

High expectations for Seton Swimming
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After becoming division II state champions along with their 15th consecutive conference title, the Seton Swim team is back in the water ready to do it again. Seton Swimming is looking to continue what they have accomplished in the past. Although we lost ten seniors we still have strong leadership and a fantastic group of swimmers on the 2009-2010 team. Currently there are seventy-six swimmers on the Seton Swim Team. This will be Jim Koehr's 7th season as head coach. Every one is welcome to be a part of the Seton Swim Program, Coach Koehr said, "There's a place for swimmers of all abilities. We have kids that will be wildly successful the first time they compete in the 500 yard Freestyle, and we have a kid that is literally a world-class swimmer." This world class swimmer is Jameson Hill who holds the Virginia state record in the 500 yard freestyle. He will be one to watch this year along with his fellow seniors, Carolyn Claybrooks, Mary Fowler, Hannah Lowell, Daniela Sinner, and Laura Talbot, Connor Cook, Jonathan Jacobeen, Daniel Koehr, and Andrew Minarik. The first swim meet is time trials held at the Warrenton Aquatic Fitness Center on Friday, November 20th. For the third year in a row Seton Swimming is hosting VSIS State Swimming Championships at the Freedom Center. Coach Koehr believes that, "the first step is set the clear expectation for the team that we will win the State Championships for both the boys and the girls. The second step is to develop a team environment where swimmers (and parents) feel like they are part of something greater than themselves. And finally, we just need to work hard." With regards to winning the State Championship, Koehr explains, "We didn't just start preparing for States this year. This year's States was actually won several years ago when young middle schoolers like David Basinger, Vincent Dunn,

Connor Cook, Alex Doonis, and countless others joined the team and got excited about swimming. So when we win the State Championship in another 3 or 4 years, I'll know that it is because swimmers like the "Fab 14s" (class of 2014 members Jamie Smith, Timmy Murphy, Patrick Koehr, Joseph Kenna, Connor Kleb and Joseph Kosten) learned to love the sport as middle schoolers and decided that they wanted more." Seton Swimming will be as fast as ever this coming season. If you want more information on meet schedules and results go to the Seton Swimming website www.setonswimming.org.