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Girls' Swimming Previews

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Abington

- Head Coach: Joe Lennon (11th year)
- Last Year's Record: 10-5
- Key Losses: Alayna Ryan, freestyle/IM; Kylie Smith, diving; Sara Small, freestyle; Sarah Terizzi, freestyle
- Key Returnees: Kellie Roedig, sophomore, freestyle/IM; Randi Spitko, junior, backstroke/IM; Becca McCaffrey, junior, butterfly; Emily Gilmore, junior, freestyle
- Others to Watch: Shannon Staerk, freshman, freestyle/breaststroke; Julie Chiodo, freshman, freestyle/breaststroke
- Strengths: Freestyle events remain the strength of the team, according to Lennon.
- Question Marks: 10 seniors graduated from last year's depth, losing some valuable depth and experience.
- Outlook: "A solid group of returning upperclassmen girls will lead the way," Lennon said. "We have lots of competitive meets this season which will test the team, but a winning season seems in reach."

Archbishop Wood

- Head Coach: Charlie Stillwell (13th year)
- Last Year's Record: 8-1 overall, 7-0 PCL (PCL and District 12 AAA champions)
- Key Losses: Alyse Davis, breaststroke/IM; Megan Basgil, distance freestyle; MariKate Cook, distance freestyle/backstroke
- Key Returnees: Taylor Kane, junior, distance freestyle/breaststroke; Grace Cochrane, junior, butterfly/IM; Emily Smith, senior, freestyle/breaststroke; Bridget Kerins, senior, sprint freestyle/butterfly; Alexandra Fitzgerald, sophomore; sprint freestyle/backstroke; Orla Cole, sophomore, backstroke/freestyle; Colleen Gannon, senior, backstroke/sprint freestyle; Bridget McGrath, sophomore, breaststroke/sprint freestyle; Kristina Halner, sophomore, distance freestyle
- Others to Watch: Jennifer McFraith, freshman, butterfly/backstroke; Rebecca Martino, freshman, breaststroke/backstroke; Alexandra Martino, freshman, butterfly/backstroke
- Strengths: Large, experienced team with depth and great character. Coming off two consecutive years of winning the PCL championship, Wood knows how to win.

- Question Marks: The loss of three key seniors will hurt Wood's experience in the freestyle events.
- Outlook: "Our team will be competitive in all our meets with another great chance to compete for the PCL and District 12 titles," Stillwell said. "There will be a lot of new faces that need to step up to fill in some holes left from graduation. The team has been working hard and has gotten the taste of winning over the last few years. They always seem to be ready for challenges when the time comes."

Cheltenham

- Head Coach: Mikaela Scheuerman (4th year)
- Last Year's Record: 5-7
- Key Losses: Summer Davis, butterfly/freestyle; Simone Davis, backstroke; Kate Matus, sprints; Kara Naseef, freestyle
- Key Returnees: Alice Stejskal, senior, breaststroke/IM; Madi Brunk, junior, breaststroke/butterfly; Sunga Jeong, senior, breaststroke; Kelly Hoag, junior, distance; Maggie Jackson, sophomore, sprints
- Others to Watch: Lizzie Richart, freshman, freestyle/IM
- Strengths: "Our strength this year is in our numbers," Scheuerman said. Breaststroke is a strong event for the Panthers.
- Question Marks: Experience.
- Outlook: "This season is a rebuilding year for us," Scheuerman said. "We should be able to win quite a few meets in our league and qualify a handful of girls for districts. With 14 new swimmers, we are looking forward to doing well this season and in seasons to come."

Germantown Academy

- Head Coach: Richard Shoulberg (41st year)
- Last Year's Record: 9-1 (InterAc champions)
- Key Losses: Alli Ladley, butterfly; Kelly Scheirer, backstroke; Lisabeth Forbes, IM/breaststroke
- Key Returnees: Sarah Aemisegger, junior, freestyle; Rebecca Dugan, junior, backstroke; Taylor Sneed, junior, backstroke/butterfly; Bridget Casey, junior, freestyle/butterfly; Kacie Ciampoli, junior, freestyle; Madeline Maher, sophomore, breaststroke/IM
- Strengths: 500 freestyle and IM is Germantown Academy's biggest strength.
- Question Marks: Diving and depth in the sprint area will be a weakness for GA this season.
- Outlook: "I expect them to swim very well because they have prepared extremely well," Shoulberg said. "If you enjoy the process, the results will be great."

Gwynedd Mercy Academy

- Head Coach: Heather Clark (sixth year)
- Last Year's Record: 5-7
- Key Losses: Susan Merlini, Hilary Pieper, Catey Nunnari
- Key Returnees: Annalise Zaengle, sophomore, breaststroke/freestyle relay; Rachel Tumolo, sophomore, backstroke/freestyle relay; Katie Herr, senior, freestyle; Kathleen Mullins, junior, freestyle; MC Kershaw, junior, breaststroke
- Others to Watch: Jen Lehman, freshman, freestyle/backstroke; Meg Curley, sophomore, freestyle
- Strengths: Depth in most events and an enthusiastic senior class.
- Question Marks: Lack of experience in the butterfly event.
- Outlook: "I'm excited for a young, but strong team this season," Clark said. "I'm looking for some great second, third and fourth-place finishers with great times and close races."

Hatboro-Horsham

- Head Coach: Kip Emig (19th year)
- Last Year's Record: 7-8 overall, 3-4 league
- Key Losses: Jessica Healy, backstroke
- Key Returnees: Alyssa Guminski, senior, breaststroke; Lauren Engelhardt, senior, breaststroke; Chelsea Burrell, senior, freestyle; Devon Cohen, senior, backstroke/freestyle; Nicole Rudnitski, junior, backstroke/freestyle; Rachel Riemenschneider, sophomore, butterfly/IM; Abby Hitchens, sophomore, breaststroke
- Others to Watch: Victoria Jepson, freshman, freestyle/butterfly; Meghan Pellecchia, freshman, backstroke/freestyle; Carey Johnson, sophomore, freestyle
- Strengths: A good mix of young and old swimmers is a big strength for the Hatters.
- Question Marks: Losing a state qualifier in Jessica Healy could affect the team.
- Outlook: On his outlook for this season, Emig simply said: "To improve on last year's results."

Lansdale Catholic

- Coach: Bob Birnbrauer
- Last year's record: 4-9 overall
- Notable losses: Allison Husk, Jen Matylewicz
- Key returnees: Bridgett Augustine, Maura Conley, Victoria Gawel, Jessica Gidzinski, Kate Murphy, Caroline Rahmlow, Dana Salank, Julia Young

- Others to watch: Celine Boland Bitner, Nicole Marshall, Esther Jeong
- Strengths: Augustine and Gidzinski will lead the way again as they hope to repeat on and improve on last year's all state honors. Kate Murphy's return to the state relay team will ensure the relay will stay strong and have a chance to improve.
- Question marks: It is always taxing when you are trying to win meets with a select handful of girls, but if the newcomers add some much needed depth and the girls continue to train hard, a district crown or state qualifying swimmers are not unrealistic.
- Outlook: Birnbrauer's goal is to take the small and dedicated group of girls and lead them to a district crown.

Lower Moreland

- Head Coach: Lee Mitchell (first year); Assistants: Dawn Pachence, Jessica Brown, Tarra Michael (diving)
- Key Losses: None
- Key Returnees: Kathryn Fischer, senior; Megan Dougherty, junior; Danielle Killion, junior; Megan Schmidt, junior; Madi Nitzky, junior
- Others to Watch: Kelly Molloy, freshman; Rachel Spangler, freshman; Tara Laudenslager, freshman
- Strengths: "Although we have a young girls' team, we have a few strong leaders who will need to guide our less experienced swimmers through the ropes of high school swimming," Mitchell said.
- Question Marks: Inexperience.
- Outlook: "I expect the older swimmers to provide leadership and a positive influence on the beginning and younger swimmers in order to build a strong team," Mitchell said. "If we take advantage of improving our younger swimmers this year, we can become an even stronger team next year."

Mount St. Joseph

- Head Coach: Janet Pudlinski (ninth year)
- Last Year's Record: 8-2 (second in conference, third in districts)
- Key Losses: Nicole Rossetti, Blaire Kelly, Shannon Morgan, Katherine Wzorek, Lauren Lahann, Katie Sullivan
- Key Returnees: Laura Pospisil, senior; Suzy Lawlor, senior; Michaela McCrudden, senior; Danielle Kouch, senior
- Others to Watch: Alex Sullivan, junior; Kelly Leonard, junior; Dana Cinque, freshman; Miranda Rafferty, freshman
- Strengths: Depth and team support from one another.
- Question Marks: Pudlinski hopes her team can recover from a number of injuries and get healthy when the season begins.
- Outlook: "We look forward to a strong season with our swimmers working hard to meet their goals," Pudlinski said. "Next year, we move up to AAA, so we would like to make the most of this year's districts."

North Penn

- Coach: Matt Weiser (second season)
- Last year's record: 9-1-1 overall, 6-1 Suburban One Continental Conference. The Maidens finished second at the District One Class AAA championship.
- Key losses: Nicole DiBonaventura, distance freestyle, Heather Fellmeth, sprint freestyle; Julia Tate, diving; Shelby Rinker, sprint freestyle/butterfly.
- Key returnees: Seniors—Sam Deana, sprint freestyle/backstroke; Colleen Stiles, distance freestyle/backstroke; Casey O'Neill, freestyle/I.M.; Sarah Hannings, freestyle/I.M.; Shauna Hannings, diving; Jayme Craig, distance freestyle; Kristi Baur, distance freestyle.
- Others to watch: Jan Ikeda, butterfly/I.M.; Mary Morris, sprint freestyle/I.M.
- Strengths: The Maidens are experienced and have good depth.
- Question marks: While the Maidens have veteran swimmers on the squad, there are also plenty of young, inexperienced freshmen joining the program this season. How will the youngsters fare, especially against Souderton and in the postseason?
- Outlook: North Penn has traditionally been extremely competitive and this season should be no different. The Maidens definitely have a chance to recapture the conference title, but nothing is guaranteed in the Continental Conference, arguably the best swimming conference in the Suburban One League.

Pennridge

- Coach: Ryan Griffiths (fourth season)
- Last year's record: 5-8 overall
- Notable losses: Erica Redmond
- Key returnees: Alicia Detweiler (Sr.), Erica Smale (Sr.), Megan Hahn (Jr.), Keni Poirier (Jr.), Gabi Rinaldi (So.), Emily Kaempf (So.)
- Others to watch: Shelby Shaffer (So.), Chelsea Weiss (Fr.)
- Strengths: Pennridge has one senior swimmer in Detweiler, but she sets the high precedent for the young Rams' squad. "Her work ethic, standard of excellence and leadership should be admired and mirrored," according to Griffiths.
- Question marks: The Rams are young, with half of their roster made up of freshmen. They are poised for a big breakthrough based on the number of new swimmers to the team, but it might take a little time to adjust to the competitive waters of the Suburban One League.
- Outlook: The Rams expect to build from last year and send more swimmers and divers to the district meet. Pennridge hopes to constantly improve and move toward more future success stories.

Plymouth Whitemarsh

- Head Coach: Amy Acquaviva

- Last Year's Record: 3-4 league
- Key Losses: Liz Garvey, IM/freestyle Kelly Moyer, backstroke/freestyle; Annette Dvorak, breaststroke
- Key Returnees: Sam Rooney, senior, backstroke/freestyle; Katie Bowe, senior, freestyle; Kellie Bowe, senior, freestyle; Katie Burns, senior, butterfly; Michelle Kudach, junior, butterfly/backstroke/freestyle; Charlotte Cornog, junior, breaststroke/freestyle; Megan McCreesh, junior, freestyle; Lindsey Moyer, sophomore, IM/breaststroke
- Others to Watch: Tina Kudach, freshman; Kathryn Garvey, freshman; Brin Lamason, freshman; Blair Averrett, freshman
- Strengths: Depth. Several new swimmers to the team this year should add depth and a full lineup for the PW girls.
- Question Marks: PW has some hills to fill in the freestyle events.
- Outlook: "The goal this season is to qualify for district championships early in the season," Acquaviva said. "In addition, we want to improve our record from last season. We have a young team this year with a lot of raw talent. It will be up to the girls to put in the work to get to the next level. They are all training hard thus far and I'm very excited to see how they progress throughout the season."

Souderton

- Coach: Swimming—Todd Bauer (third season), Diving—Bill Hence (ninth season)
- Last year's record: 12-1 overall, 7-0 Suburban One League Continental Conference. The Indians won the Continental Conference and cruised to a District One Class AAA championship. Souderton finished second at states behind Emmaus.
- Key losses: Angela Severn, Ohio State University, freestyle/individual medley; Paige Whitmire, Penn State University, backstroke/butterfly/freestyle; Katie Curzon, backstroke/butterfly; Ashley Kichline, backstroke/freestyle; Lauren Peachey, breaststroke/individual medley; Arielle Fry, freestyle; Christine Neville, freestyle; Julia Penkal, freestyle; Ingrid Moyer, diving.
- Key returnees: Seniors—Missy Doll, freestyle; Hannah Cross, individual medley/freestyle; Mariel Kush, butterfly/freestyle; Juniors—Chloe Thomas, freestyle; Paige Hoehl, diving. Sophomore—Sarah Kesack, breaststroke/individual medley.
- Others to watch: Senior—Molly Clement, diving/ breaststroke; Sophomores—Sarah Kesack, breaststroke/individual medley; Jill Whitmire, backstroke; Freshmen—Erica Witoslawski, freestyle; Laureana Zrada, freestyle; Alyssa Santangelo, freestyle/backstroke; Bronwyn Smith; Bekah Hershey; Ann Fadden.
- Strengths: "We have two out of the four girls (Doll and Thomas) returning from our two PIAA state-record-holding freestyle relays," said Bauer. "We are very strong in the freestyle events and have some outstanding talent in the freshmen class."
- Question marks: "We lost two of the top four female swimmers in the state to graduation last year, but we will also miss the supporting cast that graduated," said Bauer. "While we are excited about the new talent that we have, they are still young and we will look to see how they handle the demands of high school swimming."
- Outlook: "The girls should be very strong on the front of the lineup, but we will need some of the new girls to step up and fill a void left by last year's graduating class," said Bauer. "We will look to compete with a very strong North Penn team at the end of the season and qualify many individuals and relays for states."

Springfield

- Head Coach: Bud Reiner (first year, 13 years as boys' assistant)
- Last Year's Record: 6-4
- Key Returnees: Monica DeStefano, junior; Gen Pedley, senior; Jeannie Greive, junior
- Strengths: Competitive swimmers who want to win.
- Question Marks: The Springfield girls' team is not very deep, with three girls who are currently injured, as well as several that were lost to graduation last year.
- Outlook: "We want to continue the competitive level of our team," assistant coach Nick Militello said. "I do realize that we will have a more difficult time with the size of our squad. We lost quite a few girls from last season, and although we are pleased with the well-rounded nature of the team, we are not very deep this season."

Upper Dublin

- Head Coach: Brian Palme (12th year)
- Last Year's Record: 12-2 overall, 7-0 league
- Key Losses: Kelly Ashmead, Jenn Brannen, Julia Devincent, Meg Lafferty, Melanie Redican
- Strengths: "The traditions and family atmosphere," are Upper Dublin's biggest strengths, according to Palme.
- Question Marks: Losing five key swimmers will create many questions for this year's team.
- Outlook: "We are a very young team," Palme said. "I am excited about the potential of this team and looking forward to coaching these great young ladies. And to top it off, we finally have the new facility to aid our program."

Upper Moreland

- Head Coach: Melanie Rowland (fourth year); Bob Israel (diving, third year)
- Last Year's Record: 3-13 overall, 1-6 league
- Key Losses: None.
- Key Returnees: Sam Conard, senior, freestyle; Natalee Szopo, sophomore, diver
- Others to Watch: Anna Hakes, freshman, backstroke/freestyle; Saige Wenik, freshman, freestyle
- Strengths: Seven returning swimmers and divers that made it to districts and states last year are backstroke and give experience to Upper Moreland's girls' swim team.
- Question Marks: Depth. The Bears are a small team and may not be able to fill all lanes at swim meets.
- Outlook: "We have 13 swimmers on the team and three divers that help out with relays as well as their diving events," Rowland said. "Despite our size, the team is looking towards the post-season with hard work now. We look forward to

competing this season with large and small teams like ourselves.”

Wissahickon

- Head Coach: Laurie Hug (first year, 21st overall)
- Last Year's Record: 5-5
- Key Losses: Becky Gilpen, sprint freestyle
- Key Returnees: Liz McKenna, sophomore, backstroke; Carrie Johnson, sophomore, breaststroke/butterfly; Rachel Bohr, sophomore, freestyle; Whitney Walsh, senior, backstroke/breaststroke; Ryan Marie Conway, senior, backstroke/freestyle; Lori Jefferson, senior, freestyle
- Others to Watch: Lindsay Andersen, freshman, butterfly; Ali McClure, freshman, freestyle
- Strengths: Wissahickon lost only one key senior from last year and bricks backstroke several girls with experience in districts.
- Question Marks: The Trojans are still a young team, with several sophomores on the roster.
- Outlook: “We hope to improve on our 5-5 record last year and send at least six individuals to districts, as well as three relays,” Hug said.

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