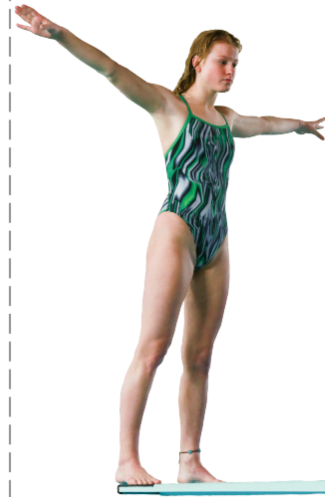


**BETTER TOGETHER** The Lady Lobos call over their teammates who aren't already in the circle to ensure that everyone is involved in their cheer before the meet. New coach, DeAnna Ley, helped make a positive impact on the team throughout the season. "It took a little bit of adjusting and getting used to her style of coaching but she was pretty cool and she's really nice. She tries to get everybody in what they want to swim," Sainz said. *photo by I. ainsworth*



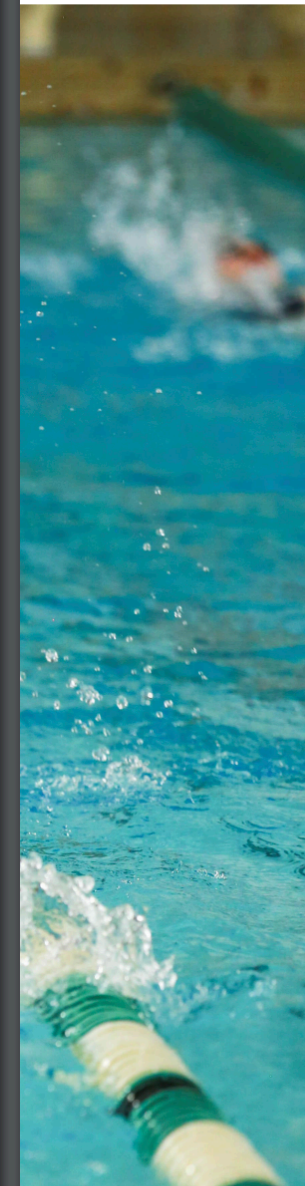
## DIVING into the future

The Lady Lobo Swim Team welcomed a diver, Paige Naku ('22), to the team for the first time since 2016. Naku hadn't been a diver before but had previous experience in gymnastics. "I was a gymnast for seven years so I thought I could probably do it and decided to try it. I really liked it," Naku said. As the only diver on the Conifer team, Naku trained the Evergreen divers at Wulf Rec Center. "I practiced with the Evergreen team and with their coach. They were all really nice and really fun to practice with," Naku said. Naku not only dove for the swim team, but she also swam events such as the 400 Yard Freestyle Relay. "Times were very different for both of them so I didn't have to squeeze them in or mix them around. I had time for both," Naku said.

## for the welcoming the new, celebrating the old FIRST TIME

The Lady Lobos ended their season on a high note after sending multiple swimmers to the State Championship. Eight swimmers competed at the State competition. Megan Wilkins ('20) placed in two individual events. She placed 4th in the 200 Yard Freestyle and 5th in the 500 Yard Freestyle. The 200 Yard Freestyle Relay team, comprised of Wilkins, Elsa Debrunner ('20), Jana Ley, and Rachel Ley, competed at State and set a new school record for the event while doing so. For the first time in years, the Swim team became a Swim and Dive team. Paige Naku

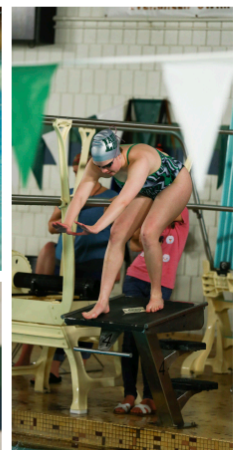
('20) was the first diver in three years. The Lady Lobos also had a new coach, DeAnna Ley. "We definitely missed our old coach at the beginning of this season but by the end of this season we really liked her and what she could do for us," Wilkins said. In addition to multiple experienced swimmers, there were many newcomers with little experience but they saw great improvement. "There was a lot of improvement. We had a lot of very new swimmers that had never done swim team before and they improved a lot," Debrunner said. *copy by I. ainsworth*



**ON THE EDGE** Water flies as Madison Vandergriff ('20) comes to the surface for a breath during the 200 yard medley relay. Vandergriff swam the breaststroke during this relay and often swam the 100 Yard breaststroke during the season. "I made a huge improvement on my 100 breaststroke. I missed the State cut by like .7 seconds. But the fact that I got that close for the State cut is a pretty big accomplishment for me and that's definitely my goal for next year," Vandergriff said. *photo by I. ainsworth* **JUST KEEP SWIMMING** In the midst of her 500 Yard freestyle race, Emily Sainz ('20) sustains her endurance and works to hold her position. Sainz was one of many swimmers who competed in the 500 yard Freestyle which required large levels of stamina. "About halfway through, you want to give up but you know you have to finish the race. You know you're halfway through and you just keep going," Sainz said. *photo by I. ainsworth*



**IMPORTANT PART OF THE PACK** During the senior meet at Wulf Rec Center, senior Jana Ley is recognized by her teammates and the crowd. Ley was home schooled but competed for Conifer in numerous events. She was part of the 200 yard relay team that broke the school record. *photo by I. ainsworth*



**ON TRACK** While making an adjustment to her route, Peyton Gilbert ('20), competes in the 100 Yard backstroke. Gilbert was one of the members of the 200 Yard Medley Relay team that competed at State. She swam the backstroke leg of the relay. *photo by I. ainsworth* **LAST CHANCE** At the last home meet of the season, Serena Gulland ('20) competes in the butterfly race. Gulland also swam in the 200 Yard Medley Relay and the 400 Yard Freestyle Relay at the meet on January 25 at Wulf Rec Center. *photo by I. ainsworth* **ON YOUR MARK** As her teammate nears the end of the pool, Megan Wilkins ('20) gets into position to dive in for the last leg of the 400 Yard Freestyle Relay. Wilkins competed at multiple new events at State, placing in both of her individual events. "I

really do just about everything. I swam a lot of new events this year. The events I swam at State were new events for me," Wilkins said. *photo by I. ainsworth* **A GOOD LAUGH** Before the meet, Emily Sainz ('20) and Megan Wilkins ('20) joke around with Madison Vandergriff ('20) as she prepares to do a practice her start. During warm ups, the swim team made jokes with each other while making sure to get properly warmed up. *photo by I. ainsworth*

**FLYING HIGH** During the 100 Yard Butterfly, Elsa Debrunner ('20) takes a deep breath before going back under. Debrunner competed in two individual events at State. "I was in the 50 free and the 500 free. I made it back to finals in the 500," Debrunner said. *photo by I. ainsworth*

**“It was a blast. A lot of us broke our previous records and swam our best swims. Our team just got really close.”**

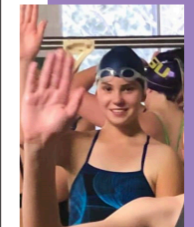
Emily Sainz ('20)

more than  
meets the **I**



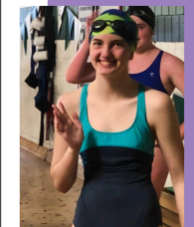
**Sesly Evers ('21)**

*I joined the swim team because I thought it'd tie back to my life in Florida and bring back all those great memories I had from there.*



**Sophie Morris ('22)**

*I had surgery in August and swimming was the only sport I could do. I wanted to stay active and play a sport so I decided to join swimming.*



**Alyssa Ryan ('21)**

*I decided to join the swim team because I wanted to be part of a team. I've been swimming for about three swim seasons.*