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Sports

SWIMMING: Knights, Maidens prevail over Pennridge

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PERKASIE — Coming off their tough two weeks of training over Christmas break, members of the North Penn and Pennridge swim teams battled through their Suburban One League Continental Conference dual meet Wednesday, even getting some time drops and some district-qualifying marks as a result.

“The guys are a little tired, a little beat up, so the goal was to just come up here and race as fast as we could,” Knights coach Brian Daly said. “All things considered, I think today was a very good day.”

The Knights earned a 108-63 win over the Rams to improve to 5-0 on the season while the Maidens also remained unbeaten at 5-0, prevailing 100-78 over host Pennridge.

The Knights went one and two in the 200 IM, with Pat Dunigan (2:02.40) and Thanas Kountroubis (2:11.21) racing to district-qualifying times, and Dunigan went on to win the 500 free as well, with another district cut, touching in 4:51.29.

Along with this kind of production, the Knights also looked to have that aggressive attitude.

“You just look for the guys to get up and race,” Daly said.

The Rams’ David Zurmuhl was impressive, racing to victories in the 50 free and 100 back. He’s a reason Pennridge has plenty to look forward to.

“Coming off Christmas break is always tough,” coach Ryan Griffiths said. “Kids are beaten up, sick, tired, some family vacation stuff for some of them, but the kids are putting the work in and seeing the results. We’re a young team. So as the team jells and progresses, they’re gonna get better.”

The Maidens’ medley and 200 free relays were fast on Wednesday, and Eve Kosten won the 200 freestyle pretty comfortably with a solid time.

“We had a good couple weeks of training for sure,” Maidens coach Matt Weiser said. “First meet back, we just look to see where we are, and we had some good swims here and there tonight.”

It’s going to be a busy month for both squads, but Wednesday was a good start.

“January’s tough — the cold weather, it’s dark, and it’s challenging,” Daly said. “So you help the guys keep their head straight and keep the team chemistry moving. It’s all a delicate balancing act.”

The Knights and Maidens are in action again Tuesday when they host Central Bucks West.

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