

phillyBurbs.com

News Sports Entertainment Opinion Multimedia Guides Tools

Marketplace Jobs Cars Homes Ads Classifieds Advertise with Us

Marketplace

Click here to claim your
FREE Business Listing!

Search

• [archbishop wood football](#) • [central bucks east boys soccer](#) • [Council Rock north football](#) • [council rock south](#) • [swimming](#) • [High School Football Preview 2009](#) • [field hockey](#) • [pennsbury](#) • [swim](#)

★ HOME ★ SPORTS ★ SCHOOLS ★ VIDEOS ★ [Courier Times](#) ★ [The Intelligencer](#)

« [Intelligencer girls swimming high fives](#)
[Monday's local scoreboard: who did what, who plays where](#) »

[Intelligencer girls swimming team capsules](#)

ARCHBISHOP WOOD

Coach: Charlie Stillwell (13th year)

Last year: 8-1 (8-0 Philadelphia Catholic League champions)

Super Seven: Jr. Taylor Kane (distance freestyle/breaststroke); Sr. Emily Smith (sprint freestyle/middle freestyle); So. Orla Cole (backstroke/freestyle); Sr. Bridget Kerins (butterfly/sprint freestyle); Jr. Grace Cochrane (butterfly/individual medley); So. Alexandra Fitzgerald (backstroke/sprint freestyle); So. Bridget McGrath (breaststroke/sprint freestyle)

The season: If there's one thing that can be said about the Vikings it's that they will again contend for the PCL championship despite losing a lot through graduation. The returning letter winners are extremely talented as are the incoming freshmen, which should make for a strong squad in the post-season. Wood will be a good one.

CENTRAL BUCKS EAST

Coach: Tom Kane (33rd year)

Last year: 7-4 (5-2 SOL Continental)

Super Seven: Sr. Madeline Blom (backstroke); Sr. Katlyn Devlin (backstroke/500 freestyle); Sr. Rachel Shulman (distance freestyle); Kathryn Viola (breaststroke); Jr. Katie Dempster (individual medley/breaststroke); Mackenzie Hubing (individual medley/backstroke); So. Kendall Kirsteier (butterfly/distance freestyle)

The season: The Patriots have a lot of senior leadership from their four captains. There is also a nice nucleus of returning letter winners around which they will build the team, and a huge freshman class to add depth and to provide competition for spots in the lineup. East should again be near the top of the SOL Continental.

CENTRAL BUCKS SOUTH

Coach: Kevin Murray (fifth year)

Last year: 6-5 (2-5 SOL Continental)

Super Seven: Sr. Nicole Scamuffo (backstroke/individual medley); Jr. Lauren Ahrens (individual medley/backstroke/butterfly); So. Melissa Ross (freestyle/butterfly); So. Kelsey Schmidt (sprint freestyle); So. Lindsey Schmidt (diver); Sr. Alyssa Desiderio (freestyle); Sr. Kayla Scullion (diver)

The season: The Titans have always had a strong diving program and this season's team will be no different. The incoming freshmen class is deep in potential although they will have to adjust quickly to the pace of high school competition. With a group of returning swimmers that advanced to district, South could surprise.

CENTRAL BUCKS WEST

Coach: Vibeke Swanson (19th year)

Last year: 9-5 (4-3 SOL Continental)

Super Seven: Sr. Ali Roth (sprint freestyle/butterfly/individual medley); Sr. Angela Stoehr (distance freestyle/individual medley); Sr. Shannon Dugan (spring freestyle/breaststroke); Jr. Liz Muller (sprint freestyle/butterfly/breaststroke); Jr. Erica Peters (backstroke/butterfly/distance freestyle); So. Andy Blaser (utility); Jr. Molly Fitz (backstroke/sprint freestyle)

The season: The overall size of the squad is down from last season, but the letter winners who return are very, very good. Everybody has been working hard to try and branch out to new events to make up for the lack of depth that could cost some points. However, look for the Bucks to be in the thick of things at districts - this is a classic tournament team.

GERMANTOWN ACADEMY

Coach: Dick Shoulberg (41st year)

Last year: 10-1 (5-0, Inter-Academic League champions)

Super Seven: Sr. Brynn O'Neill (sprint freestyle/backstroke); Sr. Margot Wummer (individual medley/breaststroke); Jr. Kacie Ciampoli (distance freestyle); So. Madeline Maher (individual medley/breaststroke); Jr. Sarah Aemiseggar (sprint freestyle); Jr. Bridget Casey (distance freestyle); Jr. Taylor Sneed (backstroke/butterfly)

The season: The only thing that needs to be said about this season's GA team is that five girls will miss the season opener against Episcopal Academy because they will be at the Junior National championships. This may be the strongest overall team Dick Shoulberg has had in years, one that is a solid bet to finish first at Easterns in March.

GWYNEDD-MERCY ACADEMY

Coach: Heather Clark (sixth year)

Last year: 4-7

Super Seven: Sr. Katie Hee (sprint freestyle); So Rachel Tumolo (backstroke); So. Annalise Vaengle (breaststroke/individual medley); Jr. Meg Curley (distance freestyle); Fr. Jen Lehman (freestyle/backstroke); Jr. Kathleen Mullins (freestyle); Jr. M.C. Kershaw (breaststroke)

The season: The five seniors who were lost to graduation left several big holes in the lineup, but fortunately with eight freshmen joining the returning letter winners, there is depth from which to look for replacements. Accordingly, much of pre-season was spent tinkering with different combinations and competition for starting spots has been intense.

HATBORO-HORSHAM

Coach: Kip Emig (19th year)

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

Super Seven: Sr. Alyssa Guminski (breaststroke); Sr. Lauren Engelhart (breaststroke); Sr. Chelsea Burrell (sprint freestyle); Sr. Devon Cohen (sprint freestyle); Jr. Nicole Rudniski (backstroke/freestyle); So Rachel Riemenschneider (individual medley/butterfly); So. Abby Hitchens (individual medley/breaststroke)

The season: Last season's team just missed the break-even mark in the final record, but the athletes were a lot more talented than the team's record indicates. A lot of district qualifiers are back and they will be joined by a freshman class that will contribute right away. Breaststroke is the strongest event but look for many new faces among the starters.

LANSDALE CATHOLIC

Coach: Bob Birnbrauer (14th year)

Last year: 4-9

Super Seven: Sr. Bridgette Augustine (sprint freestyle/breaststroke); So. Maura Conley (individual medley/breaststroke); Jr. Tori Gawel (sprint freestyle/backstroke); Jr. Jess Gidzinski (individual medley/distance freestyle); So. Kate Murphy (sprint freestyle/backstroke); Sr. Caroline Rahmlow (sprint freestyle); So Julie Young (distance freestyle)

The season: Numbers will be a problem as only 11 girls are out for the team. Talent, however, is not a problem as Jess Gidzinski and Bridgette Augustine are solid bets to not only advance to states but quite possibly to win a medal. Every other returning swimmer competed in the District 12 meet last season, so the Crusaders can not be counted out of any meet.

NORTH PENN

Coach: Matt Weiser (second year)

Last year: 9-1-1 (6-1 SOL Continental)

Super Seven: Sr. Sam Deana (sprint freestyle/backstroke); Sr. Colleen Stiles (distance freestyle/backstroke); Sr. Casey O'neil (individual medley/freestyle); Sr. Shauna Hannings (diver); Sr. Sarah Hannings (freestyle/individual medley); Jr. Jan Ikeda (individual medley/butterfly); Jr. Mary Morris (freestyle)

The season: The Maidens had to take a back seat to Souderton last season in the SOL Continental, but that just gave this season's team all the incentive it needed during the pre-season. Conditioning is excellent and seldom has a North Penn team been as determined as this one. It's deep, it's talented and it's ready to return to No. 1.

PENNRIDGE

Coach: Ryan Griffiths (fourth year)

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

Super Seven: Sr. Alicia Detweiler (sprint freestyle/breaststroke); Jr. Megan Hahn (distance freestyle/individual medley); So. Gabi Rinaldi (sprint freestyle); Jr. Keni Poirier (butterfly/backstroke); So. Alexis Detweiler (individual medley/butterfly); So. Emily Kaempf (diver); Sr. Erica Smale (diver)

The season: There are only two seniors on the squad but both went to the District One championship meet last season. That alone will serve as excellent incentive for the rest of the athletes, many of whom just need to push themselves a little harder to meet the district qualifying times. The biggest strength is also the biggest unknown - nine girls in the freshman class. How quickly will they be ready to contribute?

QUAKERTOWN

Coach: Wendy Yons (second year)

Last year: 3-7 (0-7 SOL Continental)

Super Seven: Sr. Victoria Travor (breaststroke); Sr. Ashley Traczuk (backstroke/freestyle); So. Cheyenne Kressley (distance freestyle); Sr. Rachel Kocher (freestyle/backstroke); Jr. Sarah Renn (freestyle/backstroke); So. Megan Renn (backstroke/sprint freestyle); Jr. Alisha Keller (freestyle)

The season: Although the team failed to win a meet in the SOL Continental, they did pick up three non-league victories that was a major confidence boost for the athletes. Many of them are back and ready to improve their times and the team's record, although the strongest part of the lineup could very well be the incoming freshmen; some of them have been doing very good times in the pre-season.

SOUDERTON

Coach: Todd Bauer (third year)

Last year: 13-1 (7-0 SOL Continental champions)

Super Seven: Sr. Missy Doll (sprint freestyle); Jr. Chloe Thomas (sprint freestyle); Sr. Marielle Kush (distance freestyle/butterfly); Fr. Erica Witaslowski (middle distance freestyle); Fr. Laureana Zrada (distance freestyle); Alyssa Santangelo (sprint freestyle/backstroke); Sr. Hannah Cross (distance freestyle/individual medley)

The season: Head coach Todd Bauer said it best: "This is not a rebuilding year, this is a reloading year." Considering how much talent was lost to graduation, those would seem like bold words except for the fact a lot of talent is coming back including two girls, each of whom won a pair of gold medals at states. Bottom line? Don't cry for the Indians.

UPPER MORELAND

Coach: Mel Rowland (fourth year)

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

Super Seven: Sr. Sam Conard (distance freestyle/sprint freestyle); So. Natalie Szopo (diver); Sr. Jane O'Brien (backstroke/sprint freestyle); Sr. Sam Pronzato (backstroke/butterfly); Jr. Deanna Schwartz (butterfly/freestyle); Maggie Meade (diver); Fr. Anna Hakes (backstroke/freestyle)

The season: The roster has 16 girls, exactly as many as last season thanks to several freshmen who have shown signs they won't need much time to start contributing valuable team points. There is also a lot of senior leadership and two individuals, Sam Conard and Natalie Szopo, who went to states last season. Look for the Golden Bears to finish high in the District One AA team standings.

WILLIAM TENNENT

Coach: Lisa Forlini (20th year)

Last year: 7-4 (4-2 SOL National)

Super Seven: Jr. Melanie Busch (all strokes); Jr. Laura ferry (freestyle/individual medley/diver); Sr. Leanna Puls (freestyle); So. Staci Schaffling (butterfly/freestyle); Sr. Allison Thomas (breaststroke/individual medley); Sr. Amanda Thomas (freestyle); Sr. Kelly Trucksess (freestyle)

The season: Moreso than last season, the success of the team could depend on how quickly the underclassmen step into the vacancies created by the loss of some very good seniors. The pre-season was filled with intense workouts, thanks in large part to the example set by Jr. Melissa Busch, who is a safe bet to medal at states. She swims all the strokes and swims them well and works well with younger teammates.

This entry was posted on Monday, December 7th, 2009 at 11:28 pm and is filed under [Girls swimming](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Leave a Reply

[Please review our commenting terms](#)

Name (required)

Mail (will not be published) (required)

Website

Submit Comment

Please enter the letters from the SPAM prevention image below (required)



Attract Targeted Customers Now!

Users will see your ads in their search results.
It's fast, easy, and affordable!

Marketplace

Click to advertise or more information.

• Recent Posts

- [Monday's local scoreboard: who did what, who plays where](#)
- [Intelligencer girls swimming team capsules](#)
- [Intelligencer girls swimming high fives](#)
- [Courier Times Girls Swimming Preview: Pennsbury's Reeves striving for more](#)
- [Courier Times Girls Swimming Preview: High 5s](#)





<http://www.youtube.com/user/bucksmontsports>

See MORE LOCAL VIDEOS at

couriertimes **NOW** | **intelligencer** **NOW**



Your **BEST** online resource to find anything local!



Experience the power of our search!

Go



Click here for local businesses, ratings, and reviews

Search

[Ads by Yahoo!](#)

[Obama Gives \\$31 Billion for Student Aid](#)
 Get Your Degree Now. Financial Aid & Scholarships are available.
www.ClassesUSA.com

[Health Insurance Quotes](#)
 America's #1 Health Insurance Site. Compare the Best Plans Instantly.
eHealthInsurance.com

[Auto Insurance Quotes](#)

Fill Out 1 Easy Form and Get 5 Competitive Quotes Today!

www.NetQuote.com

 Grab our attention	Buy online ads NOW at: marketplace.phillyburbs.com Our Local Search Marketing Center is self-serve, user friendly and quick.
---	---

[Entries \(RSS\)](#) and [Comments \(RSS\)](#).

©2008 Copyright Calkins Media Incorporated
All rights reserved. [Privacy Policy](#)