

HIGH SCHOOL — SWIMMING

CAPE HENRY COLLEGIATE

CARSON POULOS

Senior

Carson Poulos is a multi-sport leader that also excels in the classroom. Carson is comfortable outside of his comfort zone. He consistently pushes his limits and motivates his workout partners to do the same. Carson is committed year around to being in the best shape possible. He has contributed to multiple Conference and State Championships as a member of the Varsity swim, soccer, and tennis teams. ~Philip Reichhoff

FOX CHAPEL AREA HIGH SCHOOL

DAVID DERING

Swimmer

Senior

David is a 4x letter winner and 2x WPIAL qualifier. We are proud to recognize his efforts in the weight room as well. David is dedicated to his sport and improving his performance through strength and conditioning. His leadership and work ethic are noticed by his teammates and coaches. David is also an exemplary student and is a member of the National Honor Society. ~Brandon Peifer

FOX CHAPEL AREA HIGH SCHOOL

LYDIA TURNQUIST

Swimmer

Senior

Lydia exemplifies the qualities we look for in our athletes in our speed and strength program. Her dedication to improving her overall fitness, agility, strength, and speed should be commended. It is also important to recognize Lydia's leadership in the weightroom. She leads by example through her consistency and willingness to always give her best. She is respected by her teammates and coaches alike, and we have been proud to work with her. ~Brandon Peifer

HOWELL HIGH SCHOOL

CLAIRE GEBOSKI

Relay & Individual Events

Junior

Claire swims for two teams; Howell High School and South Lyon Aquatics. Before school, you can find her conditioning at the local gym. As a freshman, she received her letter. During her sophomore year, Covid was spreading but did not hold her or her team up. She wrote up routines to lead dryland activities and completed laps in Thompson Lake. Her tireless efforts helped her achieve new personal best times. She was humble when recognized with the Coach Cain Award, given to a swim team member who is optimistic, kind to all & an accomplished swimmer in memory of Zach Cain (former All-State swimmer for Howell who lost his battle to cancer). During her junior year, her continued efforts both in and out of the pool helped her qualify for high school states in relays and individual events. She was also awarded the MVP as leading point scorer for the 2021-2022 season. Academically she has always maintained a high GPA, qualifying her for National Honor Society. In addition, she participates on the high school robotics team and is the vice president of her high school class. ~Zach Kasprzak, Head Coach, Jim Downs, Assistant Coach ~Aaron Jost, SLA Swim Coach

HIGH SCHOOL — SWIMMING

MARY'S FITNESS

MATT PIETSCH

Senior

Matt has had a tenacious drive to improve himself, whether in academics, baseball or swimming. I've worked with Matt over the last seven years. This year Matt shifted his focus and went all in and concentrated on improving his performance in the pool. That pivot scored him several qualifying times at the state level, student athlete of the week on several occasions, a collegiate scholarship for academics and swimming, and a leadership role in his Central High School swim team. His time in the pool and the weight room has earned him the right to be called an All-American. ~Mary Bushkuhl

NEW TRIER HIGH SCHOOL

JANE SANDERSON

Senior

Jane's commitment to strength and conditioning allowed her talent and work ethic to shine. Jane's consistency, technique, and resilience were highlighted and built over years of diligent training - and she finished her career with a bang. She was an Illinois State Qualifier in the 50 free, took 2nd place with the 200 free relay, and was a State Champion with the 400 free relay. Each of those relay teams earned Jane All-American honors and set school records. She was an All-Conference selection, and Academic All-American, and an unquestioned leader for the 2021 Girls Swimming State Championship Team. ~James (Jim) Davis

PARISI SPEED SCHOOL AT VALLEY HEALTH WELLNESS AND FITNESS CENTER

LAUREN MASTER

200 free, 100 free, 50 free, 200 I

Junior

In the weight room, classroom, and while playing Lauren's positive and enthusiastic energy is contagious. This energy allows her to not only perform at her best, but creates opportunities for those around her to also be

their best. In the weight room Lauren consistently stands out amongst the crowd with her work ethic, attention to detail, and genuine desire to be the best version of herself that she can be. Those attributes have helped her set 8 swimming records at her high school, which I am sure she will break before she graduates. Lauren also shines off the field by volunteering for a myriad of activities including helping with Special Olympics, and by winning Virginia High School All-Academic Award for two consecutive years. It's been an honor and a privilege to coach her for the past year. ~Chris Armel

RAYTOWN SOUTH HIGH SCHOOL

LEAH MCINTYRE

Senior

Leah has demonstrated great leadership and work ethic, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

ST. IGNATIUS HIGH SCHOOL

SAM HESSLER

50 Free, 100 Free, 200 yard relay

Senior

Sam has seen drastic improvements from attacking the day with a great attitude and showing the consistency needed to be successful. He's shown himself to be a leader not only by his actions but by motivating and helping other guys in the room as well. No matter what sport they play, when Sam speaks guys listen. It has been a pleasure having him around. He was an integral part to our swim team being back to back District Champions poised to make it three in a row with eyes on a State Championship run. ~Aaron Short