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.

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)

At the Spring valley swim meet, 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 Spring Valley meet, sophmore 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)

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)

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