

# The Seahorse (2015-2016) volume 7

**Front Range League Championships:** Among the 13 team field, Fairview placed third scoring a total of 485 points against champion Fossil Ridge 870.5, Rocky Mountain 575, Legacy 453, Loveland 421, and Monarch 394. Our team held 23 of our top swimmers from the meet. Doing so provided opportunity for many of our emerging swimmers to make finals in the league meet. The Knights were led by **Julia Benz, Sierra Szeto, Elyssa Hofgard, Molly Box, and Clare Lupo.** **Julia Benz** was league champion in one meter diving (436.40) and was named Front Range League Diver of the Year. **Molly Box** was our highest finisher in a swimming individual event placing 7<sup>th</sup> in the 500 free and achieving a state qualifying time (5:31.29), her second state qual. this season. Three athletes also qualified for state: **Sierra Szeto** in the 100 backstroke (1:02.49), **Elyssa Hofgard** in the 100 breaststroke (1:12.65) and **Clare Lupo** in the 50 free (25.70). **Clare Lupo** achieved her qualification in a leadoff for the 200 free relay in her last race of the meet. These three athletes bring our season total to 34 state qualifiers, well surpassing our team season goal of 31.

**Diving Knights:** our other divers scoring were **Avery Tallman** (265.35-15<sup>th</sup>), **Gracen Wiggins** (249.0-16<sup>th</sup>) and **Roxie Alexander** (152.95-21<sup>st</sup>). One meter diving (57 points) was the highest scoring event for our team in the meet.

In the 200 freestyle, our sole finalist was **Alex Guthrie** (2:07.77-16<sup>th</sup>).

Our four 200 medley finalists were **Blair Johnson** (2:21.22-11th), **Sierra Szeto** (2:24.95-17<sup>th</sup>), **Sofija Andrew** (2:28.73-21<sup>st</sup>) and **Grace Butler** (2:34.70-24<sup>th</sup>).

In the 50 free, our four finalists were **Clare Lupo** (25.89-10th), **Ingrid Peterson** (26.56-12<sup>th</sup>), **Maggie Hearn** (26.38-20<sup>th</sup>), and **Gabi Hamm** (26.38-20<sup>th</sup>). The Front Range League only allows four individuals per team to advance to the finals in individual events. In preliminaries, **Aria Mundy** (26.61) finished in 22<sup>nd</sup> position, and **Chandler Webster** (26.72) in 23<sup>rd</sup>, but were unable to swim finals due to the league rule.

The 100 butterfly was a strong event for the Knights with six of our athletes finishing in the top 24 in preliminaries. **Molly Box** placed 13<sup>th</sup> in finals (1:03.01); **Elyssa Hofgard** placed 14th (1:03.59), **Greta Dunn** finished 15th (1:04.72) and **Cassidy Waldrip** was 16<sup>th</sup> (1:05.04). In preliminaries, **Sedona Sanders** was 23rd (1:06.77) and **Clare Lupo** was 24<sup>th</sup> (1:06.83)

In the 100 freestyle our three finalist were, **Sarah Dalgleish** (56.91-11th), **Alex Guthrie** (58.41-16th), and **Aria Mundy** (58.86-21<sup>st</sup>).

In the finals of the 500 free, our four athletes were **Molly Box** (5:33.54-7<sup>th</sup>), **Blair Johnson** (5:45.04-13th), **Sedona Sanders** (5:51.49-16<sup>th</sup>) and **Shannon Derthick** (5:48.12-18th).

Our four athletes who scored for the team in the 100 backstroke were **Julianna Haensly** in 10<sup>th</sup> (1:03.54); **Sierra Szeto** in 12th (1:03.93), **Sofija Andrew** in 20<sup>th</sup> (1:05.69) and **Greta Dunn** in 21<sup>st</sup> (1:05.84). In preliminaries, **Erin Katie Jaynes** was 23<sup>rd</sup> (1:07.04) and **Katie Boselli** was 24<sup>th</sup> (1:07.11).

Scoring in the 100 breaststroke were **Elyssa Hofgard** (1:12.98-14th), **Cassidy Waldrip** (1:13.74-15<sup>th</sup>) and **Taylor Jagolinzer** (1:16.68-20<sup>th</sup>). Athletes who place in the top 24 in the League Meet qualify for a Fairview letter.

**Relays:** The 200 medley relay placed 6<sup>th</sup> (1:57.37) and was swum by **Jenna Hattendorf** (29.77), **Amelia Heckman** (32.86), **Molly Box** (28.47) and **Emma Perkins** (26.27). The 200 free relay (1:44.25) finished 4th and was swum by **Clare Lupo** (25.70), **Maggie Hearn** (25.54), **Ingrid Peterson** (26.28) and **Alex Christensen** (26.73). The 400 free relay placed 7<sup>th</sup> (3:51.91) and was swum by **Sarah Dalgleish** (56.76) **Julianna Haensly** (57.62) , **Gabi Hamm** (59.48) and **Jenna Hattendorf** (58.05).

### **Team Thanks:**

Thank you to **Lee Carter, Lisa Peterson, Julie Smith, and Ed Wax** for hosting the pasta power-up before Leagues. The team loved the pasta and awesome cream cheese brownies, but mostly loved the time together before Leagues. We most sincerely appreciate **St. Paul's Methodist Church and it's Staff** for allowing us the use of their facility.

Thirty-four State Qualifiers with new banners at the South Boulder Rec. Center; thanks to **Laura Tidstrom**.

The team enjoyed the fabulous nutritious lunches at Leagues by **Tammy Osborne, Kimberly Kidder, Kelly Duncan, Carrie Noonan, and Heather Dorn** who provided our voracious eaters sustenance through the long meet.

Thank you parents **Kelly Duncan, Lori Hattendorf, and Birdie Reznicek** for helping our photographers with the team and individual photos. **If you missed ordering your team pictures contact [anne.hearn900@gmail.com](mailto:anne.hearn900@gmail.com).** Team 5x7= \$7, 8x10=\$12 with checks made payable to FHS.

**Team and individual photos** will be included in your athlete's banquet envelope.

**The Season is drawing to a close: *The end of year Swim Celebration*** will be held on **SUNDAY, March 6, 2016** at Fairview starting at **2 PM**.

We need help with the end of season event, please respond to the sign-up genius email to help out later in the month.

**Non-Seniors should be finishing up their Senior pages and turning them into the Juniors- ASAP!** See Facebook for more information.

**Donations:** If you haven't had a chance to make your donation to the team, please take the time at this point in the season. The team needs your support to fund basic operations including team lunches, after practice snacks & chocolate milk, winter break pool rentals, training equipment, aqua pacers, snorkels, and fins to name a few things. We ask parents who are able to send a contribution made **payable to FHS with Girls' Swimming & Diving Donation in the memo to Nancy Reck at 3810 Spring Valley Rd, Boulder, CO. 80304**. Any donation would be much appreciated. *We cannot run the team without your help!*

We are almost done with the Season!!! Please don't forget to pay your pre-season camp fees; send checks payable to FHS to Nancy Reck at 3810 Spring Valley RD., Boulder, Co 80304

**The schedule for State:**

**Venue: EPIC Pool in Fort Collins**

Swim prelims warm-ups: Friday February 12, 2:30PM-3:50PM. Pool doors open at approximately 2:15. Athletes need a ticket to gain access to the locker room and the pool deck. A Fairview coach will have the tickets in the lobby. We normally warm up from 3:10-3:50 when the pool is less busy. Swim prelims:4:00PM. Dinner immediately after prelims: Approx. 7:30PM Fort Collins Senior Center, 1200 Raintree Drive, Fort Collins, 80526. Lori Hattendorf is coordinating a signup genius for the event.

Swim Finals warm-ups: Saturday, February 13, 12:30PM-1:50PM. The second half of warm up is less busy. Pool doors open at approximately 12:15PM. Swim finals: 2PM.

## TICKETS

State championship tickets for the 5A State Championship Meet will be sold online and in advance through [TicketLeap](#). There will also be tickets available at the door. **Spectators who buy tickets online and in advance will be allowed to enter the facility 30 mins prior to the spectators who are buying tickets at the door.**

All seats are general admission.

## Front Range League Meet Best Times

Name	Event	Time	Previous best
Jenna Hattendorf	50 back	29.18	30.17
Courtney Clemmer	200 free	2:16.54	2:18.38
Blair Johnson	200IM	2:21.22	2:21.57
Grace Butler	200IM	2:29.66	2:33.19
Olivia Pfeiffer	200IM	2:33.84	2:35.60
Abi Dorn	200IM	2:34.03	2:35.46
Raegen Koebler	200IM	2:59.44	2:59.63
Natalie Reck	50 free	26.79	27.20
Alex Christensen	50 free	27.14	27.83
Sara Bottome	50 free	28.43	29.80
Katie Boselli	50 free	28.55	29.75
Elsa Russell	50 free	28.79	28.90
Lillian Berets	50 free	30.46	30.54
Abby Roser	50 free	31.31	31.74
Elyssa Hofgard	100 fly	1:02.56	1:03.25
Molly Box	100 fly	1:02.87	1:03.17
Cassidy Waldrip	100 fly	1:04.80	1:05.30
Grace Butler	100 fly	1:08.07	1:11.37
Avani Singh	100 fly	1:09.32	1:10.35
Keren Sneh	100 fly	1:11.88	1:12.36

Arie Wright	100 fly	1:18.58	1:21.74
Lillian Berets	100 fly	1:21.71	1:35.86
Julianna Haensly	100 free	57.77	58.08
Aria Mundy	100 free	58.00	58.25
Alexis Beggen	100 free	1:07.13	1:07.77
Ellen Bartels	100 free	1:07.19	1:07.88
Emma O'Leary	100 free	1:08.33	1:08.90
Molly Box	500 free	5:31.29	5:44.22
Katrina Lems	500 free	6:21.18	6:22.50
Clare Lupo	50 free	25.70	25.77
Jenna Hattendorf	50 free	27.06	27.12
Sierra Szeto	100 back	1:02.49	1:03.54
Julianna Haensly	100 back	1:03.30	1:05.26
Sofija Andrew	100 back	1:05.50	1:05.54
Katie Boselli	100 back	1:07.11	1:07.63
Katina Yoder	100 back	1:08.46	1:08.74
Abi Dorn	100 back	1:09.16	1:10.68
Bridget Duncan	100 back	1:10.17	1:11.35
Arie Wright	100 breast	1:13.58	1:14.08
Elyssa Hofgard	100 breast	1:12.65	1:13.21
Taylor Jagolinzer	100 breast	1:15.97	1:18.33
Kate Jordan	100 breast	1:19.94	1:20.59
Sara Bottome	100 breast	1:20.24	1:21.97
Raegen Koebler	100 breast	1:27.36	1:31.30
Courtney Clemmer	100 free	1:05.05	1:05.54

## 2015-2016 State Qualifiers

Name	Events	Time
Amelia Nadelson	100 breast, 100 fly	1:09.73, 1:02.23
Amelie Lessing	200 free, 100 fly, 500 free, 200IM,	2:01.72, 59.20, 5:19.48, 2:13.44,
Julia Benz	I meter-6 dives, 12	285.95, 471.60
Kaia Reznicek	100 fly, 100 back, 50 free	1:02.17, 1:02.19, 25.18
Natalie Brent	100 breast	1:10.10
Brittney Beetcher	200 free, 500 free, 200 IM, 100F	1:52.76, 4:59.57, 2:16.14, 1:02.34
Adee Weller	200 fr, 500 fr., 100 fr.	1:57.12, 5:08.34, 54.76
Catherine Kuhn	200 free, 500 free, 200 IM	2:00.24, 5:13.98, 2:15.84
Mikayla Seigel	200 free, 500 free, 100 fly	2:01.03, 5:17.74, 1:01.90
Sandra Freeman	200 IM, 100 breast, 100 fly, 500F	2:07.65, 1:10.83, 59.95, 5:11.33
Alex Schwier	200 IM, 100 breast	2:12.34, 1:07.33
Kim Lanaghan	200IM, 100 fly, 200 fr, 100 Fr 500 fr	2:09.99, 57.47, 1:59.78, 55.20, 5:29.11
Morgan Simon	200 IM, 500 free	2:16.10, 5:16.60
Alice McGill	50 free, 100 free	24.91, 54.42
Una Forsythe	50 free, 100 free, 100 fly	25.31, 55.73, 59.65
Logan Tidstrom	50 free, 100 free	25.24, 54.89
Mya Drost-Parra	100 fly, 100 back	59.50, 1:00.34
Riley Tapley	100 fly, 100 back, 200 IM	1:00.52, 58.23, 2:18.58
Michaela Mullison	100 fly, 50 free	1:00.16, 25.71
Cailen Chinn	100 free, 100 back	54.23, 1:02.19
Kiana Junior	100 free, 100 back, 50 free	55.61, 1:00.60, 25.75
Lizi Bolles	100 back	1:00.87
Chloe Vincent	100 breast	1:09.91
Amelia Heckman	100 breast	1:10.01
Lauren Adler	500 free	5:30.19
Molly Box	200 IM, 500 free	2:18.67, 5:31.29

Jenna Hattendorf	100 back	1:01.86
Sarah Thomas	100 breast	1:12.23
Clara Dresselhaus	100 fly	1:02.25
Emma Perkins	100 back	1:01.91
Avery Tallman	1 meter	357.65
Sierra Szeto	100 back	1:02.49
Elyssa Hofgard	100 breast	1:12.65
Clare Lupo	50 free	25.70
Fairview A	200 medley relay	1:47.24
Fairview A	200 free relay	1:39.72
Fairview A	400 free relay	3:39.13

Please let Coach Bob know if you see errors in this list

### 2015-2016 State Qualifiers by Event

200fr	Brittney Beetcher	1:52.76	500 free	
	Adee Weller	1:57.12	Brittney Beetcher	4:59.57
	Kim Lanaghan	1:59.78	Adee Weller	5:08.34
			Sandra Freeman	5:11.33
	Catherine Kuhn	2:00.24	Catherine Kuhn	5:13.98
			Morgan Simon	5:16.60
	Mikayla Seigel	2:01.03	Mikayla Seigel	5:17.74
	Amelie Lessing	2:01.72	Amelie Lessing	5:19.48
IM	Sandra Freeman	2:07.65	Kim Lanaghan	5:29.11
	Kim Lanaghan	2:09.99	Lauren Adler	5:30.19
	Alex Schwier	2:12.34	Molly Box	5:31.29
	Amelie Lessing	2:13.44		
	Catherine Kuhn	2:15.84		
	Morgan Simon	2:16.10	Riley Tapley	58.23

	Brittney Beetcher	2:16.14	Mya Drost-Parra	1:00.34
	Riley Tapley	2:18.58	Kiana Junior	1:00.60
	Molly Box	2:18.67	Lizi Bolles	1:00.87
50Fr	Alice McGill	24.91	Jenna Hattendorf	1:01.86
			Emma Perkins	1:01.91
	Kaia Reznicek	25.18	Kaia Reznicek	1:02.17
	Logan Tidstrom	25.24	Cailen Chinn	1:02.19
	Una Forsythe	25.31	Sierra Szeto	1:02.49
	Clare Lupo	25.70		
	Michaela Mullison	25.71		
	Kiana Junior	25.75		
100F	Kim Lanaghan	57.47		
	Amelie Lessing	59.20		
	Mya Drost-Parra	59.50	100 breast	
	Una Forsythe	59.65	Alex Schwier	1:07.33
	Sandra Freeman	59.95	Amelia Nadelson	1:09.73
	Michaela Mullison	1:00.16	Chloe Vincent	1:09.91
	Riley Tapley	1:00.52	Amelia Heckman	1:10.01
	Mikayla Seigel	1:01.90	Natalie Brent	1:10.10
	Kaia Reznicek	1:02.17	Sandra Freeman	1:10.83
	Amelia Nadelson	1:02.23	Sarah Thomas	1:12.23
	Clara Dresselhaus	1:02.25	Elyssa Hofgard	1:12.66
	Brittney Bettcher	1:02.34		
100Fr	Cailen Chinn	54.29	diving	
	Alice McGill	54.42		
	Adee Weller	54.76	Julia Benz	485.95
	Logan Tidstrom	54.89	Avery Tallman	357.65
	Kim Lanaghan	55.20		
	Kiana Junior	55.61		
	Una Forsythe	55.73		

