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ARCHBISHOP WOOD

Coach: Charlie Stillwell (13th year)

Last year: 1-8 (1-8 PCL)

Super Seven: Sr. Greg Oprendek (individual medley); Jr. Andrew Gnias (sprint freestyle); Soph. Chris Conway (backstroke/freestyle); Jr. Kevin McGuckin (butterfly/sprint freestyle); Sr. Andre DelValle (distance freestyle); Jr. Gary Bone (sprint freestyle); Jr. Ian Mee (freestyle/individual medley)

The season: Numbers will not be a problem for the Vikings as there were no losses to graduation and there are incoming freshmen to help fill lineups spots. Greg Oprendek, the first swimmer from Wood to compete in the PIAA state championships, returns to provide incentive for his younger teammates, who will be out to push for at least a .500 record heading into the PIAA District 12 meet.

CENTRAL BUCKS EAST

Coach: Ed Walsh (28th year)

Last year: 9-2 (5-2 SOL Continental)

Super Seven: Sr. Mark Dilemmo (butterfly/distance freestyle); Sr. Sam Rosenthal (individual medley/distance freeestyle); Jr. Kevin Magee (utility); Jr. Kerry Thompson (distance freestyle/individual medley/breaststroke); Soph. John Brice (diver); Soph. Riley Weber (sprint freestyle); So. Ty Kooser (breaststroke/freestyle)

The season: There is a wealth of quality experience returning from a team that finished second in the SOL Continental standings. While seven graduated seniors will be missed, the talent that is back should be more than enough to carry the team through the early schedule until the new faces feel comfortable in the lineup.

CENTRAL BUCKS SOUTH

Coach: Jeff Lake (sixth year)

Last year: 8-4 (5-2 SOL Continental)

Super Seven: Sr. Ilan Khyat (IM/breaststroke); Sr. John Marron (breaststroke); Sr, Matt Nickerson (diver); St. Cory Rundle (breaststroke); Sr. Conor Watanabe (butterfly); Jr. Paul Johnston (distance freestyle); Jr. Tim Ware (backstroke)

The season: The Titans' program has never been healthier than it is this season. Where only 13 boys came out for the team three years ago, 37 are out this year, including 12 freshmen, many of whom will contribute right away. Although last season's team leaders, Mike Frank and Kyle McLaughlin are now at the University of Delaware, South just might contend for second in the conference.

CENTRAL BUCKS WEST

Coach: Rich Reshetar (third year)

Last year: 7-8 (3-4 SOL Continental)

Super Seven: Sr. Tyler Washington (individual medley); Sr. Dylan Garges (diver); Sr. Gordy Finley (breaststroke); Jr. Ryan Place (breaststroke/individual medley); Jr. Dean Rusciolelli (backstroke); Soph. Anthony Gianforcaro (distance freestyle); Soph. Sam Byers (backstroke/distance freestyle)

The season: In part because of the team's sub-.500 record last season, most of the swimmers worked hard over the summer and in the fall. As a result, there has already been a rash of personal bests since camp opened, which is one of the reasons why expectations for a considerable improvement in the record this season are sky high

GERMANTOWN ACADEMY

Coach: Dick Shoulberg (41st year)

Last year: 8-2 (3-1 Inter-Academic League)

Super Seven: Sr. Tony Kim (sprint freestyle, breaststroke); Jr. Jimmy McEldrew (backstroke/distance freestyle/individual medley); Soph. Arthur Fraylor (distance freestyle, backstroke, individual medley); Soph. Adam Sjoholm (freestyle); Soph. Justin Tang (butterfly/individual medley/backstroke); Jr. Christopher Schillig; Soph. Bryan Draganosky (breaststroke/individual medley)

The season: With Jimmy McEldrew and Artie Fraylor leading the way, the Patriots hope to contend for the Inter-Ac title for the first time in several years. They should know where they stand after their first two league meets against Episcopal Academy and Malvern Prep. Chances will improve greatly if a talented group of sophomores step up early and contribute to the point totals.

HATBORO-HORSHAM

Coach: Kip Emig (fifth year)

Last year: 4-11 (2-5 SOL Continental)

Super Seven: Sr. Brendan Malone (butterfly); Sr. Ryan Claggett (freestyle); Jr. Rick Sutton (backstroke/200 freestyle); Jr. Mike Schaeffer (sprint freestyle); Sr. T.J. Guminski (distance freestyle/breaststroke); Soph. Tim Janyszek (breaststroke); Soph. Duane Adler (freestyle/butterfly)

The season: Although many of last season's swimmers return, the team is still young with lots of room for improvement. There is a solid group of District One qualifiers back to provide leadership for the newcomers, who will have to mature quickly and fill open spots if the Hatters are to improve on last season's record.

LANSDALE CATHOLIC

Coach: Bob Birnbrauer (14th year)

Last year: 6-8

Super Seven: Sr. Pat Augustine (butterfly/breaststroke); Soph. Nick Augustine (sprint freestyle); Sr. Sam Kraynak (diver); Sr. Tim McCann (distance freestyle); Jr. Steven Douglas (freestyle); Jr. Tony Mack (sprint freestyle); Sr. Kevin McGuriman (sprint freestyle)

The season: The Crusaders made their first season as a member of the Philadelphia Catholic League a success when they captured the District 12 Class AA title. Unfortunately, only one member of the 200 and 400-yard free relay teams that advanced to states is back, so those holes will have to be filled, although there are some talented newcomers who should move right into the lineup.

NORTH PENN

Coach: Brian Daly (fifth year)

Last year: 9-2 (7-0 SOL Continental champion)

Super Seven: Sr. Jack Else (freestyle/butterfly); Sr. Michael Kohler (diver); Sr. Craig Hennessey (sprint freestyle); Jr. Peter Kolokithias (utility); Soph. Jason Deana (freestyle); Soph. Tomas Gimenez (breaststroke/individual medley); Fr. Colin Kelly (utility)

The season: Like the changing of the seasons, some things in life happen every year, like North Penn being the favorite to win a Suburban One League title. Last season they moved to the Continental and continued the run and are once again the heavy favorites. Not only are 33 swimmers out for the team, but so are five divers, perhaps the "deepest" group of divers the team has fielded in years.

PENNRIDGE

Coach: Ryan Griffiths (fourth year)

Last year: 5-8 (1-7 SOL Continental)

Super Seven: Sr. R.J. Phiambolis (distance freestyle); Sr. Kyle VanLeer (butterfly/individual medley); Fr. David Zurmuhl (sprint freestyle); Soph. Chris Bashaar (breaststroke); Soph. Matt Leo (sprint freestyle); Jr. John Swartz (diver)

The season: The Rams will have one of the program's strongest classes of seniors and that bodes well for the team's chances of dramatically improving

on last season's record. Watch out for one of the area's most promising freshmen, David Zurmuhl, who has the potential to win a lot of races before he graduates. Overall, the Rams are confident but they'll need success early in the schedule to make it happen.

QUAKERTOWN

Coach: Wendy Yons (second year)

Last year: 0-8 (0-7 SOL Continental)

Super Seven: Sr. Dan West (butterfly/freestyle); Jr. Jason West (butterfly/breaststroke); Jr. Colin Ingram (freestyle); Soph. Ethan Fritch (distance freestyle); Jr. Wayne Hailstone (sprint freestyle); Soph. George Claghorn (breaststroke/freestyle); Soph. Adam Dymit (freestyle).

The season: The Panthers will have a lot of swimmers that are improving but are still relatively green. How quickly they get into shape and pick up the daily routine in practice will determine how successful the team will be. That said, the returning letter winners gained a lot of valuable experience last season and several could crack the qualifying times and advance to the district meet.

SOUDERTON

Coach: Todd Bauer (fourth year)

Last year: 11-3

Super Seven: Sr. Lee Stiles (middle freestyle); Sr. Sean Corcoran (breaststroke/individual medley); Soph. Elliott Miller (distance freestyle); Jr. Kody Veit (distance freestyle); Sr. Dan Yocum (distance freestyle); Soph. Mike Hay (sprint freestyle/butterfly); Soph. Ozzie Moyer (diver).

The season: The good news is Ozzie Moyer is back after finishing seventh in the state last season in diving. The bad news is that none of the returning swimmers were there with him, which means there are a lot of hungry athletes aiming to improve enough this season so they can make the trip to Lewisburg. The talent is there to challenge for second in the SOL Continental.

UPPER MORELAND

Coach: Mel Rowland (first year)

Last year: 3-13 (1-6 SOL American)

Super Seven: Sr. John Paul Zarroli (diver); Jr. D.J. Chrobocinski (sprint freestyle); Jr. Kevin Cyliax (breaststroke/freestyle); Jr. Austin Davis (freestyle/backstroke); Fr. Patrick Smith (distance freestyle/breaststroke); Fr. Petro Sokirniy (utility); Sr. Julian Munoz (utility).

The season: The last links to the four outstanding relay team members of two years ago graduated last season, so this year's team is in desperate need of a hammer or two to consistently pick up wins and valuable team points. A strong freshman class will contribute depth, but whether they will be able to fill in the holes and help the team win early remains to be seen.

WILLIAM TENNENT

Coach: Lisa Forlini (17th year)

Last year: 6-5 (3-3 SOL National)

Super Seven: Sr. Zack Busch (breaststroke/freestyle/individual medley); Jr. Ryan Callanan (freestyle/individual medley); Jr. Steven Doherty (diver); Soph. Connor Forlini (freestyle/individual medley); Sr. Steven Poirier (breaststroke/freestyle); Sr. Eric Schaffling (butterfly/freestyle); Sr. Stephen Thomas (backstroke/butterfly/freestyle)

The season: Although numbers are up and the Panthers will have a larger squad than they have had in recent years, much of that is green as they come. Some of the competitors are rookies to competitive swimming and will have to be force fed if they are to contribute much in a way of team points. Still, there are a few excellent athletes who should at least qualify for the District One meet.

- Bill Keen

Buzz up!

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