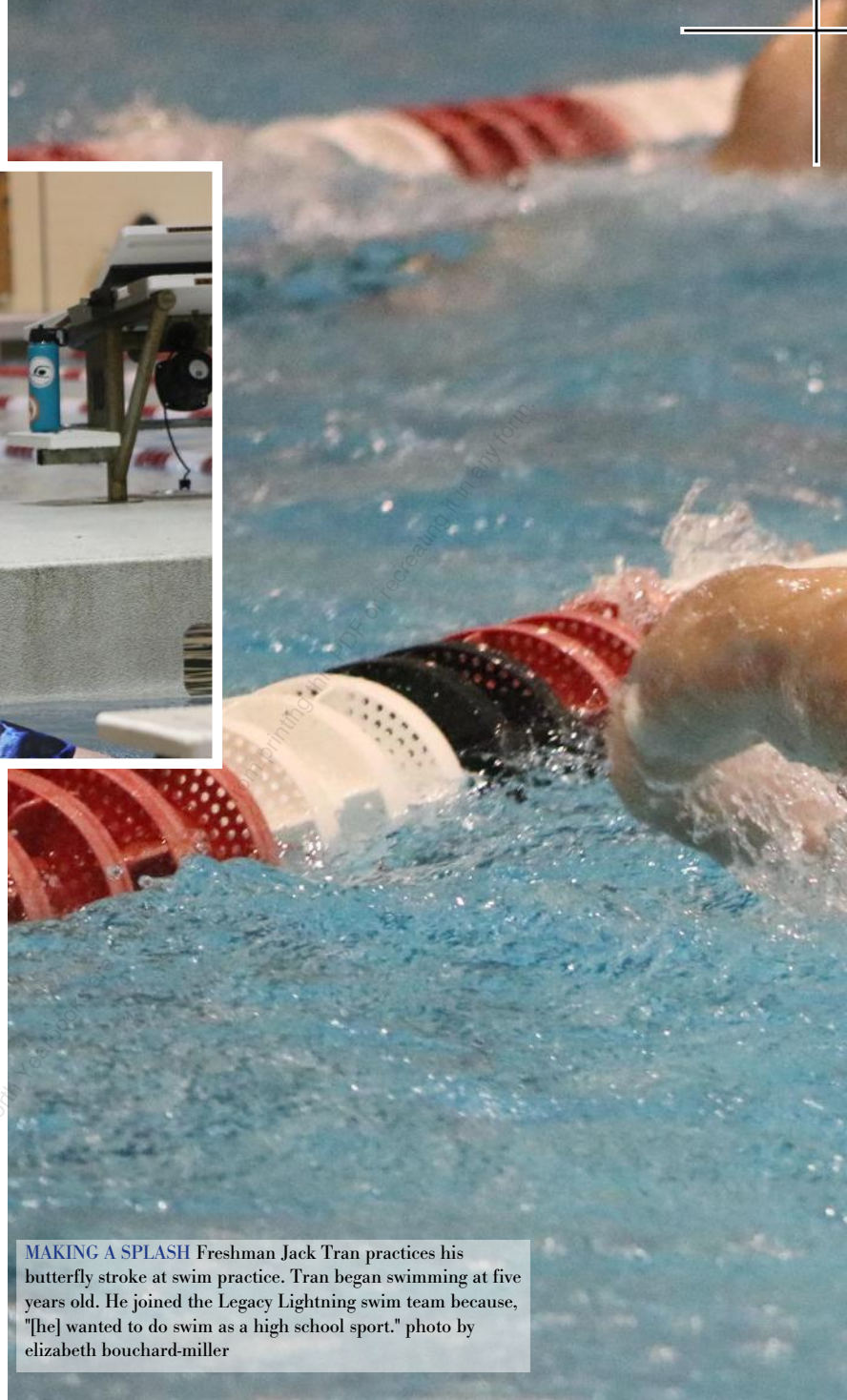


DON'T FORGET TO STRETCH

Senior Owen Cunningham makes sure to stretch his arms before getting into the water. Cunningham has been swimming since he was three, and the past eight years of his swimming career were competitive. Cunningham set a PR of 5 minutes and 29 seconds on the 500 yard freestyle this past season. He said, "Swimming was something I could easily letter in." photo by elizabeth bouchard-miller



Boys' Swim and Dive Makes Waves

Being a part of the swim and dive team required a certain personality, and even though swim seems like a very elegant sport, it took a lot of hard work. Though the Legacy Swim and Dive Team was comprised of swimmers with different backgrounds and experience, this year's freshman class raised the bar. A large part of the team was comprised of competitive swimmers, and most of those team members were on the Lifetime Fitness, Front Range Barracuda, or Elevation Athletics swim teams. Even the members outside the competitive spectrum took great strides by setting new personal records (PR) which helped the team to win the first

meet of the season for the first time in years. Senior Jack Brooks, a newcomer, set a PR of 27.4 seconds in the 50 yard freestyle. He said, "[he has] a surgery coming up, and [he wanted] to get [his] legs in shape before." Alongside the new swimmers, USA Competitive swimmers, continued to dive deeper into their love for the sport. Freshman Kyle Raskay said, "It's fun to be a freshman and still be able to go help your team win dual meets and get good times." Being a part of a team where you can work together but also grow on your own was what made swimming so special for all of these athletes. copy by emily kassowitz

MAKING A SPLASH Freshman Jack Tran practices his butterfly stroke at swim practice. Tran began swimming at five years old. He joined the Legacy Lightning swim team because, "[he] wanted to do swim as a high school sport." photo by elizabeth bouchard-miller



SMILE FOR THE CAMERA The 2018-19 boys swim and dive team poses for a group picture at practice. The team consisted of swimmers who were first timers to some who have been swimming for years. The boys created a good bond with one another and freshman Jack Tran said he liked "...being a part of something where everyone was working toward the same goals." photo by taylor wrabetz

STAY FOCUSED Senior Joseph Borman shows off his backstroke. Borman started swimming last year and his specialty race is 100 yard freestyle. A friend had asked Borman to join the team and he found a liking to the sport. Borman said his favorite part about swim was, "going to away meets and swimming my hardest." Borman thinks swim was fun and a good way to spend his time. photo by elizabeth bouchard-miller



COMING UP FOR AIR Senior John (Jack) Brooks takes a breath between strokes. Brooks has been on the team for one year. He said, "[Swim is] kind of an individual sport, but it's also a team sport." Brooks thought the design of swim brought a sense of unity to the team. photo by elizabeth bouchard-miller

JUST KEEP SWIMMING



ITS GOING SWIMMINGLY Freshman Kyle Raskay takes a breath between strokes. Raskay has been swimming competitively for eight years. He said, "It's fun to be a competitive swimmer because it helps you with the technique of every stroke and gets you prepared for high school and even college." photo by taylor wrabetz

TAKIN' A BREATHER Senior Nathan Shaver reads the set on the wall. Shaver has been competitively swimming for about eight years and got interested after breaking a few bones from other sports. Shaver enjoyed competing for Legacy because, "It is a lot different than club swimming and you get to miss out on school a lot for meets so that is really exciting." photo by elizabeth bouchard-miller



CANNONBALL Senior John (Jack) Brooks jumps into the pool with junior Dominic Fedorowicz for fun. Fedorowicz was really excited to be a part of the team because it was his first year. His specialty race consisted of the 50 yard freestyle and the 200 yard free relay which depended on what he wanted to do. Even though it was Fedorowicz's first year swimming for Legacy, he really enjoyed, "[having] fun messing around at practice and the friendships [he] has made." photo by taylor wrabetz

