of practice due to not having a home pool, we should end the season with a winning record."

**Dedicated to quality,
service, selection, price**

ROY LOMAS
Carpets & Hardwoods

2150 Detweiler Road Kulpville, PA 215.256.9575

©Montgomery Newspapers 2008