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## SWIMMING: North Penn sweeps Pennridge

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North Penn's Spencer Collopy (center) along with teammates and Pennridge competitors launch for a 50 Freestyle event during their meet at North Penn High School on Thursday, Jan. 3, 2013. (Photo by Mark C Psoras\The Reporter)

TOWAMENCIN — Battling through the fatigue of winter training, the North Penn and Pennridge swimming and diving teams each had some impressive performances in their Suburban One League Continental Conference opener at the Rick Carroll Natatorium Thursday afternoon.

Strength in the freestyle events provided a big push for both the Knights and Maidens, as the girls squad won 104-77 over the Rams and the guys prevailed 103-72 in their matchup.

“I had a coach tell me, ‘I don’t care if you like me during the season, as long as you love me at the end,’” said a happy Jeff Faikish, coach of the Knights. “That’s where we’re at right now. The guys are gonna walk in and see some of the sets (at practice) and be like, ‘oh my God, I don’t wanna do that,’ but come February and March, that’s when it will pay off.”

The Knights (3-1), who averaged over 10,000 yards last week, were able to win the first three events and placed well in several others.

“Considering the amount of training we just got done doing, I’m very happy with a lot of the swims,” Faikish said.

Jack Morris was a four-event winner for the Knights, as he touched first in both the 200 free and the 100 free, and he also swam on the winning 200 free and 400 free relays.

Both Emily Kosten and Tara Rogers were four-event winners on the girls side, as Kosten won the 50 free and 100 free and Rogers was tops in the 200 free and 100 fly. Each also swam a leg on the winning 200 medley and 200 free relays for NP (4-0).

“I think this is one of the toughest meets of the year, coming right off the Christmas Holiday break. Everybody’s tired and sore,” Maidens coach Matt Weiser said. “It’s one of those meets where some of the kids surprise themselves, sometimes it opens their eyes as to where they’re at, and it focuses everything on the end of the season. It was a good meet.”

Brittany Weiss was particularly impressive for the Rams, winning both the 200 IM and the 100 breast. She also took care of the third leg on the winning 400 free relay to cap off the meet.

“We have a core group of girls who are doing very well,” Rams coach Ryan Griffiths said.

That core of Brittany Weiss, Kristen Shema, Hannah Zurmuhl, Chelsea Weiss and Michelle Blanca have already combined to set 10 school records and have notched three automatic district-qualifying times in the relays. Pennridge now aims to maintain that pace, starting with a home meet against Council Rock South on Tuesday.

The Knights and Maidens also compete that day, in a home meet against Central Bucks South.

#### Boys Swimming

North Penn 103, Pennridge 72

200 medley relay: 1. North Penn (C. Smith, M. Dunigan, C. Kelly, L. Kelly), 1:46.88; 2. North Penn, 1:48.82; 3. Pennridge, 1:49.84

200 free: 1. Jack Morris (NP) 1:44.53; 2. Thanas Kountroubis (NP) 1:46.22; 3. Mike Kern (NP) 1:55.26

200 IM: 1. Jonathan Krail (NP) 2:06.53; 2. Kyle Supko (NP) 2:08.36; 3. Jon Spehar (P) 2:25.08

50 free: 1. David Zurmuhl (P) 21.92; 2. Spencer Collopy (NP) 23.14; 3. Shane Hennessey (NP) 23.89

Diving: 1. Geoff Gagnon (NP) 210.68; 2. Josh Stearsman (NP) 124.50; 3. Jessica Gross (P) 91.05

100 fly: 1. Colin Kelly (NP) 57.81; 2. Liam Kelly (NP) 59.23; 3. Jacob Schellinger (NP) 59.80

100 free: 1. Jack Morris (NP) 48.03; 2. David Zurmuhl 48.24; 3. Kountroubis (NP) 49.31

500 free: 1. Kyle Supko (NP) 5:00.84; 2. Shane Hennessey (NP) 5:13.31; 3. Skyler Trautz (NP) 5:24.70

200 free relay: 1. North Penn (Liam Kelly, Spencer Collopy, Thanas Kantroubis, Jack Morris), 1:32.07; 2. Pennridge, 1:35.36; 3. North Penn, 1:36.26

(North Penn swam the final three events as exhibitions)

100 back: 1. Greg Neidlinger (NP) 59.34; 2. Corey Smith (NP) 1:01.27; 3. Kevin Killion (NP) 1:02.38

100 breast: 1. Jon Krail (NP) 1:05.35; 2. Colin Kelly (NP) 1:07.43; 3. Stephen Kolokithias (NP) 1:09.01

400 free relay: 1. North Penn (Kelly, Kountroubis, Morris, Collopy), 3:25.16; 2. North Penn, 3:37.67; 3. Pennridge, 3:50.33

#### Girls Swimming

North Penn 104, Pennridge 77

200 medley relay: 1. North Penn (O. DiStefano, Eve Kosten, Tara Rogers, Emily Kosten), 1:50.83; 2. Pennridge, 1:56.53; 3. North Penn, 2:00.24

200 free: 1. Tara Rogers (NP) 1:58.01; 2. Kristen Shema (P) 2:01.06; 3. Erin O'Neill (NP) 2:07.90

200 IM: 1. Brittany Weiss (P) 2:16.28; 2. Julie Krout (NP) 2:23.27; 3. Becca Hoch (NP) 2:26.46

50 free: 1. Emily Kosten (NP) 24.09; 2. Hannah Zurmuhl (P) 24.58; 3. DiStefano (NP) 25.12

Diving: 1. Marie Yacopino (NP) 186.45; 2. Madison Tanis (NP) 178.95; 3. Brittney Patterson (NP) 135.60

100 fly: 1. Tara Rogers (NP) 1:03.08; 2. Brittney Patterson (NP) 1:04.91; 3. Steph Galetta (NP) 1:13.70

100 free: 1. Emily Kosten (NP) 52.53; 2. Eve Kosten (NP) 54.06; 3. Michelle Blanca (P) 59.43

500 free: 1. Kristen Shema (P) 5:32.92; 2. Julie Krout (NP) 5:41.62; 3. Dana Case (NP) 5:53.33

200 free relay: 1. North Penn (Eve Kosten, Olivia DiStefano, Tara Rogers, Emily Kosten), 1:39.97; 2. Pennridge, 1:48.33; 3. North Penn, 1:48.99

100 back: 1. DiStefano (NP) 59.78; 2. Zurmuhl (P) 1:03.96; 3. Hoch (NP) 1:06.10

(North Penn swam the final two events as exhibitions)

100 breast: 1. B. Weiss (P) 1:08.74; 2. Eve Kosten (NP) 1:11.42; 3. Erin O'Neill (NP) 1:12.58

400 free relay: 1. Pennridge (Shema, C. Weiss, B. Weiss, Zurmuhl), 3:50.64; 2. North Penn; 3. North Penn, 4:02.02

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