

SION

SION STORM SWIM & DIVE ARCHIVES - 2008/09

Swim & Dive News

Congratulations to the girls for their 10th place finish at the MSHSAA State Swimming and Diving Championships this past weekend in St. Louis. It was the highest place Sion ever achieved, after finishing 11th last year. It was also the fastest state meet ever for all teams with times that put swimmers in consolation heats that would have been in final heats in previous years, along with the meet producing six state records on Friday and another four state records on Saturday. Only two other Kansas City teams placed ahead of Sion, Park Hill South and Blue Springs.

School records were set twice by the medley relay team of Mary Frances Donnelly, Josie Vignatelli, Chelsey Weatherford and Lisa Tucci. The old mark was 1:53.72 from last year. They first broke it at prelims on Friday with a 1:52.96, and then went faster on Saturday with a 1:52.48, finishing in 6th place.

The 400 freestyle relay team of Lisa Tucci, Ali Swee, Mary Frances Donnelly, and Chelsey Weatherford also set a school record in prelims. Their time of 3:43.22 was faster than last year's record of 3:43.89. This relay placed 7th on Saturday.

Also on Saturday the 200 freestyle relay placed 15th. It was swum by Sam Cocks, Darby Evans, Ali Swee, and Josie Vignatelli.

This year marked the first time in team history that all 3 relays placed at the State Championship.

Lisa Tucci set a school record in prelims for the 200 individual medley, bettering her record from last year of 2:13.66 by swimming a 2:11.71; on Saturday she placed 14th overall. Lisa also finished 16th in the 100 butterfly, preceded on Friday by a lifetime best time of 1:00.12.

Chelsey Weatherford had a second best time ever of 5:06.37 while finishing 5th in the 500 freestyle. Chelsey also finished 10th in the 100 butterfly with her second fastest swim ever of 58.14.

Several girls had lifetime best times at prelims but didn't advance to swim on Saturday. Mary Frances Donnelly swam a 56.32 in the 100 freestyle and later a 1:03.50 in the 100 backstroke. Ali Swee went a 57.31 in the 100 freestyle. In the 100 breaststroke, Josie Vignatelli swam a 1:11.06 and Becky Linville swam a 1:13.27. Abby Klover swam her second best time ever in the 100 backstroke with a 1:04.66.

In Saturday's diving, Mary Tutera placed 28th overall. There were 34 divers entered, and this was the first year Sion had a diving entry at state.

The balance of Sion's swim and dive team came along to support the girls they worked so hard with all season long. It took an entire team effort to reach this new plateau. It would not have been possible to accomplish this without the tremendous support from those teammates who may not have competed at state, but were there to cheer on those who competed.

THE SWIM & DIVE TEAM BANQUET IS TUESDAY, MARCH 3RD, IN THE DINING ROOM AT 6:00. Please r.s.v.p. to Lisa Cocks at 816-305-3870 by February 26th for how many family members will attend.

Notre Dame de Sion 2008-09 Swim/Dive Roster

Freshmen	Sophomores	Juniors	Seniors
Riley Clause	Teresa Butel	Courtney Allen	Becca Caudle
Mary Frances Donnelly	Darby Evans	Sam Cocks	Liz Lees
Maggie Frame	Jordan Johnson	Rayna Healy	Sam Ramm
Tori Gellott	Katie Kershenbaum	Blakelee Kimmis	Lisa Tucci
Abbey Jones	Abby Klover	Mallory Knott	
Jennifer Jury	Nikki Koppers	Chelsey Weatherford	
Anna Rebottaro	Alli Kuhls	Morgan Weinrich	
Kathryn Schultz	Becky Linville	Regan Wiley	
Samantha Sharp	Katie Meister		
Ali Swee	Rachel Ramm		
Mary Tutera	Laura Tutera		
	Josie Vignatelli		
	Melanie Weinrich		

Managers: Ashley Molina, Carolyn Messick, Kristen Stupica

Head Swim Coach - Paul Winkeler

Head Dive Coach - Margaret Winkeler

Assistant Coach - Ellen Haden (816) 728-9094 [email](#)

Notre Dame de Sion 2008-09 Varsity Swim/Dive Schedule

Date	Opponent	Place	Time
Dec. 09 (Tues)	Park Hill South (var)	Park Hill	4:00
Dec. 20 (Sat)	Independence Invitational (var/jv)	Bridger	TBA
Dec. 30 (Tues)	Blue Springs/BSSouth (var/jv)	Blue Springs YMCA	TBA
Jan. 03 (Sat)	Columbia Invitational (var)	Hickman HS	TBA
Jan. 10 (Sat)	Park Hill Invitational (var/jv)	Park Hill	TBA
Jan. 13 (Tues)	St. Teresa's Academy (var/jv)	Red Bridge YMCA	TBA
Jan. 15 (Thurs)	WRB/Central (jv)	Red Bridge YMCA	TBA
Jan. 16-17 (Fri-Sat)	Parkway South Invitational (var)	St. Louis	TBA
Jan. 21 (Wed)	Oak Park (var/jv)*	Gladstone Pool	4:00
Jan. 23-24 (Fri-Sat)	Greater KC Invitational (var/jv)	Bridger	TBA
Jan. 27 (Tue)	Ray-Pec (jv)	Harrisonville	4:00
Jan. 30 (Fri)	Glendale (var)	Springfield	4:00
Jan. 31 (Sat)	Springfield Invitational (var)	Springfield	TBA
Feb. 04 (Wed)	Pembroke Hill/Center (jv)	Red Bridge YMCA	4:00
Feb. 11-12 (Wed- Thurs)	Tom Horn Invitational/ILC (jv)	Bridger	TBA
Feb. 20 (Fri)	State Championship Swim Prelims	St. Peters Rec/Plex	3:00
Feb. 21 (Sat)	State Championship Diving	St. Peters Rec/Plex	9:30
Feb. 21 (Sat)	State Championship Swim Finals	St. Peters Rec/Plex	3:00

*Split Squad

2008-09 Automatic State Qualifying Standards

Event	Time (yards)	Time (meters)
200 Medley	2:03.19	2:17.48
200 Freestyle	2:06.59	2:20.26
200 Individual Medley	2:23.39	2:39.16
50 Freestyle	26.29	29.31
100 Butterfly	1:04.79	1:11.98
100 Freestyle	57.99	1:04.48
500y/400m Freestyle	5:40.99	4:58.33
200 Freestyle Relay	1:49.59	2:02.41
100 Backstroke	1:06.29	1:13.64
100 Breaststroke	1:14.19	1:22.49
400 Freestyle Relay	4:02.99	4:30.69

POOL SIZE: Please note that the Board of Directors has ruled that performances that take place in pools of distances less than 25-yards or 25-meters shall not be used for state qualification.