

ISST Swimming Championships

Director of Athletics John Farmer '97 writes, "In March, the ISST Swimming Championships—co-hosted by ACS Cobham, ACS Hillingdon and ASL—took place at the London Aquatics Centre, Queen Elizabeth Olympic Park, where the 2012 Games were held. It was truly a magnificent event.

"One of the best, most enjoyable parts of the Championships was watching the student athletes walk into the center and smile, recognizing what a unique, once-in-a-lifetime experience this would be in such a gorgeous, state-of-the-art facility.

"Once the ISST began, the atmosphere changed from awe and excitement to one of competitive enthusiasm. The athletes were focused on achieving 'PBs' (personal bests) and leading their respective teams to victory. The various swimming events kicked off with preliminaries. The competition heated up in the afternoon with the finals of the morning's events.

"More than that, though, the dynamic in the building changed when the whole ASL High School arrived to cheer on their home team Eagle swimmers. It was amazing; good-spirited chanting, cheering and singing from the crowd, while the ASL swimmers swam exceptionally well. One of our swimmers, Will Rittenhouse '14, broke an ISST record on his way to a Gold Medal, much to the fans' delight!"

