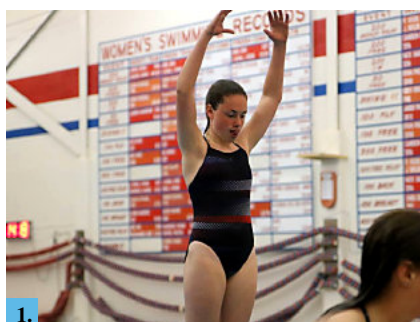


SWIMMING

Let's make a splash



1.



2.

1. Preparing for a dive is freshman Hedy Zmolek. 2. Freshman Isabel Hawker stands on the diving board before her front flip. Photos by Machaela Rowell.



On Sept. 10 junior, Sydney Jones does the backstroke at her swim meet. Jones went to state this year scoring 15th place for the 100 meters and 24th for the 200 meters. Photo by Michaela Rowell.

TRIM LINE



Girls Swimming: Audi Eichhorn, Lillie Hawker, Abby Jones, Sydney Jones, Michaela Rowell, Isabel Hawker, and Hedy Zmolek.

Favorite Event

"My favorite event to do is the 100 breaststroke because I think it is really fun to swim."
-Abby Jones '23



"I really enjoy swimming the 50 free during swim meets."
-Grady Wheeler '22

TRIM LINE

SENIORS



Jake Kamberling



Audi Eichhorn

Sisters Compete at State

Story by Michaela Rowell

After pushing their bodies and minds to the limit, Sydney and Abby can finally see the wall at the end of the pool. They competed at state in Marshalltown Nov. 8-9.

Sydney, a junior, qualified in four events for state: two individual events, the 200 individual medley and the 100 back, and also two relays, the 200 medley and 200 free. This is Sydney's third year qualifying for state as a high school student.

Abby was able to qualify in three events this year as a first year freshman including one individual, the 200 individual medley, and two relays, the 200 medley and 400 free. Even qualifying for one is difficult. "It takes a lot of work and determination to get yourself to state not only in an individual but a relay because we rely on three other people to make it work," Abby said.

The girls not only show dedication to their teachers and peers but their coaches and teammates. "Having your team is the most important part of swimming because swimming is an individual sport and a team sport all in one," said Sydney. "You must focus on yourself and your goals but also your goals for the team and

how you want the season to turn out stems from your actions."

One of the challenges a swimmer faces is being well rounded in every stroke, and that's hard to do. "You have to have the right body for that stroke and some people like me are challenged with swimming strokes our body isn't met for," said Sydney. "Mine is breaststroke."

Whereas with Abby, her difficulty is backstroke. Many swimmers have to adapt to strokes that aren't their favorite or the easiest to swim to get times and assist the team. Sydney and Abby both have their best strokes though — Abby's is breaststroke and Sydney's is backstroke.

Spending most of their lives in the water starting at ages 7 and 5, their journey to where they are today started in a little pool in Marion, Iowa. After years of swimming for different YMCA teams they decided to step it up a notch and go bigger expanding their horizon to I Fly while continuing to swim for the Sharks at the downtown YMCA.

"Swimming has changed my life," Sydney said. "It has made me a better person a more organized time managed person and has showed me how to work hard but still have fun," she said.

Girls Swimming Scores

CR Washington	Us-Them
Wahlert Catholic	57-126
CR Jefferson	109-76
Marshalltown	114-67
CR Kennedy	64-122
Dubuque Hempstead	111-74
Iowa City High	65-119
Marcussen Invitational	6th
Linn-Mar	79-106
Regionals	4th
MVC Sophomore Conf.	5th
MVC Swim & Dive	8th



1. Senior Jake Kamberling swims for Cedar Rapids Washington. Photo by Allison Kamberling. 2. Grady Wheeler swims for Cedar Rapids Washington. 3. The Cedar Rapids Washington Men's Swim Team.

