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Swimming Notebook and Results: Souderton boys and girls take second at SOL Championships

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By Thomas D. McGlinchey
Sportswriter

The North Penn's girls' swimming and diving team has been winning league titles before its current coach, Matt Weiser, was born.

Last year, in his first season at the helm, Weiser didn't get to experience that feeling of winning the Suburban One Continental Conference. Instead, he and his swimmers watched as league nemesis Souderton took home the crown.

"No one likes to lose to an archrival like Souderton," said Weiser, in a phone interview on Monday night. "They were a good team last year."

Last Saturday, at Central Bucks South High, the Maidens recaptured the title by winning the Suburban One Continental Conference Championship. The Maidens defeated Souderton, their closest competition, 444-344, to complete the North Penn sweep of boys' and girls' league titles.

"It's definitely nice for them," said Weiser. "Us and Souderton are two of the top teams in the District One."

The Maidens received a huge boost from its diving corps which placed second, fourth, fifth and seventh. Shauna Hannings led the way with a second place finish with 368.60 points. Ashley Liss earned fourth while Erica Elias took fifth. Heather Paolone placed seventh.

Jan Ikeda was the only North Penn swimmer to win a race. Ikeda edged Souderton's Mariel Kush in the 100 butterfly by less than a second with a time of one minute, 0.47 seconds. Ikeda was also a member of North Penn's winning 200 medley relay (Colleen Stiles, Sarah Hannings, Ikeda, Mary Morris). The Maidens' 200 freestyle relay (Sam Deana, Hannings, Morris, Casey O'Neil) earned a first place finish by clocking in at 1:39.54.

T is for Tied

No surprise at the Continental Conference Boys' Championship either. The host Knights ran away with the title—again—by defeating Souderton, the overall second place finisher, 569-327.

The Knights swept the relays to bolster their lead throughout the meet. One of the better races was the 200 freestyle contest where North Penn's Jack Else finished in a tie with teammate Sean McDonald with a time of 1:45.98, fellow Knight Peter Kolokithias finished less than a second later to complete the sweep. Else also won the 500 freestyle event in a time of 4:49.17. McDonald finished close behind with a time of 4:49.31

Staying Focused

Despite taking second in both the boys' and girls' Suburban One Continental Conference Championship meets behind rival North Penn, Souderton boys' and girls' coach Todd Bauer wasn't frustrated.

"The league is not our goal by any sense of the imagination," said Bauer in a phone interview on Monday night.

Bauer had to be encouraged by what he saw at the girls' meet. Senior Missy Doll won the 100 and 200 freestyle races with ease. Fellow senior Mariel Kush won the 500 freestyle race and took second in the 100 butterfly. Junior Chloe Thomas won the 50 freestyle sprint and took second behind Doll in the 100 freestyle.

"I think they're exactly where they need to be," said Bauer. "I think they're ready to swim fast at the end of the season where it matters the most. What matters is the state championship meet. I tried to keep them focused on that."

All three have state experience and will look to qualify for states at next week's District One Class AAA Championship at La Salle University. Among a host of Indians joining the three veterans will be first-timers Jill Whitmire (100 backstroke) and Ann Fadden (50 freestyle).

Other than Ozzie Moyer's brilliant first place performance in the diving portion of the championship meet, the Souderton boys' team had no other first place finishes. Still, Bauer was the opposite of discouraged.

"I was even more excited about how the guys performed than the girls," said Bauer. "I said at the end of the meet, 'how many of you guys had a lifetime best?' The entire bus raised their hand."

The Indians' 200 freestyle relay took third with a time of 1:33.34 and their 400 freestyle relay placed second with a time of 3:22.61.

"The whole team made a bunch of strides this weekend," said Bauer, who noted that junior Kody Veit shaved over five seconds off his 500 freestyle time and trimmed between six and seven seconds off his 200 freestyle time despite not being rested or shaved. "He just swam out of his mind."

After missing the district cut in the 50 freestyle by a blink of an eye, Greg Smith earned his first trip to districts by qualifying in the 100 breaststroke.

"It's not easy missing in one race and doing it in the next race," said Bauer, whose swimmers will have a chance to qualify for districts again on Wednesday at the Last Chance Meet at Hatboro-Horsham.

G-O-L-D

Souderton sophomore Ozzie Moyer was sensational in last week's SOL Continental Conference diving championship. He took down North Penn's Frankie Murray to claim gold with a total score of 478.80 points overpowering Murray's 446 points.

"He's a better diver this year than last year," said Souderton diving coach Bill Hence in a phone interview on Monday night. "His list has gotten a little better in terms of dives. Physically, he's a little stronger. Mentally, he's a lot tougher."

Moyer's reverse dive was the highest scored dive of the competition.

"He knows how to focus and what to do," said Hence, who likened him to Souderton basketball star A.J. Picard as far as being a student of the sport and soaking up information.

Moyer is eying the district crown, but more important another berth to the state meet.

Wearing of the green

R.J. Phiambolis represented Pennridge in last week's league championship and represented his school well. The senior won both the 100 breaststroke and the 200 individual medley. He also swam the second leg of the Rams' 200 freestyle relay (Chris Bashaar, Phiambolis, Kyle VanLeer, David Zurmuhl) which finished fourth.

VanLeer came home with a pair of bronze medals in the 100 butterfly and 200 individual medley.

"We learned that R.J. and Kyle are in a good position," said Rams' coach Ryan Griffiths. "R.J. is league champion and dropped two seconds in each one of his races. He should be in that final heat or a top 32 time and qualify for states. Kyle is on the outside looking in, but if he continues to progress, he could get in. The big surprise would be if our boys' medley relay can get into states. They dropped three seconds on their time at leagues and if they put forth their best effort, they can make the state field of 24."

In the girls' meet, Pennridge divers Erica Smale cracked the top 10 with the sixth best score and teammate Emily Kaepf finished 10th overall. In the lanes, Pennridge's 200 medley relay (Shelby Shaffer, Alicia Detweiler, Keni Poirier, Chelsea Weiss) and its 200 freestyle relay (Detweiler, Morgan Allison, Julia Nadovich, Michelle Blanca) each placed fifth.

Weiss took sixth in the 50 freestyle and seventh in the 100 freestyle. Weiss, along with Meghan Hahn, Gabi Rinaldi and Poirer took seventh in the 400 freestyle relay.

"We learned a lot about our girls' medley relay team," said Griffiths "It was the first time they broke two minutes and we see good things for them. They have a chance to break the oldest school record. If they were to get to states, the experience would be invaluable and they could bring it back to the team so they will know what to expect in the future."

-Andrew Marcus contributed to this article.

Girls' Swimming

Suburban One League Continental Conference Championships at Central Bucks South

Team results:

1. North Penn, 444; 2. Souderton 344; 3. Central Bucks East, 333; 4. Central Bucks South, 269; 5. Central Bucks West, 245; 6. Hatboro-Horsham, 211; 7. Pennridge, 155; 8. Quakertown, 58.

200 medley relay: 1. North Penn (Colleen Stiles, Sarah Hannings, Jan Ikeda, Mary Morris), 1:53.20; 2. Souderton, 1:54.35; 3. CB East, 1:54.37.

200 freestyle: 1. Missy Doll (Soud) 1:56.76; 2. Melissa Ross (CBS) 1:58.19; 3. Ali Roth (CBW) 2:01.49.

200 IM: 1. Lauren Ahrens (CBS) 2:10.92; Katie Dempster (CBE) 2:16.67; 3. Mackenzie Hubing (CBE) 2:18.40.

50 freestyle: 1. Chloe Thomas (Soud) 25.12; 2. Sam Deana (NP) 25.33; 3. Casey O'Neill (NP) 25.60.

100 fly: 1. Jan Ikeda (NP) 1:00.47; 2. Mariel Kush (Soud) 1:00.70; 3. Ali Roth (CBW) 1:01.90.

200 free relay: 1. North Penn (Sam Deana, Sarah Hannings, Mary Morris, Casey O'Neill), 1:39.54; 2. CB West, 1:43.54; 3. CB East, 1:44.07.

100 freestyle: 1. Missy Doll (Soud) 53.39; 2. Chloe Thomas (Soud) 54.35; 3. Casey O'Neill (NP) 55.97.

500 freestyle: 1. Mariel Kush (Soud) 5:12.62; 2. Melissa Ross (CBS) 5:16.38; 3. Colleen Stiles (NP) 5:22.69.

100 back: 1. Lauren Ahrens (CBS) 1:01.15; 2. Mackenzie Hubing (CBE) 1:02.08; 3. Sam Deana (NP) 1:02.55.

100 breast: 1. Katie Dempster (CBE) 1:09.05; 2. Kathryn Viola (CBE) 1:09.64; 3. Alyssa Guminski (HH) 1:10.95.

400 free relay: 1. Souderton (Erica Witoslawski, Mariel Kush, Laureana Zrada, Missy Doll), 3:40.80; 2. North Penn, 3:41.18; 3. CB South, 3:47.82.

Boys' Swimming Suburban One League Continental Conference Championships at The Rick Carroll Natatorium at North Penn High.

Team Champion: North Penn, 569; Runner-Up: Souderton, 327.

200 medley relay: 1. North Penn (Jacob Sisko, Tomas Gimenez, Jason Deana, Craig Hennessey), 1:38.80; 2. CB East, 1:38.84; 3. Pennridge, 1:42.40.

200 freestyle: 1. Jack Else (NP) and Sean McDonald (NP) 1:45.98; 3. Peter Kolokithias (NP) 1:46.73.

200 IM: 1. Robert Phiambolis (Penn) 1:58.12; 2. Pat Dunigan (NP) 2:02.14; 3. Kyle VanLeer (Penn) 2:02.90.

50 freestyle: 1. Riley Weber (CBE) 22.26; 2. Kerry Thompson (CBE) 22.32; 3. Craig Hennessey (NP) 22.57.

100 butterfly: 1. Kevin Magee (CBE) 53.03; 2. Mark Dilemno (CBE) 54.27; 3. Kyle VanLeer (Penn) 54.38.

200 free relay: 1. North Penn (Craig Hennessey, Tomas Gimenez, Jack Else, Jason Deana), 1:28.13; 2. CB East, 1:29.57; 3. Souderton, 1:33.34.

100 freestyle: 1. Riley Weber (CBE) 48.50; 2. Jason Deana (NP) 49.02; 3. Nathan Chesmar (NP) 49.31.

500 free: 1. Jack Else (NP) 4:49.17; 2. Sean McDonald (NP) 4:49.31; 3. Pat Dunigan (NP) 4:55.72.

100 back: 1. Kevin Magee (CBE) 54.68; 2. Tim Ware (CBS) 55.07; 3. Jacob Sisko (NP) 56.01.

100 breast: 1. Robert Phiambolis (Penn) 1:00.96; 2. Tomas Gimenez (NP) 1:01.82; 3. Ilan Khyat (CBS) 1:02.92.

400 free relay: 1. North Penn (Jack Else, Sean McDonald, Peter Kolokithias, Jason Deana), 3:15.72; 2. Souderton, 3:22.61; 3. Hatboro-Horsham, 3:25.17.

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