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Sports

GIRLS SWIMMING PREVIEW CAPSULES

Friday, December 9, 2011

Abington

Head coach: Joseph Lennon (13th season)

- Last year's record: 5-7; 1-5 Suburban One National Conference
- Notable losses: Randi Spitko, Jess Sands.
- Key returnees: Junior – Emily Ryan.
- Others to watch: Freshmen – Alyssa Leatherman, Olivia Harris; Frances Erney, Aiofe Garvey, Katelyn Wojnar, Taylor Spitko.
- Strengths: A solid core group of swimmers who should be strong in freestyle events.
- Question marks: Abington lost four of its five top point scorers from last year's team.
- Outlook: "We have lots of new faces this year, with 10 new girls to the team," Lennon said. "There will be lots of competitive meets this season, which will test the team, but a winning season seems in reach."

Archbishop Wood

• Head Coach: Charlie Stillwell (14th season)

• Last Year's Record: 9-2 Overall, 6-0 Philadelphia Catholic League, 2nd Place Philadelphia Catholic League, first Place District 12 Class AA, 12th Place PIAA Class AA State Championship

• Key Losses: Taylor Kane, distance freestyle/breaststroke; Grace Cochrane, butterfly/individual medley; Renata Rios, distance freestyle (Transfer to Neshamany).

• Key Returnees: Bridget McGrath, senior, breaststroke/sprint freestyle; Orla Cole, senior, backstroke/freestyle; Alexandra Fitzgerald, senior, sprint freestyle/backstroke; Hanna Cochrane, sophomore, all strokes; Kristina Halner, senior, distance freestyle; Dominique DiRienzo, freshman, diving.

• Others to Watch: Claire Cochrane, sophomore, all strokes; Jennifer McGrath, junior, butterfly; Haley Henzel, senior, freestyle/backstroke.

• Strengths: Depth, Experience and Stroke Events. The Vikings have a large team with 33 swimmers. Four of Wood's swimmers have participated in a state championship meet and the entire team will be strong in stroke events.

Question Marks: Freestyle Events. A lot of younger swimmers will have to fill the void of people who graduated last year that participated in these events.

• Outlook: "The loss of nine seniors and two top swimmers will make our team weaker in some of our races for top finishes," Stillwell said via email. "We still have a large team with experienced swimmers who will be very competitive. Many new faces will be given the chance to step up and compete for open slots throughout the year. Our goal this year is to compete for a PCL championship and to win the District 12 Championship while developing a solid foundation for upcoming years ahead with our younger swimmers."

Cheltenham

- Head coach: Mikaela Scheuerman (sixth year)
- Last year's record: 3-9 overall
- Notable losses: Madi Brunk, Kelly Hoag.
- Key returnees: Juniors – Lizzie Richart, Carolyn Brown; Sophomore – Erin Burke.
- Others to watch: Freshmen – Molly McHugh, Kelly Burns, Tiana Soldaki-Han.
- Strengths: Butterfly and the 500 freestyle events.
- Question marks: Weakness in the breaststroke.
- Outlook: "This season, we expect to have more girls qualify for districts in relays and in individual events," Scheuerman said.

Germantown Academy

- Head Coach: Richard Shoulberg (43rd year)
- Last year's record: 10-0 (First place at Eastern's)
- Notable losses: Bridget Casey (University of Notre Dame), Kacie Ciampoli (University of Maryland), Taylor Sneed (University of Pennsylvania), and Sarah Aemisegger (Villanova University).
- Key returnees: Rachel Zilinskas (National junior team), Madeline Maher (breaststroke and IM), Meg Dollard (Freestyle event), Emily Erwin (Backstroke and IM), and Natalie Dowzicky (Any event).
- Others to watch: Freshmen Ally Acker and Madison Visco will bring the Patriots more versatility.
- Strengths: The Patriots will look to their versatility to repeat a strong season a year ago.
- Question marks: The season for the Patriots will be determined if they can reboot after losing six division one swimmers.
- Outlook: With a younger-batch of swimmers, the Patriots could definitely continue where they left off last season. The anticipation is already beginning for the meet against The Peddie School.

Hatboro-Horsham

- Head Coach: Kip Emig (21st year)
- Last year's record: 7-6
- Notable losses: Nicole Rudnitsky (leadoff relay) and Tori Adlam (focusing on soccer).
- Key returnees: Seniors Rachel Engelhardt (100 freestyle and 200 freestyle) and Rachel Riemenschneider (IM, distance, and 500 freestyle).
- Others to watch: Maddy Wawrzyniak (breaststroke) and Kayla Connell (breaststroke).
- Strengths: The Hatters will have strong senior leadership including four seniors that have been on the varsity squad for all four years.
- Question marks: H-H will have to fight through a lack of depth as the Hatters will only have 20 swimmers this season. That's the smallest number of swimmers in coach Emig's 21 years with H-H.
- Outlook: Emig has hopes that he can end the two year drought of not sending a swimmer to the state relay. The lack of depth will benefit the Hatters because those on the team will get a lot of time in the pool.

Lansdale Catholic

- Coach: Bob Birnbrauer (17 seasons)
- Notable losses: Jess Gidzinski, Victoria Gawel
- Key returnees: SENIORS – Katherine Murphy, Maura Conley, Dana Salanik, Julie Young; JUNIOR – Nicole Murphy; SOPHOMORE – Amanda Matylewicz
- Others to watch: SOPHOMROES – Carly Gill, Erin Noonan; FRESHMEN – Sabrina Antoni, Mary Cate Coyle, Erin Edling, Letizia Iervolino, Mary Anne Wietecha
- Strengths: The Crusaders are a talented young team and have some leadership and several district and state qualifiers. Kate Murphy has made it to states as a member of the relay team and will use that experience to help her individually. Nicole Marshall earned all-district honors.
- Question marks: The young talent has set lofty goals for themselves so it is a concern or question to whether they will be able to reach them.
- Outlook: By adding several more girls to the team, the Crusaders feel some of the close dual meet losses from a season ago may turn into wins this season.

Lower Moreland

- Head Coach: Jessica Brown (first season)
- Last Year's Record: 2-11
- Key Returnees: Kelly Molloy, junior, individual medley/breaststroke; Tara Laudenslager, junior, butterfly; Julia Gockley,

sophomore, freestyle; Erica Yi, sophomore, backstroke.

- Others to Watch: Michelle McCullough, freshman, backstroke/individual medley; Alana Peng, freshman; Tatyana Leonova, junior, freestyle; Caroline Garlick, sophomore, diving.
- Strengths: Experience. A lot of Lower Moreland's swimmers participate in the sport year round and have done so for many years.
- Question Marks: Depth. The Lions don't have a lot of girl swimmers and two of them have already been afflicted with injury.
- Outlook: "There are no seniors on the girls team so I'm also positive that this can be a huge building year for the girls team," Brown said via email. "While we lack numbers on our girls swim team, we have a lot of young, talented swimmers this year."

North Penn

- Coach: Matt Weiser (fourth season)
- Last year's record: 11-0 overall, 7-0 in the Suburban One Continental Conference
- Notable losses: Jan Ikeda, Mary Morris, Katie Patterson, Lindsay Musoleno, Kelly Rogers, Jenn Barrett, Christina Dachowski, Mary Kate Meingossner
- Key returnees: SENIORS – Brooke Else, Val Stearns, Anna Janoff, Charlee Branson, Erica Elias, Ashley Liss, Heather Paolone; SOPHOMORES – Tara Rogers, Eve Kosten
- Others to watch: JUNIORS – Brittany Patterson, Karlie Vogt, Becca Hoch; SOPHOMORE – Emily Dunigan; FRESHMAN – Jen Yacovelli
- Strengths: The Maidens are expected to have good depth and a strong incoming class of freshman to help keep the program a powerhouse for years to come.
- Question marks: Injuries and health is always a concern. The need to stay healthy if they are to compete in the always improving Suburban One League and the top district in Pennsylvania, District One.
- Outlook: While they want to qualify as many Maidens as possible for leagues and districts the girls also have their eyes set on as many team titles as they can possible accrue.

Pennridge

- Coach: Ryan Griffiths (six seasons)
- Last year's record: 4-8 overall, 1-7 in the Suburban One Continental Conference
- Notable losses: Keri Poirer, Megan Han
- Key returnees: SENIOR – Alexis Detweiler; JUNIORS – Chelsea Weiss, Julia Nadovich, Katie Green, Nikki Laderer
- Others to watch: JUNIORS – Kylee Smith, Carly Files, Amanda Crouthamel; SOPHOMORES – Jackie Cios, Jen Grasmeder; FRESHMAN – Keri Salanik

- Strengths: According to coach Griffiths, the Rams' strength is 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 the loss of only two seniors several members are poised for growth as key performers. The Rams plan on continuing to send a double digit number to the District One Championships as well as continue our run of PIAA Championship qualifiers. With 13 Pool and School records falling over the past four years, we look to see more drop this season.

Souderton

- Coach: Todd Bauer (five seasons)
- Last year's record: 12-2 overall, 6-1 in Suburban One Continental Conference
- Notable losses: Chloe Thomas, Monica Stiles
- Key returnees: SENIORS – Sarah Kesack, Jill Whitmire, Ann Fadden; JUNIORS - Alyssa Santangelo, Megan Furey, Erica Witoslawski, Laureana Zrada, Brownyn Smith; SOPHOMORES – April Kichline, Gabriella Pagano
- Others to watch: JUNIORS – Kaitlyn Roberts, Jess Wimmer; FRESHMEN - Lauren Billy, Ricki Lee Hodges
- Strengths: The Indians are an experienced team with strong leadership. The junior class is the largest and the Indians' most talented class. The hope is they will use the experience they gained as sophomores and take it to the next level.
- Question marks: The Indians did not have a state qualifier last season and the question is will one or more swimmers be able to break this season.
- Outlook: It was a very disappointing season for the Indians, who pride themselves on having state qualifiers every season. After a year with no qualifiers they are ready to rebound. All but one district qualifier returns and they add a talented freshman class to the mix. Coach Bauer is excited for the season.

Upper Dublin

- Head coach: Brian Palme (14th year)
- Last year's record: 11-3 overall; 7-0 Suburban One American Conference
- Notable losses: Erin Regan, Ellie Houser, Caroline Rudkin, Eva Kaarsemaker, Kim Ashmead, Carolyn Cover, Leah Shahin, Karli Cozen, Amanda Feather, Jessie Li, Alanna Platt, Becky Starosta.
- Key returnees: Seniors – Rachel Linus, Carolyn Meier, Jess Nealis, Mieke Scherbier, Alex Wheatley; Juniors – Emily Houser, Emeline Leyens, Kelly Toner; Sophomores – Gina Casale, Corey Johnson, Sam Wheatley.
- Strengths: Large numbers and a dedicated group of swimmers.
- Question marks: The new combinations of swimmers always bring up questions in the short winter season.
- Outlook: "This season is going to be a challenge for us," Palme said. "It is never easy to graduate a class of 12 seniors, but

with the hard work that the girls have already put into the pool, weight room and in their dry land training, we are looking to build on our experiences, as well as teach our very large freshmen class."

Upper Moreland

- Head coach: Melanie Rowland (eighth year)
- Last year's record: 3-10 overall; 1-5 Suburban One American Conference
- Key returnees: Senior – Natalee Szopo (diving); Juniors – Anna Hakes, Saige Wenik; Sophomores – Sydney Szopo, Amber Saint Clair.
- Strengths: The ability to work well with each other.
- Question marks: A lack of competitive swimming in the past.
- Outlook: "This team has grown a bit from last year," Rowland said. "While losing only one senior swimmer, the Lady Bears have a chance to fill more spots on the blocks and possibly take more races in scoring positions with dual meet competitions. I try to give the entire team a positive experience and challenge not only the experienced swimmers, but the new swimmers to the sport as well."

William Tennent

- Head Coach: Lisa Forlini (22nd season)
- Last Year's Finish: Third in Suburban One National Conference
- Key Losses: Melanie Busch, utility; Laura Ferry, utility.
- Key Returnees: Staci Schaffling, senior, freestyle/butterfly; Shannon Connors, senior, freestyle; B.J. Clune, junior, butterfly/freestyle/individual medley; Deanna Battis, junior, utility; Bridget Dooling, senior, freestyle/backstroke.
- Others to Watch: Freshman Class.
- Strengths: Versatility. Forlini has a lot of kids that can swim several different events.
- Outlook: "Wins and losses I don't always necessarily look at that," assistant coach Jamie Forlini said. "I look at how much we improve and how much they enjoy it because we're not a perennial first place team. We're a team that's usually the middle of the road in our conference and what I look at is how much can we get them to improve and achieve more than they ever thought they could."

Wissahickon

- Head coach: Laurie Hug (third year)
- Last year's record: 6-5 overall, 5-1 Suburban One American Conference
- Notable losses: Lauren Mitchell, Katie High.
- Key returnees: Seniors – Liz McKenna, Carrie Johnson, Rachel Bohr, Melissa Rudolph; Juniors – Ali McClure, Lindsay

Anderson, Rose Seabrook, Jess Quesenberry.

- Others to watch: Sophomore – Meg Berardelli.
 - Strengths: All of Wissahickon's District One qualifiers are returning this season.
 - Outlook: "With a strong contingent of seniors and junior swimmers, the girls are looking to improve upon their dual meet record from last year," Hug said. "We expect each of them to qualify again this year along with maybe one or two other girls. The goal is to have representation at the state championships again this season, hopefully in several events."
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