



FLYING THROUGH WATER

As the girls swim team races against Windsor during senior night on Feb 11, the swimmers are undeterred by the unique challenges of this season and achieve 7 personal records

story by alex huriyadi, naylie gonzalez, emma stasko, sabrina verssen, tacey napoli, and yuno ide

1. LEADER OF THE PACK. **Rose Adler (12)** swims her heart out at the senior night meet. Adler has made her way up to captain through trial, error, and determination. "One thing I really love about being team captain is how much growth I get to see in my teammates as the season progresses. Usually at our first couple of meets, all the girls are nervous and scared but by the end of our season, a lot of swimmers have gained confidence," Adler said.

2. JUST KEEP SWIMMING. Swimming the breast stroke, **Grace Geyer (11)** races to set new records. In spite of having to go several months without swimming and temporarily losing progress, Geyer bounced back and attained multiple personal goals. "Breaking one of your previous records that you've set for yourself is really rewarding. It really felt nice just to know that my hard work had paid off to something that helped me progress in the sport," Geyer said.

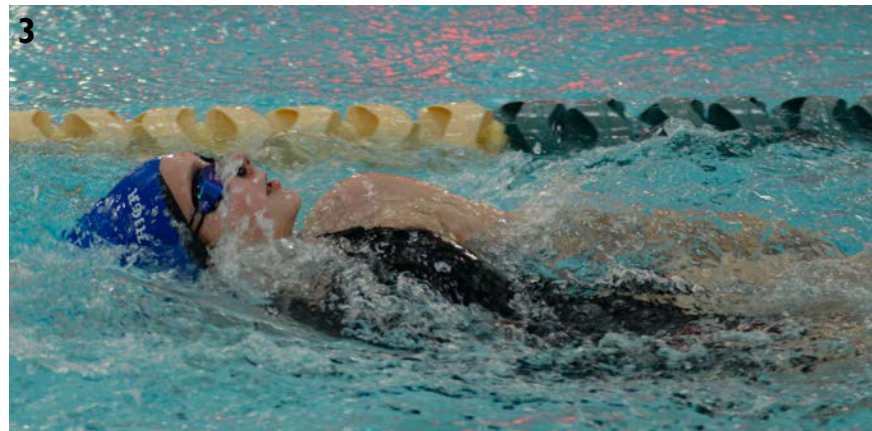
3. LIFE IN THE FAST LANE. **Allie Brause (10)** backstroked to beat time. Brause has been proud of working with the unusual conditions of this swim season and was still able to work towards her goals. "It's more about

your progress and bettering yourself as opposed to you versus other people which I think makes it unique and more fulfilling," Brause said.

4. BACK IN ACTION. Being cheered on by her teammates, **Jade Beckett (11)** pushes forward during her butterfly stroke. Beckett was excited that the swim season was able to happen at all, and she has taken full advantage of the season to improve her performance. "One of the goals I have been working towards was to drop my 100 free time from a 1:08 this season to at least 1:05, and I actually accomplished that goal at the last meet. I was really excited and all my teammates were super supportive and super excited for me as well," Beckett said.

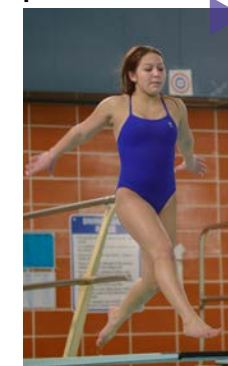
5. TESTING THE WATERS. **Tessa Money (11)** swims in the 200 and 500 yard freestyle to beat her previous record. Money has loved how supportive the team is, and she has been looking forward to picking out the team's swimsuits during senior year. "My favorite thing about swimming is how much it pays off when you work hard and how everyone praises you for your achievements," Money said.

photos by alex huriyadi



MORE FLIPS, NO FLOPS

Members of the dive team explain the different steps for how to execute the perfect dive



APPROACH. **Grayce Gutierrez (9)** "This is called an approach. In my approach I take 4 steps to get near the end of the board then I do a hurdle where I jump off one foot in the air then land on both at the end of the board."



TIP. **Sydney Fuller (12)** "I usually do two or three of these jumps where I focus on the position I should be in when taking off for the dive. It's important to jump high, arms up, and feet behind you to be successful when doing this dive."



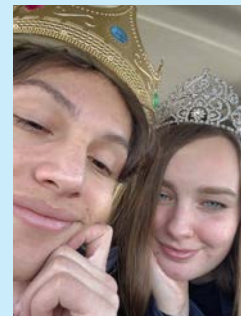
E. **Kate Thiltgen (9)** "This is a front dive and you can dive in either straight, tuck or pike. When you jump you want to make sure you're not leaning into the dive too soon to see all and make sure you stand it up."

MORE VALENTINES

Seniors **Shelby Seybold (12)** and **Molly Greff (12)** explain how they spent Valentine's Day with their boyfriends



"This Valentine's Day, Elliot came over to my house and we made our own fondue pot dinner and chocolate covered strawberries. We have a tradition of sitting at home at the end of the night, regardless of what we did and watching a cheesy love movie," Seybold said.



"This Valentine's Day, Jacob and I went around to all our favorite fast food places and got Freddy's fries, Baskin Robbins ice cream, and sparkling grape juice from Target, and we just sat at home and watched our favorite shows and movies while we ate," Greff said.