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GIRLS ATHLETE OF THE WEEK

t Who she is: Sam Deana, junior, North Penn swimming

t What she's done: Deana won both 100 free and the 100 back as the Maidens claimed their second dual meet of the season last Thursday, defeating Mount Saint Joseph's 113-67 at LaSalle University.

Deana, who swam in three events at the 2008 PIAA Class AAA Championships — 50 free, 200 medley and 200 free relay — claimed victory against the Magic in the 100 free in a time of 55.44, while hitting the wall first in the 100 back in 1:03.21.

t What's next: North Penn looks to stay perfect in dual meets Friday when its hosts Upper Dublin at the Rick Carroll Natatorium at 3:45 p.m. The Maidens bested the Cardinals 111-73 last season.

North Penn finishes the week by heading up to the Parkland Invitational Saturday. The event starts at 8 a.m.

t Honorable Mention: Jordan Dominic (Pennridge basketball); Jenessa Derstine (Christopher Dock basketball); Paige Whitmire (Souderton swimming).



sam deana

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