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The Intelligencer

Board can't stop NP's Nees

By: **BILL KEEN**
The Intelligencer

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Knights' senior returning state medalist cruises to SOL Continental championship

WARRINGTON - How good is North Penn's Zac Nees?

He is so good that he hit the board on his final dive of the semifinals of Wednesday's Suburban One League Continental Conference boys' diving championships at Central Bucks South and still increased his lead over his closest pursuer, Souderton's Ozzie Moyer.

"Once I was in the air I knew I was in trouble, so I tried to get the dive done as fast as I could," said Nees, a senior, of the attempt, a back 1 1/2 somersault, 1 1/2 twist free. "I just didn't get my one arm all the way through and I 'hipped' it in a little too much; I tried to get it around as well as I could with a bad takeoff but it didn't work out."

Aside from costing him a 500-point final total, the miss - which earned him the minimum score of 2.0 from all five judges - was more than offset by his three dives of the final round, where he earned one score of 8 1/2, three 8s and four of 7 1/2.

"I've built confidence (in myself) and I'm a senior now," said Nees, last year's bronze medalist at the PIAA Class AAA state championship meet. "I've learned over the years to just brush it off and make the best with the dives you have left."

Moyer, one of seven ninth graders in the 19-man field, said he has accomplished only one of the goals he set for himself in the preseason.

"My goals for the year were to get to districts and (then) to do well there, so that (second part) is still my goal right now," he said. "My dives were pretty consistent, they weren't as good as they could be but I was pretty happy with the 2 1/2 (somersault) at the end (because) I finished strong."

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Two of Nees's teammates, junior Michael Kohler (398.90) and senior Caleb Hill (377.60) finished third and fourth, respectively, with Hill pushing ahead of CB South's Mike Frank, who slipped to fifth on the final round with 372 points.

Kohler is looking forward to renewing his rivalry with Nees and Moyer at the PIAA District One diving championships next Friday at North Penn.

"I'm really happy with my diving today, (all three of us) did really well, it's a friendly competition and we had a great time," said Kohler, the 15th-place finisher last season at states. "You have to put your best (dives) out there (in the conference meet) because it's good practice."

Suburban One League Continental Conference

Boys Diving Championships

1. Zac Nees (North Penn), 473.00;
2. Ozzie Moyer (Souderton), 421.75;
3. Michael Kohler (North Penn), 398.90;
4. Caleb Hill (North Penn), 377.60;
5. Mike Frank (Central Bucks South), 372.00;
6. John Brice (Central Bucks East), 369.55;
7. Tyler Wensel (Souderton), 357.70;
8. Matt Nickerson (Central Bucks South), 354.00;
9. John Hoch (North Penn), 349.30;
10. Richie Fly (Pennridge), 331.10;
11. Brody Workheiser (Pennridge), 327.15;
12. Collin Dalessandro (Central Bucks South), 286.05.

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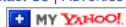
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