

# BOYS SWIMMING

**Right:** Doing his best backstroke is Andrew Lein/10. He originally did not want to swim but his parents made him do it and he ended up loving it. "You only go through high school once so just try it," Lein said.



photo/M. Kinney

**Bottom:** Taking a quick breath is Spencer Ballard/12. Many memories were made as Ballard wrapped up his final season of high school swimming. "I'm sad to say that it was my last year but I'll never forget the people that swam alongside me," Ballard said.



photo/M. Kinney

Powering through the water is Andres Cruz-Castro/9. Coming off a great cross country season, Cruz was a first time swimmer. "I got lots of tips from the team on what to do in the water and how to not look stupid when I swim," Cruz-Castro said.



photo/M. Kinney



photo/M. Kinney

**Left:** About to explode off the block is Alex Liu/12. Liu has made school history by breaking five swimming records throughout his high school career along with winning District Athlete of the Year at the District swim meet at the Indianola YMCA. "It's been a long four years but I wouldn't change a thing," Liu said.



photo/M. Kinney

**Right:** Getting his game face on for their meet against Dowling is Kade Dolphin/11. Dolphin has been swimming for thirteen years and has made so much progress throughout his career. "My greatest accomplishment has been having the second fastest 200 Freestyle in school history," Dolphin said.



photo/M. Kinney

# Swimming relay fast



Backstroking his way to victory is Nelson Sanchez/11. Sanchez has become a master at all four strokes. "I like swimming everything because it allows me to have a chance at becoming a versatile swimmer," Sanchez said.

## Casey Downing/11

Full of humor, sarcasm, and a loving heart, Downing has made himself a swim team favorite over the past two years. Whenever practices got tough, the team could always depend on Downing with his clown-like personality to put a smile on their faces. "My favorite memory was the first time at the Dowling meet last year, it was so much fun," Downing said. Downing is known on the swim team as being a distance swimmer and a breaststroker. "He's always trying to lighten the mood and is a huge asset to the team," teammate Andrew Lamb said.



photo/M. Kinney



photo/M. Kinney

**Left:** Gasping for air while swimming the 200 IM is Ethan Straight/12. Straight placed 3rd at Newton YMCA on Dec 4, 2018. "Swimming is about mental toughness because it takes a lot to stare at the bottom of a pool for hours on end," Straight said.

**Right:** Ready for take off are East's swimmers Alan Trevino/10 and Isaiah Fisher/9. The swimmers are preparing for their 200 freestyle at Grinnell College on Dec. 8, 2018. "My favorite part of this season was building relationships with my teammates, and having strong bonds with them," Fisher said.