



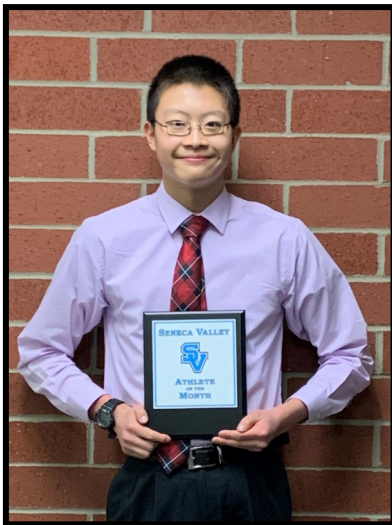
Seneca Valley

Raider Athletes of the Month

January, 2022



The Female Athlete of the Month is senior Ria Dietz, member of the girls swimming & diving team. Ria was instrumental in helping lead the girls' program to a 7-0 record in the month of January. For the month, Ria collected seven individual wins and secured four Individual WPIAL cuts for the championships in March. Her seven wins include 200 IM and 100 free (56.28) vs Bethel Park; 100 back (1:01.23) and 100 fly (1:00.48) vs Pine-Richland; 200 free (2:03.02) vs Mars; and 100 back (1:00.55) and 100 fly (1:00.22) vs North Catholic. The Illinois State commit will be a key competitor in the upcoming WPIAL championships as she is currently in the top-4 times for the 100 back and 100 fly. For an outstanding month, we recognize Ria as the January Athlete of the Month. Congratulations Ria!



The Male Athlete of the Month is junior swimmer Haihan Xu. Haihan had an incredible January, setting five new pool records in three different pools and qualifying for the WPIAL championships in all eight individual events. Pool records set include the 200 IM (1:54.25) at SV; 100 breast (58.07) at Pine-Richland; and three relay pool records at North Hills—200 medley relay (1:35.82), 200 free relay (1:25.96) and 400 free relay (3:11.40.) In leading the Raiders to a 7-0 dual meet record in January, Haihan collected the following wins: 200 IM (1:54.25) and 500 free (4:47.06) in Big Mac Triple Dual Meet; 50 free (21.87) vs Bethel Park; 100 breast (58.07) and 200 IM (1:54.89) vs Pine-Richland; 200 free (1:45.01) and 100 fly (53.54) vs Mars; and 200 IM (1:56.96) vs North Catholic. Haihan is currently ranked atop the WPIAL times in the 100 breast and 200 IM and is top-5 in the 500 free. For an outstanding month, we recognize Haihan as the January Athlete of the Month. Congratulations Haihan!