

Outstanding Achievements



Senior Justin Winnett swam a time of 56.38 in the 100m breaststroke and recieved an automatic All-American time, he also won the title of State Champion, the first from Johnston since 2009. He also won the title of runner up at state for his time of 1:53.62 in the 200m free.
Photo provided by Elizabeth Schraeger

background

Propelling backwards after his flip turn, senior Jordan Nicolet swims the 200 IM during the Johnston Invitational. "My most memorable moment this year was the Christmas Eve breakfast, coach makes the best French toast ever. I also really enjoyed water polo with alumni," said Nicolet.

Photo by Elizabeth Reiher

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Job # 3292 School Johnston High School

Special Instructions

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HABIT HALT

Swimmers cut back exercise to build up extra energy for meets

Loading their plates with easy-to-digest proteins, the boys' swim team gorges on a pasta dinner before the district meet. "We go to a certain person's house to eat the dinner," junior Ashton Cracraft said. "We eat lots of pasta and Fazoli's breadsticks; and then after we eat, our coach usually goes through the lineup for the meet." Dinners helped them eat right to build strength for taper season.

The high intensity of practices cause the muscles of the swimmers to get used to the constant strain. This constant breaking down of the muscles keeps them from healing to their full capacity. When swimmers taper, it allows their muscles to rest before a big event and builds the muscles up, which gives the swimmers a burst of speed due to the

over-compensation.

Swimmers tapered accordingly to their event or how their muscles worked. "Some people need more yards, because their body has less fast twitch fibers; and others that do have fast twitch fibers, need greater rest and an opportunity just to be ballistic at the time of the race," coach Shari Walling said.

After waking up at 4:45 a.m. to swim, then having school and a second practice afterwards, senior Alex Clark looked forward to taper season. "Normal season, I can't say it sucks because I love swimming, but it sucks," Clark said. "Once taper season happens, we have more time to rest and so that's when everyone gets happy."

The swimmers tapered for the meet in which they needed to drop

time in. Most swimmers tapered for districts with their sights set on state. Some swimmers tapered for state for they knew their times would make it.

At the district meet things went well for the team. "We had nearly a perfect district meet," Walling said. "Everybody dropped times, and that's way crazy." Johnston beat Dowling Catholic by three points at state. They had not won against Dowling Catholic at state since 2009.

They placed sixth overall and 24 out of 27 times were lowered. "That again, was really exceptionally good," Walling said. "Mentally and physically, this team was focused, prepared and got as much out of their personal capabilities as could probably be done."



1. Taking a breath, senior Carter Mehls swims the 200 free. "One challenge for me was performing under pressure. I had to step up and fulfill the needs of my team. It was beneficial to me because I learned how important it is to perform your best," Mehls said.

Photo by Elizabeth Reiher

2. Gliding forward, senior Nathan Grimes swims the 200 IM during the home duel meet against Waukee. Grimes placed third with a time of 2:26.88. "The most memorable moment of the season was leading the before meet cheer at the last meet," Grimes said.

Photo by Elizabeth Reiher

3. Soaring through the water, freshman Trenton Wignall swims the 50 fly during the 200 medley relay. The relay also included freshman David Hindman and juniors Lee Lounsbury and Connor White. The relay team finished with a time of 2:03.19.

Photo by Elizabeth Reiher



4. Senior John Koopal swims the 100 breaststroke during the duel meet vs Mason City. "I struggled to push my performance this season. I have plateaued with what my body can currently do. When your opponents have at least 20 lbs of muscle and 6 in on you, it puts you at a definite disadvantage," Koopal said.

Photo by Elizabeth Reiher

5. Sophomore Ben Kramer swims the 200 IM during varsity districts hosted by Waukee. The varsity team placed second, with 297 points.

Photo by Elizabeth Reiher