

Montgomery News (montgomerynews.com)

Sports

BOYS SWIMMING PREVIEW CAPSULES

Friday, December 9, 2011

Abington

- Head coach: Joseph Lennon (eighth season)
- Last year's record: 7-5 overall, 2-5 Suburban One National Conference
- Notable losses: Gil Cukierman.
- Key returnees: Seniors – Tom Gerrity, John Trea (diving); Juniors – Dakota Korn, Juan Munoz, Liam Sweeney.
- Others to watch: Freshmen – Luke Cline, Amit Cukierman.
- Strengths: Freestyle events.
- Question marks: Three graduated seniors from last year, including the top point scorer in Gil Cukierman will need to be replaced on the roster.
- Outlook: "We have a solid group of returning upperclassmen who will lead the way," Lennon said. "We lots of competitive meets this season and we hope to have a winning season."

Abington Friends

(boys and girls)

- Head coach: Amy Jackson (second year)
- Notable losses: Alex Zega.
- Key returnees: Senior – Ryan Rosen; Junior – Alexandra Nuzhdin; Sophomore – Gabe Solms, Reggie Kramer.
- Strengths: Team support and hard training throughout the offseason.
- Question marks: AFS' team is very small in numbers. The team only has nine swimmers.
- Outlook: "We hope to have a season filled with team and individual successes," Jackson said. "We hope to have and fun and we'll work very hard."

Archbishop Wood

- Head Coach: Charlie Stillwell (14th season)
- Last Year's Record: 1-9 Overall, 1-6 Philadelphia Catholic League, ninth Place Philadelphia Catholic League, first Place District 12 Class AA
- Key Losses: Kevin McGuckin, individual medley/butterfly; Andrew Gnias, breaststroke/freestyle/butterfly; Ian Mee, individual medley, butterfly.
- Key Returnees: Chris Conway, senior, freestyle/backstroke; Chris Atras, junior, distance freestyle.
- Others to Watch: Reid Henzel, freshman, all strokes; Matt Treadu, junior, backstroke/freestyle; Gus Lawn, sophomore, breaststroke.
- Strengths: Leadership.
- Question Marks: Depth. The Vikings have only 14 swimmers, most of whom have little experience.
- Outlook: "With the loss of eight seniors, this year's team will be very young and inexperienced," Stillwell said via email. "Most of our meets will be team building and meet learning experiences with our team getting stronger as the season progresses. Our goal this year is to be competitive throughout the season and build during the year to be prepared for a second District 12 championship."

Cheltenham

- Head coach: Anthony Breuninger (seventh year)
- Notable losses: Tommy Tea.
- Key returnees: Senior – Dillon Warr; Junior – Ali Flak.
- Others to watch: Freshmen – Trey Parker, Temi Glantz.
- Strengths: A good foundation for a rebuilding year.
- Question marks: Cheltenham has a smaller team this year.
- Outlook: "I expect a lot of good times from this season," Breuninger said. "I have some great kids who should have good individual times. They swim a lot of yardage and it's going to really show come race time."

Germantown Academy

- Head Coach: Richard Shoulberg (43rd year)
- Last year's record: 10-0 overall.
- Notable losses: Jimmy McEldrew (IM, backstroke, and 500 freestyle) now swimming for University of Notre Dame.
- Key returnees: Senior – Arthur Frayler (Any event), Bryan Draganosky (500 Free, 100 Breast), Nelson Glendinning (Sprint Free), Adam Sjolholm (Freestyle), Justin Tang (IM and Butterfly), and Carl Dowzicky (IM and Back).

- Others to watch: Alex Lebed (Any event).
- Strengths: The Patriots are looking to repeat last season's performance of finishing undefeated in the Inter-Ac and will rely on the distance freestyle and individual medley.
- Question marks: The only thing that will cause this team to sink lies with their lack of depth and diving.
- Outlook: The Patriots biggest fight will come from Malvern Prep but at Eastern's will be looking to be the top Inter-Ac school. In late January, the Patriots will cross paths with the Peddie School which will be one of the top meets in the area.

Hatboro-Horsham

- Head Coach: Kip Emig (sixth year)
- Last year's record: 10-3
- Notable losses: Rick Sutton (backstroke and distance) and Michael Schaefer (Drexel).
- Key returnees: Tim Janyszek (breaststroke and freestyle) and a large group of seniors.
- Strengths: Team depth, unlike their female counterparts, the Hatters bring 33 swimmers which is the most in Emig's history with the team. The team has a lot of balance as well.
- Question marks: Distant events and the 500 freestyle is the biggest concern for the Hatters.
- Outlook: "We have the chance to be one of the two top teams in the conference," Emig said. "My goal is to get as many kids to the state meet as possible."

Lansdale Catholic

- Coach: Bob Birnbrauer (17 seasons)
- Last year's record: Second place in the Philadelphia Catholic League
- Notable losses: Steve Douglas, Tim Gillen, Tony Mack, Brian Matylewicz
- Key returnees: Dylan Yurasits, Nick Augustine, Dang Khoa, Harry Kulik, Conor McCann
- Others to watch: Conor Plasha, Brian Lockhart, James Kulik
- Strengths: Nick Augustine should earn another trip to the states and in more than one event according to coach Birnbrauer. Dylan Yurasits should gain from his freshman year to earn the trip to the states and move up in the rankings.
- Question marks: The Crusaders are a young team that is short on numbers.
- Outlook: The Crusaders consider this a building year for many young swimmers. While the roster size might hurt them in winning dual meets they will concentrate on post season accomplishments.

La Salle

- Head coach: Frank Lichtner (22nd year)
- Last year's record: 8-0 overall (23rd consecutive Philadelphia Catholic League title)
- Notable losses: David Speese
- Key returnees: Seniors – Chris Szekely, Eric Schultz, J.P. Kelly, Luke Maguire, Ryan Murtha, Scott Stone, Ryan Pospisal; Juniors – Sean Regan, Joe Maginnis, Brendan Koch, Greg Rogers, Evan Holder.
- Strengths: La Salle has a very strong veteran team returning this year.
- Question marks: David Speese was the state champion in the 100 meter breaststroke, so losing him will be tough for the Explorers.
- Outlook: La Salle is coming off of its 23rd consecutive Philadelphia Catholic League title, while also winning its third District 12 title. The Explorers were also runners-up at the state tournament and will look to repeat on that success again this year. "I would think our team is strong enough to certainly be in the top-three positions again this year," Lichtner said. "I'm hoping we enjoy the season. We're going to get there eventually, but we have a lot of things on the way."

Lower Moreland

- Head Coach: Jessica Brown (first season)
- Last Year's Record: 3-10
- Key Losses: David Gockley, freestyle/backstroke.
- Key Returnees: David Tereschenko, senior, freestyle/butterfly; Luke Castor, senior, freestyle; Nick Adcock, senior, freestyle; Markos Mavrakis, senior, breaststroke; Greg Bricker, junior, butterfly; Chase Edwards, sophomore, freestyle.
- Others to Watch: Nolan Ryan, senior; Walter King-Bails, freshman, freestyle; Nick Conte, freshman; Andrew Leonard, freshman, diving.
- Strengths: Experience and Commitment. A lot of these swimmers participate in the sport year round and have done so for a long time.
- Outlook: "Looking at both the boys and girls teams, I am hopeful that we will pull it together to improve upon last year's record and send more swimmers to districts," Brown said via email. "Both teams have excellent leaders... We have high expectations for our swimmers in both practices and meets, and we hope to instill solid goals into each of our swimmers."

North Penn

- Coach: Brian Daly (seven seasons)
- Last year's record: 11-0 overall, 7-0 in the Suburban One Continental Conference
- Notable losses: Jacob Sisko, Matt Ortlieb, AJ Russo, Peter Kolokithias, Nick Poulin
- Key returnees: SENIORS – Jason Deana, Pat Dunigan, Kevin Dunigan, Tomas Gimenez; JUNIORS – Brandon Anders, Jack

Morris; SOPHOMORES - Jon Krail, Geoffrey Gagnon

- Others to watch: SENIOR – Nick Pulli; JUNIOR – Colin Kelly; FRESHMEN – Thanas Kountroubis, Kyle Supko
- Strengths: The Knights have a large roster, which always bodes well, but this large roster is full of returning point scorers from district meets. The experience is not only crucial to their own success, but it sets a good standard for the younger swimmers.
- Question marks: Graduation did leave some holes to fill on the relay teams. Some of the younger swimmers are going to have to take those spots.
- Outlook: The Knights have a good mix of experience and talented youngsters. They are enthusiastic and have set lofty goals. The Knights expect nothing less than an exciting season.

Pennridge

- Coach: Ryan Griffiths (six seasons)
- Last year's record: 3-9 overall, 1-7 in the Suburban One Continental Conference
- Notable losses: Robbie Grasmeyer, Lucas Rogers
- Key returnees: SENIOR – Chris Bashar; JUNIORS – David Zurmuhl, Jon Spehar
- Others to watch: JUNIOR – Andrew Koch; FRESHMEN – DJ Maurone, Kyle Frerichs
- Strengths: According to coach Griffiths the Rams strength their returning swimmers and divers. The senior and junior classes have the ability to provide strong leadership that will define the heights of where this program can go.
- Question marks: The Rams' concern remains with the mental and physical discipline aspect of the sports. Griffiths hopes they will be able to follow through on their six values that promote successes and turn them into tangible achievements.
- Outlook: With a new look roster that has several additions and subtractions from previous years and the Rams are curious to see how they comes together and raise the bar. They are ready to take the next step.

Plymouth Whitemarsh

- Head Coach: Taren Igou (fourth season)
- Last year's record: Second place finish in American Conference Championship.
- Notable losses: Alex Chialastri, four time state qualifier and All-American will be greatly missed. Now swimming at Drexel.
- Key returnees: Seniors: Kyle Lukens, Tyler Sauder, Dan Carr, and Jimmy Rooney.
- Others to watch: Evan Sherkness, junior, has shown some rapid improvement through the summer and fall while fellow juniors Steve Hargrove and Ben Fiddler are also making progress.
- Strengths: The Colonials will be strong in butterfly events, backstroke, and sprint freestyle. Also, coach Igou sees a lot of promise in distance events.

- Question marks: Igou has concerns over the loss of two swimmers in the breaststroke event and the depth in middle distance and IM will also be a challenge.

- Outlook: The Colonials have their eyes set on the 'gold standard' in Upper Dublin. "We are always trying to get them year-after-year," Igou said. "We have some tough non-conference meets with Methacton and Council Rock North so we'll be able to see how competitive we will be."

Souderton

- Coach: Todd Bauer (six seasons)

- Last year's record: 11-3 overall, 5-2 in the Suburban One Continental Conference

- Notable losses: Kody Veit, Greg Smith

- Key returnees: SENIORS – Ozzie Moyer, Tyler Wenzel, Alex Paparella, Michael Hay, Elliot Miller, Jake Metz; JUNIORS – Nick Wieder, Jesse Rush, Scott Jorgenson, Matt Evers; SOPHOMORES – Triston Loux, Kevin Musteraid

- Others to watch: SENIOR – Tim Gilbride; JUNIOR – Kevin Callaghan; FRESHMAN – Cordell Armstrong

- Strengths: The Indians have a great mix of youth and experience. They will look to the senior class for strong leadership. Their divers are, without question, the strongest it has ever been and they will carry the team at portions of the season.

- Question marks: The Indians do not have a returning state qualifier and they will be looking at several guys to step up and grab a spot in the state meet in March.

- Outlook: Coach Bauer considers this group one of the strongest teams he has ever coached at Souderton. The Indians hope to improve on their finishes last year in the league and districts.

Upper Dublin

- Head coach: Lisa Fantini (eighth year)

- Last year's record: 12-2 overall, 6-0 Suburban One American Conference

- Notable losses: Ashton Leyens.

- Key returnees: Seniors – Zach Brech, Will Gallagher, Eric Luttmann, Kyle McKibbin, Brian Schwabenland; Juniors – Bob Bantley, Ian Flynn, Eric Jensen, Joe Starosta, Eric Zimmermann.

- Others to watch: Sophomores – Chris Devlin, Cooper Tollen, Allen Tang; Freshman – Tom Bantley.

- Strengths: Leadership, unity, motivation and the desire to fill big shoes and swim fast.

- Question marks: Aggressiveness in the distance events.

- Outlook: "We hope that our successes bring lots of fun to celebrate this season," Fantini said.

Upper Moreland

- Head coach: Melanie Rowland (fourth year)
- Last year's record: 3-10 overall; 1-5 Suburban One American Conference
- Key returnees: Senior – Kyle Platt (diving); Juniors – Alex Pronzato, Petro Sokirny; Sophomore – Kane Nelson, Mike Freeman.
- Others to watch: Senior – Jordan Matlaga.
- Strengths: The boys' team has a very strong bond with each other.
- Question marks: Depth in numbers.
- Outlook: "Our team is small," Rowland said. "The talent is large, though, and I expect a very competitive year, despite the fact that we may not fill the blocks during a dual meet. With most of the team built up of juniors and freshmen, the guys will have to lead the younger guys on the team to step up and place at meets. We hope to make it to districts and hopefully states."

William Tennent

- Head Coach: Lisa Forlini (22nd season)
- Last Year's Finish: third in Suburban One National Conference
- Key Losses: Ryan Callahan, utility.
- Key Returnees: Connor Forlini, senior, utility; Dylan cooper, junior, freestyle/backstroke/butterfly; Andrew Richey, junior, freestyle/backstroke; Ian Forlini, sophomore, diving/breaststroke/butterfly; Ryan Leneghan, sophomore, butterfly/individual medley/freestyle.
- Strengths: Teamwork, Chemistry and Depth.
- Outlook: "I'm just excited about how hard their working, how well they get along and how supportive they are of each other," assistant coach Jamie Forlini said. "I think the chemistry is an important aspect."

Wissahickon

- Head coach: John High (second year)
- Last year's record: 6-6 overall
- Notable losses: Josh An, Carl Krouse, Tommy Ruser.
- Key returnees: Seniors – Chris Ortiz, Adam Smith; Junior – Greg Beyer; Sophomore – John Jefferson.
- Strengths: A large freshmen class and several returning upperclassmen will give Wissahickon depth.
- Question marks: Senior captain Chris Ortiz is looking to improve his standings from last year in the 50 and 100 freestyle events.

- Outlook: "The Trojans are currently preparing for their first competition at the Upper Merion Relay Carnival," High said. "We took second last year and we're looking forward to a good season."

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