

The Social, Sweat & SPLASH

Students reflect on the positive impact of the aquatics team

From the graceful strokes of breaststroke competitors to the swift chops of freestyle racers, the aquatics team had an impressive impact on students. "I started swimming with Coach [Tan] when I was about 4 years old, because Coach Carole, his wife, was teaching me the strokes and said it would help me develop," freshman Daniel Watson said.

"Swimming has made me more fit and better as a person because swimming makes me happy. I don't know what I would do without it."

Freshman Jiehoon Lee

Swimmers and divers alike have found that despite swim's individualistic atmosphere, the sport itself was truly team based. "Swimming

has definitely changed [the team] as a whole by [teaching us] to grow as a team and improve on our skills," sophomore Morgan Kirchmier said.

Swimming revolves around the team aspects both morally and through points. "While most compete in events individually, you are trying to get your hand on the wall first for both a personal best time and team points. The team with the most points from all the events combined wins making swimming truly a team sport," senior Nicholas Pacitti explained.

Through the sweat, tears and splashes of the aquatic team, the members were able to succeed as a whole, with third place regional championship and runner-up in both boys and girls at the district meet. "When someone is down, someone else will always be there with a pick me up, and it's nice to know that I have a bunch of brothers and sisters on the team who have my back," Watson said.

Swim team had the best of both worlds with individuality and community within its roots. With their practices, members were able to flourish in our churning waters.



Sophomore Daniel Escobar slices through the water during practice. Diligent practice led for some of the swimmers to learn self discipline and time management.

Photos: Weston Photography

The Hot Spots Around the Pool Area



While mounting the diving board, senior Cassidy Kadosh prepares for her freestyle race. She decided to start swimming because it was a great form of therapy. "[Swimming] has given me new friends and a healthier lifestyle," Kadosh said.



Junior Chloe Grabow lunges into the water for her event: the 100-meter backstroke. She has been swimming since she was 2 years old and joined the team when she was only 5. "Swimming makes me the person I am today," Grabow said.



Treasure D'Souza takes a plunge for her events, 300-yard butterfly and 100-yard freestyle. She began swimming to learn water safety, but the events have since blossomed into something more.



Swim team members often took swim as a way to improve their health. "I used to be really unhealthy and overweight as a kid so it's what really got me into fitness and sports," sophomore Jana Kelly said.

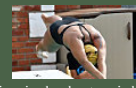
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"I believe that difficulty of events are more dependent on a swimmer's strengths and weaknesses," sophomore Elias Levy said.



"I have learned [through swimming] that life is full of challenges and that when a challenge does come, not to get discouraged or upset but to use it as fuel to get more determined," senior Catharine Cooper said.



"Swimming has kept me in better physical shape while also keeping me more active during school," freshman Sean Kim said.



"[Swim has affected me] socially, because I went to a particular camp and met a lot of friends. There were a lot of exchange students from China, Brazil and even Germany!" freshman Jayden Scarlett said.



Senior Kevin Porto speeds through a freestyle practice. Swimmers on the team thought that freestyle could be either the easiest or hardest depending on length.

Coach Tan addresses team goals before a swim meet. Although each student wanted to win, students had different motives for joining swim such as health and enjoyment.



Junior Annita Huang prepares for launch in a swim practice. Some swimmers make sure to go to practice as a way to condition themselves for a different sport. "I started swimming this year because I had to stay in shape and keep my knee strong for lacrosse season," sophomore Morgan Kirchmier said.

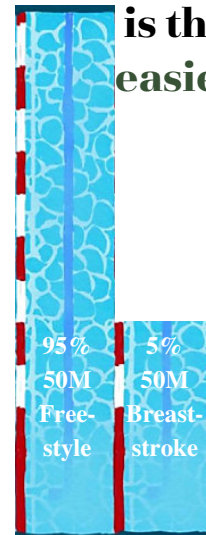
Just Keep SWIMMING

Which stroke is the hardest?



Polled 20 students (freshman-senior) on the Aquatics Team

Which stroke is the easiest?



"Swimming is a part of my life, a part of me. The swimming community is great and I am incredibly thankful to be a part of it." -Freshman Daniel Di Marcobarardino

Questions with Junior Molly Weidner

Q: Why and when did you start swimming?

A: When I was a little kid my mom and dad had me try many sports, some being soccer, ballet and gymnastics. However, I disliked them all. Then my mom enrolled me in swim lessons. After Coach [Tan] taught me how to swim, I wanted to continue to swim and joined the Heritage Aquatic Swim Team when I was 6 years old. Swimming was the only sport I enjoyed and excelled in.

Q: Would you say that swimming affected you more socially, academically or both?

A: Swimming has provided me with a different friend group outside of school that I am grateful for. On the other hand, swim practice takes place after school every day from 3:30-6 p.m., lessening my time for doing homework and studying.

Q: How does swimming have an effect on the team?

A: Swimming is a great sport that provides swimmers with an adrenaline rush during races, an overall competitive, fun atmosphere, and it is a sport where we all cheer each other on to win and to swim the best we can.



Photo: J. Haner

Sophomore Christina Prado, swimmer of eight years, braces for impact in 200 M freestyle practice. Prado has met some of her best friends through swimming but noticed she has had less time for social events because of practice.

