

Souderton Independent > Sports

## Boys' Swimming Previews

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### Abington

- Head Coach: Joe Lennon (sixth season)
- Last Year's Record: 12-2
- Key Losses: Dan Choroser, freestyle/breaststroke; Dennis Caine, freestyle; Drew Saurman, freestyle/backstroke; Russell Clayton, freestyle; Alex Cohen, diving
- Key Returnees: Sean Staerk, senior, freestyle/butterfly; Gil Cukeirman, junior, freestyle/IM; Jared Brown, senior, breaststroke/IM; John Terrizzi, junior, freestyle; Sean Rogers, senior, freestyle/butterfly
- Others to Watch: Dakota Korn, freshman, freestyle/backstroke; Juan Munoz, freshman, freestyle/butterfly
- Strengths: Breaststroke, freestyle and IM are all strengths of the Abington boys' swim team.
- Question Marks: Experience, depth and versatility were all lost after graduating six of the top seniors from last season.
- Outlook: "We have a solid group of returning upperclassmen 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: 1-8 overall, 1-8 PCL
- Key Losses: None.
- Key Returnees: Gregory Opredek, senior, breaststroke/IM; Andre DelValle, senior, distance freestyle/breaststroke; Kevin McGuckin, junior, IM/butterfly; Andrew Gnias, junior, breaststroke/freestyle; Chris Conway, sophomore, backstroke/freestyle
- Others to Watch: Chris Atras, freshman, distance freestyle
- Strengths: This will be Wood's largest team in years, without any losses to graduation.
- Question Marks: Youth and experience.

• Outlook: "Our season would be a success with a few more wins this year," Stillwell said. "Even though our team is larger, we are still very inexperienced, and in some cases, still learning the basics. Hopefully, the emphasis on strength training will pay off during the year."

### **Cheltenham**

• Head Coach: Anthony Breuninger (fifth year)

• Key Losses: Max Sloan, freestyle

• Key Returnees: Matt Szczurek, senior, IM/butterfly; Dillon Warr, sophomore, IM/breaststroke

• Others to Watch: Kyle Brown, sophomore, freestyle; Ari Flaks, freshman, butterfly/backstroke

• Strengths: A strong team core that can be used well in meets to stack events or even spread out.

• Question Marks: The 500 freestyle could be a weakness for Cheltenham this year.

• Outlook: "I expect five to six swimmers to make districts," Breuninger said. "When I used to swim at Cheltenham, my coach would say, 'a race comes down to two things: how much you want it and how hard you have worked for it.' I have a great group of guys who work really hard and really want to succeed as a team and individually."

### **Germantown Academy**

• Head Coach: Richard Shoulberg (41st year)

• Last Year's Record: 8-2 (second place InterAc)

• Key Losses: Nolan Farrell, diving; John Negro, butterfly; Alex Black, freestyle; Joe Kiley, middle distance freestyle; Matt Sylvester, sprint freestyle

• Key Returnees: Jimmy McEldrew, junior, backstroke/IM; Arthur Frayler, sophomore, freestyle; Adam Sjöholm, sophomore, freestyle; Bryan Draganosky, sophomore, breaststroke; Justin Tang, sophomore; IM/butterfly; Carl Dowzicky, sophomore, freestyle; Nelson Glendinning, sophomore, sprint freestyle; Christoph Schillig, junior, sprint freestyle; Tony Kim, senior, breaststroke

• Others to Watch: None

• Strengths: 500 freestyle and IM is always a team strength for the GA boys.

• Question Marks: Diving and depth in the sprint freestyle event.

• 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."

### **Hatboro-Horsham**

• Head Coach: Kip Emig (fifth year at H-H, 19th overall)

• Last Year's Record: 4-11 overall, 2-5 league

- Key Losses: Andy Rigotti, freestyle
- Key Returnees: Brendan Malone, senior, butterfly; Ryan Claggett, senior, freestyle; Rick Sutton, junior, backstroke/freestyle; Mike Shaeffer, junior, freestyle; T.J. Guminski, junior, IM/breaststroke; Tim Janyszek, sophomore, breaststroke; Duane Adler, sophomore, freestyle/butterfly
- Others to Watch: Sam Hibbs, sophomore
- Strengths: "Hard workers and dedicated swimmers," Emig said of his team strengths. "We're young with some big meet experience."
- Question Marks: Experience could come into factor.
- Outlook: "We look to improve on our team record and compete at the state meet," Emig said.

### **Lansdale Catholic**

- Coach: Bob Birnbrauer
- Last year's record: 6-8 overall, District 12 AA Champions
- Notable losses: Al Augustine, Stas Gawel, Andrew Urban, Connor Unger
- Key returnees: Pat Augustine, Nick Augustine, Sam Kraynak, Tim McCann, Steven Douglas, Tony Mack, Brian Matylewicz,
- Others to watch: Kevin McGuriman, Brian Wisman, Tim Gillen, Harry Kulik, Alex Marshall
- Strengths: The Crusaders captured the District 12 AA Championship last year in their first season in the PCL and with a large amount of swimmers returning they are expecting to see improvements. Pat Augustine will lead the way in the butterfly and breaststroke, and he is hoping to improve his fourth place in the 100 breaststroke at states. Sam Kraynak established new L.C. diving records last year and they expect him to continue to rewrite the record books.
- Question marks: With three of the four members of the state relay team lost to graduation the boys have their work cut out for them. Nick Augustine, McCann, Mack, Matylewicz, McGuriman, and Douglas all competed in districts last season, but they will need to take the next step for the Crusaders to repeat as AA champs.
- Outlook: The Crusaders have the confidence from their first season in the P.C.L. and they expect nothing less than a District 12 championship and hopefully multiple swimmers qualifying for the state championships.

### **La Salle**

- Head Coach: Frank Lichtner (20th year)
- Last Year's Record: 12-0 (PCL and District 12 champions; third in state, PIAA Class AAAA)
- Key Losses: Ted Walker, Blasé Syszko, Mike McGhee, Andrew Speese, JIM Maloney, Kyle Finlay
- Key Returnees: Andrew Sideras, senior, freestyle; Rhoads Worster, senior, IM; Phil Letcavage, senior, relay; Brendan McGoldrick, relay; Tom Knab, senior, freestyle; David Speese, junior, breaststroke

- Others to Watch: Freshman class with 10 new swimmers
- Strengths: Excellent senior leadership is the heart and soul of the Explorers' swim team.
- Question Marks: A sophomore class that has not yet distinguished itself. They will need to be pushed by the freshman, according to Lichtner.
- Outlook: "We have experience and youth," Lichtner said. "If we can get our depth up to a high level, we could repeat as PCL and District 12 champs and possibly finish in the top-10 of the state."

### **Lower Moreland**

- Head Coach: Lee Mitchell (first year); Assistants: Dawn Pachence, Jessica Brown, Tarra Michael (diving)
- Key Losses: None
- Key Returnees: Vadim Belogrodsky, senior; Mitchell Brotsky, senior; Yanni Haviaras, senior; Kyle Pietro, senior; Tyler Saitta, senior; David Gockley, junior
- Others to Watch: Billy Nolan, sophomore; Luke Castor, sophomore; David Tereshchenko, sophomore; Sean Kim, senior
- Strengths: Lower Moreland has 12 seniors, which brings strong leadership to the team.
- Question Marks: Depth in certain events.
- Outlook: "If the seniors can instill the work ethic in the rest of the team, it should prove to be a great season," Mitchell said.

### **North Penn**

- Coach: Brian Daly (fifth season)
- Last year's record: 9-2, 7-0 Suburban One Continental Conference, Continental Conference champions
- Key losses: Zac Nees, diving; Nick Ortlieb, breaststroke/IM; Stephen Hoch, freestyle/butterfly; Brendan Hatfield, butterfly/freestyle.
- Key returnees: Seniors—Jack Else, freestyle; Michael Kohler, diving; Craig Hennessey, freestyle; Frankie Murray, diving; C.J. Millonig, freestyle; Juniors—Peter Kolokithias, IM/backstroke; Sophomores—Jason Deana, freestyle; Tomas Gimenez, breaststroke.
- Other to watch: Sophomores—Kevin Dunigan, freestyle/butterfly; Patrick Dunigan, IM/freestyle; Freestyle—Jack Morris, freestyle; Brandon Anders, freestyle.
- Strengths: "Our team is rich with senior leadership," said Daly. "Many of our guys have experience at the district and state championship level. A number of guys have clearly stepped it up in practice thus far, hoping to fill the voids left by last year's graduating class. I anticipate big contributions from [seniors] Sean McDonald, Adam Myzal and Nathan Chesmar.
- Question marks: Can the Knights repeat as league champs and regain the District One Class AAA title?

- Outlook: Expect North Penn to win its league and at the very least, to finish in the top five at districts.

### **Pennridge**

- Coach: Ryan Griffiths (fourth season)
- Last year's record: 5-8 overall
- Notable losses: Dan Walker, Brady Werkheiser, Dave McVaugh, James Faucette, Rich Johnson, Greg Koehler, Richie Fly
- Key returnees: R.J. Phiambolis (Sr.), Kyle VanLeer (Sr.), Chris Bashaar (So.)
- Others to watch: Charles Brawner (So.), Matt Leo (So.), David Zurmuhl (Fr.), Jon Spehar (Fr.)
- Strengths: In every class the Rams possess strong swimmers, but the senior class is extremely talented and sets a strong example with their leadership skills and times in the pool.
- Question marks: After losing four district qualifiers, the Rams will need to prove they can be competitive in the Suburban One League each year. The diving program will also need to improve as the season moves along after losing Fly, a district qualifier, and Werkheiser.
- Outlook: The Rams have a strong core of swimmers that will keep the boys in each meet, but to improve on last season the relay teams, and second and third swimmers will have to fight. Griffiths expects Phiambolis and VanLeer to set the tone and push for a berth in the State Championships.

### **Plymouth Whitemarsh**

- Head Coach: Taren Igou (second year)
- Last Year's Record: 8-4 overall, 6-1 league (second place Suburban One American)
- Key Losses: Robin KIM, sprint freestyle; Max Kaplan, sprint freestyle/backstroke; Simon Coplan, distance; Andrew Carpenter, distance; Gabby Ortiz, sprint freestyle/butterfly
- Key Returnees: Alex Chialastri, junior, IM/butterfly/backstroke; Kyle Lukens, sophomore, butterfly/backstroke; Alec Kissell, senior, distance/breaststroke
- Others to Watch: Ben Fiddler, freshman, backstroke; Jake Thornton, junior, breaststroke; Jake Lorenzon, junior, distance; Joey Frederick, senior, distance; Stephen Hargrove, freshman, sprint freestyle
- Strengths: IM, butterfly, backstroke and distance are PW's specialties. The Colonials return a strong core of swimmers that should provide depth.
- Question Marks: The loss of two top freestyle sprinters to graduation leaves a question mark for the 50 and 100 freestyle.
- Outlook: "We have a strong, young core of strong swimmers returning this year," Co-captain swimmer Alec Kissell said. "I'm excited to see what they can do."

### **Souderton**

- Coach: Swimming—Todd Bauer (fourth season), Diving—Bill Hence (ninth season)
- Last year's record: 11-2
- Key losses: Jake Radcliff, freestyle; Michael Eachus, butterfly; Joe Reynolds, freestyle; Matt Fadden, freestyle; Alex Evers, butterfly/freestyle.
- Key returnees: Seniors—Michael Trout, backstroke/butterfly; Sean Corcoran, breaststroke/freestyle/individual medley; Lee Stiles, freestyle; Dan Yocum, freestyle; Marcus Dare, diving; Juniors—Kody Veit, freestyle/backstroke; Greg Smith, breaststroke/freestyle; Sophomores—Michael Hay, freestyle/butterfly; Elliot Miller, backstroke/freestyle; Ozzie Moyer, diving; Tyler Wenzel, diving; Marcus Dare, diving.
- Others to watch: Chris Hink, Kevin Wu, Alex Paparella, Matt Evers, diving; Greg Smith, Nick Weider.
- Strengths: "We are very strong in the distance freestyle events and on the diving boards," said Bauer. Souderton has proven and talented divers, including Ozzie Moyer. Moyer finished second in districts last year and seventh at states.
- Question marks: "We do not have one returning male swimmer that has ever competed at states," said Bauer. "Our inexperience and youth is a question mark. Many of the guys on the team want the opportunity to swim at states and we will look to exploit that desire."
- Outlook: "We look to improve our league standing last year (third) and develop some of our younger talent into state caliber swimmers," said Bauer. "Our male divers are amongst the best in the state and will be a huge asset to our team's success."

### **Springfield**

- Head Coach: Nick Militello (17th year)
- Last Year's Record: 5-4
- Key Losses: Hugh Pedley, RJ Langlois, Sal Giordano
- Key Returnees: Jake Oeschger, junior, freestyle; John Hacking, sophomore, IM/distance/backstroke; Jesse Fallon, sophomore, distance; Ryan Williams, junior, freestyle/breaststroke/distance; Rocky Del Monte, senior, butterfly; Matthias Bell, junior, butterfly; Matt Del Rio, senior, breaststroke
- Others to Watch: Keith Weaver, freshman; Gordon Pedley, freshman
- Strengths: IM and distance races.
- Question Marks: Youth. Losing three swimmers that were on the team for the last three years will be hard to replace.
- Outlook: "Our team is healthy with very little injuries and current illnesses and they are willingly training very hard to achieve our lofty goals," Militello said. "We are a very well-complimented team and we are looking forward to this year."

### **Upper Dublin**

- Head Coach: Lisa Fantini (sixth year)
- Last Year's Record: 10-3 overall, 7-0 Suburban One American Conference (champions)

- Key Losses: Dan Fitzgerald, Calvin Starosta
- Key Returnees: Dave Derr, senior, sprint; Tyler Huffman, senior, distance; Gerben Scherpbier, senior, distance; Alex Stine, senior, breaststroke; Ashton Leyens, junior, IM; Brian Wall, junior, butterfly
- Others to Watch: Tom Kane, junior
- Strengths: Versatility.
- Question Marks: With seven seniors being lost to graduation, this will be a rebuilding year for Upper Dublin.
- Outlook: "Traditions to uphold, hard work and fun," Fantini said. "I expect leadership from the seniors and the underclassmen swimmers and divers. I expect them to step up and fill the needed spots."

### **Upper Moreland**

- Head Coach: Melanie Rowland (first year); Bob Israel (diving, third year)
- Last Year's Record: 3-13 overall, 1-6 league
- Key Losses: Stephen Rowland, freestyle distance; Patrick McPeak, diver; Stew Conard, IM/butterfly/freestyle relay
- Key Returnees: DJ Chrobocinski, senior, sprint freestyle; JP Zarroli, senior, diver
- Others to Watch: Patrick Smith, freshman, distance freestyle/breaststroke; Petro Sokirniy, freshman, IM
- Strengths: Young swimmers working hard to make up for the loss of some key swimmers.
- Question Marks: Depth. Upper Moreland's boys' swim team is small and may not be able to fill all the lanes at meets. The Bears also lose Stephen Rowland, who was a state medalist and District One champ, as well as Stew Conard, who was a state swimmer. Those two will be hard to replace.
- Outlook: "We have swimmers and divers working together to have a successful season, despite our size," Melanie Rowland said. "The boys are hungry for the pre and post-seasons. We look forward to competing with large and small teams like ourselves."

### **Wissahickon**

- Head Coach: Laurie Hug (second year, 21st overall)
- Last Year's Record: 7-3
- Key Losses: Adam Bossert, breaststroke/freestyle; Andrew Nagelberg, freestyle/backstroke; Erik Waechter, freestyle; Ian Smith; Freestyle
- Key Returnees: Chris Chiodo Ortiz, sophomore, butterfly/freestyle; Carl Krouse, sophomore; freestyle/backstroke; Craig Shapiro, junior, sprint freestyle; Sean High, senior, backstroke/IM; Tim Greer, senior, breaststroke/IM/freestyle
- Others to Watch: Brandon Oruch, junior, butterfly

- Strengths: A solid junior class.
- Question Marks: Losing one-third of its team to graduation makes this a rebuilding year for Wissahickon.
- Outlook: "Several swimmers have set aggressive, yet achievable goals," Hug said. "If they continue to work hard and reach their potential, it will help soften the loss of so many of last year's seniors. We are looking to qualify up to eight swimmers for districts and hope to have some state qualifiers."

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