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BOYS ATHLETE OF THE WEEK

t Who he is: Stephan Hoch, senior, North Penn swimming

t What he's done: Hoch claimed first place in two events and swam on the winning 400 free relay team that clinched the Knights' 95.5-90.5 victory over Upper Dublin last Friday.

Hoch won the 100 fly in a 53.60, then claimed the top time in the 50 free in 21.99. He then swam a career-best 49 second cut as the lead leg of North Penn first place 400 free relay, which finished in a time of 3:14.76.

t What's next: North Penn is off until the new year, getting back in the pool on Jan. 6 when it visits Hatboro-Horsham.

t What he said: "A lot of people weren't expecting us to be as good as we were last year because we lost a lot of key people, but I think we definitely showed that we have what it takes, and that we're gonna be strong this year,"

t What North Penn coach Brian Daly said: "It's always exciting when Upper Dublin comes to town. This is one of those meets where it's gotta be a full team effort, not just your top couple guys. We had lifetime bests from a good percentage of our roster. The guys knew that this was a challenge, and they rose to the challenge. They wanted this one."

t Honorable Mention: Ted Conrad (Central Bucks West wrestling); Jimmy Connolly (Souderton basketball); Nik Will (Calvary Baptist basketball).



stephan hoch

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