

DIVING

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Tennett got that postseason off to a great start, scoring 375.25 points for second place. The only one to outdo was her teammate, who scored 381.25 to win a close final round.

"I was trying not to think about it," Adlam said of the point standings when she did her final dive. "If I think about it too much, then I psyche myself out."

Adlam's consistency was what did it for her. Asked what her favorite dive of the night was, the senior said with a laugh: "I know it's kind of lame but my front dive."

Simplicity is perfectly fine when you execute it close to perfection, and that front dive in the second round helped her get an early edge. Adlam went into the final round with the lead, and she tacked on another 106 points to finish with the win.

"I've been doing better this year than in past years because I'm just trying to have fun," she said.

So much for "senioritis." For Tennett to get second she had to deal with one dive that had been giving her problems - she was finally able to nail her front double pike.

"Normally, I go really short

on that dive, and I actually hit it well tonight," she said. "Overall, I was happy with it. I just kept it in my head to try and spin as fast as I could, keep my arms narrow, and hope all went well after that."

The duo gave the Hatters a nice boost in scoring going into the team championships on Saturday - the race gets underway at 9 a.m. at North Penn.

Coming to North Penn, you see a lot of championship banners - of the league, district and state variety, on both the girls and boys side. But Adlam and Tennett persevered through all 11 dives.

"I like this pool a lot - I like the boards," Tennett said. "But it's always kind of intimidating to come here because it is North Penn. But I like coming here."

Especially now.

Girls Diving Suburban One League Continental Conference Championships at North Penn

1. Chelsea Adlam (Hatboro-Horsham) 381.25; 2. Kelsey Tennett (Hatboro-Horsham) 375.25; 3. Julia Tate (North Penn) 373.20; 4. Lindsay Schmidt (CB South) 355.05; 5. Lucy Burrage (CB West) 346.80; 6. Adele Foley (CB East) 336.10; 7. Ashley Liss (NP) 321.10; 8. Erica Smole (Pennridge) 337.10; 9. Ingrid Moyer (Souderton) 328.60; 10. Shauna Hannings (NP) 323.75; T-11. Kirstin Ladas (CB East) and Kayla Scullion (CB East) 321.10.