

Montgomery News (montgomerynews.com)

Sports

BOYS SWIMMING PREVIEWS

Thursday, December 9, 2010

Abington

- Head Coach: Joe Lennon (seventh season)
- Last Year's Record: 9-4
- Key Losses: Sean Staerk, Jared Brown, Sean Rogers.
- Key Returnees: Senior – Gil Cukierman; Juniors – Tom Gerrity, John Trea; Sophomore – Dakota Korn, Juan Munoz, Liam Sweeney.
- Strengths: Abington has a solid core group returning from last year with their strengths being in the freestyle events along with the breaststroke and individual medley.
- Question Marks: Five seniors graduated from last year's team, including four of the top eight point-scorers, all of which provided depth.
- Outlook: "We have a solid group of returning upperclassmen that will lead the way," Lennon said. "We have lots of competitive meets this season which will test the team, but winning seems in reach."

Abington Friends

- Head Coach: Amy Jackson (first year)
- Key Losses: Sean Kirwin, Andy Zega.
- Key Returnees: Junior – Daveed Buzaglo. Sophomores – Ryan Rosen, Ivan Glinski.
- Others to Watch: Freshmen – Gabe Solms, Alex Woods, Reggie Kramer.
- Strengths: The team has a positive attitude and is training well together, said Jackson.
- Question Marks: Depth. The team is small in numbers and it may be hard to fill spots for various events.
- Outlook: Abington Friends' boys' swimming team is in its fourth year of existence and has high hopes for the upcoming season, especially with new coach Amy Jackson, who brings plenty of coaching experience with her. "I look forward to my first season coaching at AFS," said Jackson, who has coached on and off since graduating in 1998. "Swimmers are working hard and getting into a competitive state of mind. With consistent efforts by swimmers and coaches, we will achieve great success in the pool."

Archbishop Wood

- Coach: Charlie Stilwell (13th year)
- Last year's record: 2-5 overall and in the PCL
- Notable losses: Gregory Opredek (breast and IM), Andre Delvalle (distance free and breast)
- Key returnees: Senior – Ian Mee (fly); Juniors – Kevin McGuckin (IM and fly), Andrew Gnias (breast, free and fly); Sophomore – Chris Conway (back and free)
- Others to watch: Senior – Gary Bone (sprint free)
- Strengths: The Vikings will field a bigger team than in past seasons which will give them depth and chance to score in more events. The large senior class makes the team leadership strong.
- Question marks: Unless the Vikings' young swimmer shed seconds off their time quickly it will be a battle all season to keep up with the extremely tough catholic league.
- Overall Outlook: The Vikings goal is to win the close meets and strive for a District 12 championship. The hope the experience they gained during the 2009-2010 season will pay off.

Cheltenham

- Head Coach: Anthony Breuninger (eighth year)
- Key Losses: Matt Szczurek.
- Key Returnees: Senior – Zach Matz. Junior – Dillon Warr. Sophomore – Ari Flaks.
- Others to Watch: Sophomores – Steve Williams, Casey Troutwien (divers). Freshman – Anthony Lim.
- Strengths: Strong team core, some new faces and a lot of dedication to the sport within the team are Cheltenham's biggest strengths.
- Question Marks: The 500 freestyle is a big question mark for the Panthers, according to Breuninger.
- Outlook: "The team learned a lot from last season and it shows," Breuninger said. "They know that I expect a lot from them and so far, they have not disappointed me. I think we are going to have a good season."

Germantown Academy

- Coach: Richard Shoulberg
- Assistant coaches: Chris Lear, Kerri McIlvain, Reggie Shearer
- Last Year's Record: 5-2 overall, 5-0 Inter-Ac.
- Notable Losses: All returning scorers from Easterns and All-Americans
- Key Returnees: Jimmy McEldrew, backstroke/IM/distance freestyle; Arthur Frayler, distance freestyle; Justin Tang, IM; Bryan

Dragonosky, distance freestyle/ breaststroke; Adam Sjolholm, freestyle; Carl Dowzicky, distance freestyle/backstroke; Christoph Schillig, sprint freestyle; Nelson Glendinning, sprint freestyle.

- Others to Watch: Juniors Eagan Zettlemoyer, distance freestyle; Ben Ritz, breaststroke.
- Strengths: Over the past year this squad has gained much experience
- Question marks: On paper, the Patriots look stronger than last year, but how will they fair against their Inter-Ac rivals and the Peddie School this season? Will this experienced squad have what it takes to challenge for an Easterns title?
- Outlook: The Patriots have gained much experience entering the 2010-2011 season. Led by seniors Jimmy McEldrew and Christoph Schillig, the squad sets out to uphold the tradition of Germantown Academy boys' swimming and put up a strong fight for the conference title and Easterns titles.

Hatboro-Horsham

- Coach: Kip Emig (5th year)
- Last year's record: 7-6 overall, 4-3 in the Suburban One Continental League
- Key returnees: Seniors – Mike Schaefer (free); Ricky Sutton (back and free), T.J. Guminski (individual medley), Ryan Supplee (breast and free); Junior – Tim Janyszek, Duane Adler (free and fly); Sophomore – Kyle Finn (free), Bob Lenahan (back)
- Others to watch: Freshmen – Curtis Sumner (fly), Tom Fisher (free)
- Strengths: It starts with the senior leadership and trickles down to the incoming freshmen making the Hatters in the 2010-2011 season one of the hardest working groups coach Emig has ever had.
- Question marks: At times losing dual meets can cause confidence issues and in a tough conference the Hatters need to focus on improving personal times and not so much the overall record.
- Overall Outlook: The Hatters hope to qualify a number of swimmers and divers for district and constantly improve as the season moves along.

Lansdale Catholic

- Coach: Bob Birnbrauer (16th season)
- Last year's record: 1-9 overall, 1-6 Philadelphia Catholic League. The Crusaders won the PIAA District 12 Class AA Championship Meet.
- Notable Losses: Pat Augustine, breaststroke; Tim McCann, distance freestyle; Kevin McGuriman, sprint freestyle/butterfly. Augustine and McCann were both District 12 champions and state qualifiers. Augustine also achieved All-American recognition.
- Key returnees: Seniors—Steven Douglas, Tim Gillen, Tony Mack, Alex Marshall, Brian Matylewicz; Junior—Harry Kulik.
- Others to watch: Conor McCann, Dang Khoa, Tran Dylan Yurasits.
- Strengths: Tony Mack (freestyle) and Alex Marshall (backstroke) were first in District 12 AA competition last season. Dylan Yurasits will compete in diving competition.

- Question marks: The Crusaders are small in numbers and will have to rely on the freshmen to add depth and round out the all important relay events. Will the youngsters be able to deliver?

- Outlook: The Crusaders are eying another District 12 title.

La Salle

- Head Coach: Frank Lichtner (21st year)

- Last Year's Record: 10-0

- Key Losses: Rhoads Worster, Andrew Sideras, Phil Letcavage, Tom Knab, Brendan McGoldrick.

- Key Returnees: Seniors – David Speese, Chris Nunnari, Chris Catalino. Juniors – Chris Szekely, Eric Schultz, JP Kelly, Ryan Murtha.

- Others to Watch: Sophomores – Joe Maginnis, Sean Regan, Evan Holder, Brendan Koch.

- Strengths: La Salle is coming off of its 22nd consecutive Philadelphia Catholic League championship, as well as its second straight District 12 title, so the Explorers have plenty of experience with success.

- Question Marks: There are only three seniors on the team, so La Salle has a lot of youth.

- Outlook: "If we mature by the end of the year," Lichtner said, "then we could get our 23rd consecutive PCL title and be in the top-five or six teams in the state."

Lower Moreland

- Head Coach: Lee Mitchell (second year)

- Last Year's Record: 7-5

- Key Losses: Kyle Pietro, Tyler Saitta, Yanni Haviaras.

- Key Returnees: Seniors – David Gockley, Vadim Belogorodsky, Markos Mavrakis.

- Others to Watch: Juniors – Luke Castor, David Tereshchenko. Sophomore – Gregory Bricker.

- Strengths: Leadership and work ethic within the team captains.

- Question Marks: Lack of depth in some events.

- Outlook: "I expect the older swimmers to provide leadership for the new swimmers in order to build a stronger team," Mitchell said. "We are going to have quite a few swimmers competing in events outside their comfort zone."

North Penn

- Coach: Brian Daly (sixth season)

- Assistant coaches: Sue McDonald, Beth McConnell, Todd Gibson

- Last year's record: 9-2 overall, 7-0 Suburban One Continental Conference. The Knights won the SOL Continental Conference before finishing second at the District One Class AAA Championship Meet and 11th at the PIAA Class AAA Championship Meet.
- Key losses: Nathan Chesmar, freestyle/relays; Jack Else, freestyle/relays; Craig Hennessey, freestyle/relays; Michael Kohler, diving; Sean McDonald, freestyle/relays; Frankie Murray, diving.
- Key returnees: Josh Hoch, diving; Peter Kolokithias, freestyle/relays; Jacob Sisko, backstroke/freestyle/relays; Jason Deana, freestyle/ butterfly/ relays; Patrick Dunigan, individual medley/distance freestyle; Tomas Gimenez, freestyle, breaststroke, relays; AJ Russo, diving.
- Others to watch: Eugene Feeley, freestyle; Matt Ortlieb, butterfly; Kevin Dunigan, freestyle/butterfly; Jack Morris, freestyle; Colin Kelly, freestyle; Jonathan Krail, to be determined.
- Strengths: "We have a very large team which hopefully will translate to depth on our roster in all events," Daly said. "The guys are very enthusiastic and have been working very hard hoping to fill the voids left by last year's graduating class."
- Question marks: "With large numbers in the freshman and sophomore classes, many guys will need to learn from their experiences in December and January in order to be able contribute points when it counts most in February and March," Daly said. Can North Penn's young swimmers deliver come crunch time?
- Outlook: "There are some very lofty goals both individually and as a team," Daly said. "The Continental Conference is very tough with multiple teams vying for the top spot. It will take a total team effort to be successful."

Pennridge

- Coach: Ryan Griffiths (fifth year)
- Last year's record: 5-7 overall, 2-5 in the Suburban One Continental Conference
- Notable losses: R.J. Phiambolis, Kyle Van Leer
- Key returnees: Juniors – Chris Bashaar, Charles Brawner; Sophomores – David Zurmhul, John Spehar
- Others to watch: Sophomore – Drew Hendricks
- Strengths: The Rams have developed swimmers in all events during the offseason. The have matured, rededicated themselves to the program and they have seen personal best times because of it.
- Question marks: The Rams are still looking to fill lanes in certain events and the depth of the team remains a big question.
- Outlook: The Rams have taken their offseason programs to new heights and hoping their hard works results in rewards with personal and team best performances all season long.

Plymouth-Whitemarsh

- Coach: Taren Igou (third year)
- Last year's record: 7-4 overall, 6-1 in the Suburban One American Conference

- Notable losses: Alec Kissell (distance free), Joey Frederick (distance free and back)
- Key returnees: Seniors – Alex Chialastri (back, fly, free), Jake Thornton (breast), Pat Kennedy (sprint free); Junior – Kyle Lukens (fly, back)
- Others to watch: Junior – Tyler Saunders (breast); Sophomore – Ben Fiddler (distance free)
- Strengths: The Colonials are very strong certain events such as the sprint freestyle relay, the butterfly and the back stroke.
- Question marks: The distance freestyle is the big question going into the season after losing two of the top three distance swimmers, including one district qualifier, to graduation.
- Outlook: With the return of two state qualifiers from last year (Chialastri and Lukens) it is hard for the Colonials not to be optimistic about the 2010-2011 season. The underclassmen have improved and they should have more qualifiers for districts this season.

Souderton

- Coach: Todd Bauer (fifth season)
- Assistant coaches: Trisha Swanson, Bill Hence, Caity Fisher, Carleen Caldwell.
- Last year's record: 11-3, 6-1 Continental Conference. The Indians finished second in the SOL Continental conference behind North Penn.
- Notable losses: Lee Stiles, Michael Trout, Sean Corcoran, Chris Hink, Kevin Wu, Dan Yocum, Marcus Dare.
- Key returnees: Seniors—Kody Veit, freestyle; Greg Smith, freestyle/breaststroke; Juniors—Michael Hay, freestyle/butterfly; Elliott Miller, freestyle/backstroke; Alex Paparella, freestyle/breaststroke; Ozzie Moyer, diving; Tyler Wenzel, diving; Sophomores—Matt Evers, diving; Nick Wieder, freestyle, backstroke.
- Others to watch: Junior—Jake Mertz, freestyle; Sophomores—Stephen Hink, backstroke/freestyle; Holden Kudla, diving; Scott Jorgenson, freestyle; Jesse Rush, butterfly; Freshmen—Triston Loux, butterfly/IM; Kevin Musterait, freestyle; Drew Nice, breaststroke.
- Strengths: This team should be very strong in the distance freestyle events and has strong leadership in the junior and senior classes.
- Question marks: The freshmen and sophomore classes are very talented yet unrefined. If they develop and continue to improve this season could be full of excitement for the Indians.
- Outlook: "Once again we will look to be competitive in our league, qualify more people for districts, and qualify a relay and several individuals for PIAA Championships," Bauer said.

Springfield

- Coach: Nick Militello (18th season)
- Notable losses: Matt del Rio, member of PIAA Class AA Championship Meet 200 medley relay team, breaststroke leg, Washington and Jefferson College (water polo); Rocco Del Monte, individual state qualifier for 100-yard butterfly, Cabrini College.
- Key Returnees: Seniors—Matthias Bell, state qualifier for butterfly, member of state 200 medley relay; Chris McTear, member of state 200 medley relay, freestyle leg; Ryan McWilliams, member of 200 medley relay, swim anchor, member of 200 freestyle relay; Jake

Oeschger, individual state qualifier for 50 and 100 freestyle, anchor for 200 and 400 freestyle relays, will swim for West Chester University next year; Billy Riley, second year as team captain, freestyle; Juniors—Jesse Fallon, individual state qualifier for 500 freestyle, member of the 400 freestyle relay; John Hacking, 200 and 400 freestyle relays; Sophomore—Keith Weaver, 200 and 400 freestyle relays.

- Others to watch: The competition should keep an eye on Springfield's four talented incoming freshmen, including incoming diver Peter McBride.
- Strengths: The Spartans are loaded with talented swimmers, swimmers who have produced in the big meets before. Militello also has some young swimmers he can rely on and mold.
- Question marks: Do the Spartans have the leadership to stay focused and win a third district championship in a row?
- Outlook: "Our team goals are to securely win the District One Class AA Championship for the third year in a row and earn top spots at Bucknell University for the [Class] AA state competition with multiple individuals and relays," Militello said. "We have experienced winning relays and breaking records at the state level and the team has a strong committed desire to try and make that happen again. We will be graduating 14 seniors this season and we would like to see the culmination of their high school career end with great team and personal success."

The Spartans are talented and experienced and have put the work in, so there is little reason why their name shouldn't be mentioned when it comes to early favorites to win the district class AA title.

Upper Dublin

- Head Coach: Lisa Fantini (eighth year)
- Last Year's Record: 10-2 (7-0 Suburban One American)
- Key Losses: David Derr, Alex Stine.
- Key Returnees: Seniors – Ashton Leyens, Brian Wall. Sophomore – Bob Bantley.
- Others to Watch: Tom Kane, Zach Brech, Eric Jensen, Joe Starosta.
- Strengths: Upper Dublin has four contributing seniors with lots of depth below with some freshmen who will make their mark.
- Question Marks: The breaststroke is a question mark for the Cardinals.
- Outlook: "We are very excited to see where this team goes this year," Fantini said. "The door is wide open."

Upper Moreland

- Head Coach: Melanie Rowland (third year)
- Last Year's Record: 0-7
- Key Returnees: Seniors – DJ Chrobocinski, Kevin Cyliax, Austin Davis. Sophomores – Petro Sokirny, Patrick Smith.
- Others to Watch: Sophomore – Alex Pronzato. Freshman – Kane Nelson.

- Strengths: Though a very small team, the Bears only lost one swimmer from last year's team.
- Question Marks: Upper Moreland has no depth and may be unable to fill lanes for some races.
- Outlook: "The swimmers are working hard to have a positive season," Rowland said. "One of our main goals is to well at suburbans. We also want to go for district times, stay healthy and finish strong."

William Tennent

- Coach: Lisa Forlini (17 years)
- Last year's record: 9-2 overall
- Notable losses: Zack Busch, Nick Schreffler, Eric Schaffling, Stephen Thomas
- Key returnees: Senior – Stephen Doherty, Ryan Callahan, Ryan Coyle; Junior – Connor Forlini; Sophomore – Andrew Richey, Dylan Cooper
- Others to watch: Freshmen – Ian Forlini, Ryan Leneghan
- Strengths: The Panthers have multiple swimmers that can swim a variety of events and the versality will pay off throughout the season.
- Question marks: The Panthers feel optimistic about the season, but injuries always remain a concern.
- Outlook: The Panthers are excited for the upcoming season as they push for the league title and multiple athletes qualifying for districts.

Wissahickon

- Head Coach: John High (first year; third year with team)
- Last Year's Record: 4-5-3
- Key Returnees: Seniors – Carl Krause, Brandon Oruch. Junior – Chris Chido Ortiz.
- Others to Watch: Senior – Tommy Ruser. Sophomores – Billy McFarland, Doug Bauer.
- Strengths: Five returning juniors and one returning captain should give Wissahickon a good amount of returning experience for this year's team.
- Question Marks: A new head coach could always make for a learning transition within a team.
- Outlook: "The Trojans just came off a rough water polo season and are hungrier than ever," High said. "They are prepared to the put the time into their training to see the results they would like."

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