

► At the Spring valley swim meet, freshman William Cason prepares to back stroke. "I felt a bit nostalgic during the SV meet since I was actually on that team for both 7th and 8th grade," said Carson.

(Photo by Amanda Locklear)

► At the conclusion of the regular season, the coaches recognized the two seniors on the team, Richard Knight and Tucker Nelson.

(Photo by Omari Chapman)



► Being in the water isn't junior Kelly Lifchez's favorite part. "For me, the best part about swimming wasn't the actual swimming - it was more about being a part of the team and being able to see my friends from other schools," said Lifchez. (Photo by Amanda Locklear)

► At the swim meet at Spring Valley, 8th grader Gloria Smith prepares to dive into the water. "I felt very confident but nervous confident because I knew what I could do but nervous because my friend was my competition." (Photo by Amanda Locklear)

At the Spring Valley swim meet, sophomore Darius Belton does butterfly strokes. "I felt very good about the meet. I felt that the team swam their best and left everything in the pool," Belton said. (Photo by Amanda Locklear)

# SWIMMING FOR DUMMIES

► amanda locklear, designer

► izzy craig, writer

*swimmers teach the hydraulically-challenged proper form*

► "In freestyle, there were very few limitations placed on how the swimmer can swim. Realistically, as long as the swimmer touched the wall and refrained from touching the bottom of the pool during the race, it qualified as freestyle. The fastest method of swimming that fit under the rules was forward crawl, where the swimmer kicked their legs as quickly as they could and pulled with their arms as quickly as they could in a straight line along the side of their body.

*freshman will cason*

► "To swim backstroke you started by getting in the water and then putting your feet up on the wall and holding onto the starting block. When the beep went off, you threw your hands back while pushing off [of] the wall. Once you got going, you started moving your arms in a backwards circle motion. To turn, you counted from the flags and then turned on your back and did a normal flip turn. When finishing a race, you had to touch the wall with both hands while on your back."

*senior tucker nelson*

► "To swim breaststroke, you started out in streamline. You pulled your arms to the side and brought them together in front of your chest like you are praying, and then shot them forward. You pulled your legs apart, bent at the knees, and then propelled yourself forward by bringing your legs together and straight. I used to think breaststroke was the easiest stroke because it required the least amount of energy, but honestly it was really hard to be fast [when] swimming the stroke - you had to have really good technique to actually get anywhere."

*junior kelly lifchez*

► When swimming butterfly, it was like a windmill in a way. You had to bring both arms around at the same time and you had to kick with both feet after each stroke, but really the stroke was all about rhythm. If you didn't have rhythm, your stroke would look really weird. I, personally, loved the stroke because it could make you a strong swimmer and build a lot of back and shoulder muscles... I thought most people found it difficult because they couldn't really move their arms that way at first... everything was synchronized, and there was a certain pattern you had to follow. It was much easier to watch and learn it, rather than [having] heard someone explain it.

*junior alex brooks*



► At the Spring Valley meet, junior Ileana Carr glides into the wall. "Swimming made me feel like I was flying and completely free of stress," Carter said. ► During the regular season, sophomore Kate Baker does the backstroke. Baker later made it to the state meet where she competed in the 500 freestyle and the 100 yard backstroke. ► In one of the swim meets, senior Tucker Nelson swims the front stroke.

(Photos by Tim Gibson and Amanda Locklear)