

Sports

SOL CONTINENTAL GIRLS DIVING: Central Bucks schools rise to top

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By KEV HUNTER
Staff Writer

TOWAMENCIN — At the Suburban One League Continental Conference Girls Diving Championships at North Penn on Thursday night, there were just enough medals to go around for all three Central Bucks schools.

CB East's Adele Foley won the gold medal, CB South's Lindsay Schmidt won the silver and CB West's Rachel Saunders took home the bronze as all three rivals earned their share of success in a highly competitive field at the Rick Carroll Natatorium.

"We all dive together at the same pool (at South), so we have a good bond between each other," Saunders said with a big smile afterwards.

In a tight field in which the gap between first and sixth was a mere 23 points, every dive was crucial, and for Foley, a little bit of a gamble paid off in the semifinals. The senior received all eights from the judges after she nailed a reverse straight dive.

"I just started doing that one about two weeks ago, but last time I did it I got basically the same scores," the senior said. "It's been a pretty solid dive for me. (You can have confidence in a new dive late in the season) if you nail it the first time. You have that confidence right from the start."

Foley finished with a winning score of 420.20, with Schmidt right behind with a 419.75 and Saunders in third with a 417.25. North Penn then took the next three spots, led by Heather Paolone with a 412.10.

With the score close going into the 10th and 11th rounds, Foley was able to close out strong, with two of her more challenging dives.

"My back twister isn't always my strongest, and then my two and a half has never been as solid as it was tonight," she said. "I'm surprised it came out like that, but I'm glad it did."

Schmidt, a junior, got some momentum going when she executed a reverse tuck in the semifinals, earning sevens, eights, and nines from the judges.

"I needed that dive to boost my spirits up, because my first round wasn't as good as I'd like it to be," she said with some relief. "It definitely helped me a lot. The first round was a little tough but I'm definitely happy with my comeback afterwards."

Saunders, a sophomore, also started to get settled in by the second round of the semis.

"That's one of my favorite dives, and I'm really consistent with my reverses now," she said.

As far as team points, the Maidens came away from the meet with the most, racking up 51 to give them a boost heading into Saturday. East was second with 36, followed by South (21), West and Pennridge (16), Hatboro-Horsham (12) and Souderton (2).

Foley came away with the gold, and now looks forward to districts and possibly states.

"It feels pretty awesome," she said. "It's a great way to end my senior year."

The conference championships resume tonight, as the boys swimming portion will be held at CB South, beginning at 6 p.m.

Girls Diving

Suburban One League

Continental Conference Championships

at North Penn

1. Adele Foley (CBE) 420.20; 2. Lindsay Schmidt (CBS) 419.75; 3. Rachel Saunders (CBW) 417.25; 4. Heather Paolone (NP) 412.10; 5. Ashley Liss (NP) 399.15; 6. Erica Elias (NP) 397.20; 7. Gabrielle Rudnitsky (HH) 362.05; 8. Kelly Kater (CBE) 355.40; 9. Charlee Branson (NP) 327.10; 10. Nicole Laderer (Penn) 304.45; 11. Katelyn Green (Penn) 291.25; 12. Hanne Genyn (CBE) 283.65; 13. Caroline Roberts (CBS) 273.20; 14. Carly Files (Penn) 251.60; 15. Steph Grabowski (Soud) 240.35.

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