

SION

SION STORM SWIM & DIVE ARCHIVES - 2009/10

Swim & Dive News

2/22/10 The Swim & Dive team took 10th place at the MSHSAA Swimming & Diving Championships this weekend, increasing their point total for the third year in a row and scoring the most points ever with 83. Sophomore Mary Tutera got the team started strong and dove to 11th place in the one meter diving with a school record 335.10 score. She is the only diver in school history to ever place at State. The medley relay of Abby Klover, Laura Klover, Chelsey Weatherford and Mary Frances Donnelly finished 6th with a school record time of 1:52.11, all earning All-State Honors. Senior Chelsey Weatherford placed 7th in the 100 butterfly and 4th in the 500 freestyle. Sophomore Mary Frances Donnelly also scored team points by placing 10th in the 100 butterfly with a time of 1:00.30. Freshman JT Nelson set school records in the 200 freestyle at 1:58.18 and the 100 freestyle at 54.46, finishing 14th and 10th respectively. Junior Abby Klover set a new school record of 1:01.78 in the 100 backstroke while her younger sister Laura Klover, a freshman, finished 10th in the 100 breaststroke and set a new school record of 1:08.59. The team had it largest team ever competing in the meet by sending 11 athletes and had 21 entries in the meet.

1/04/10 The Swim and Dive team made history over the weekend as they won the Columbia Invite, which became the first invitational win in the program's history. In the "prelim/final" format, 24 individual races made it back to swim in the evening session. The team scored 355 points, beating Glendale, Blue Springs, and 10 other high schools from around the state.

Team Results (*=new state time)

200 Medley Relay - L. Klover/Gates/Weatherford/Donnelly - 1:57.58 *
(Placed 4th)

200 Freestyle

Hannah Tutera - 2:04.84 * (Placed 7th)

Katie Meister - 2:13.20 (Placed 14th)

Sam Cocks - 2:13.81 (Placed 15th)

Becky Linville - 2:17.35 (Placed 20th)

200 IM

Caroline Gates - 2:19.81 * (Placed 5th)
Laura Klover - 2:23.56 * (Placed 7th)
Abby Klover - 2:24.79 (Placed 9th)
Carolina Dugan - 2:26.26 (Placed 11th)

50 Freestyle

JT Nelson - 25.85 * (Placed 5th)
Rachel Ramm - 26.78 (Placed 9th)
Sam Cocks - 27.97 (Placed 18th)
Alli Kuhls - 28.29 (Placed 21st)

Diving - Mary Tuter - 301.15 points (Placed 6th)

100 Butterfly

Chelsey Weatherford - 1:01.25 * (Placed 3rd)
Mallory Knott - 1:07.29 (Placed 9th)
Katie Meister - 1:08.24 (Placed 10th)
Tori Gellott - 1:16.76 (Placed 21st)

100 Freestyle

JT Nelson - 56.31 * (Placed 4th)
Mary Frances Donnelly - 57.04 * (Placed 5th)
Rachel Ramm - 59.34 (Placed 18th)

500 Freestyle

Chelsey Weatherford - 5:24.11 * (Placed 4th)
Hannah Tuter - 5:35.36 * (Placed 6th)
Carolina Dugan - 5:39.65 (Placed 8th)
Laura Tuter - 6:08.10 (Placed 19th)

200 Freestyle Relay - Ramm/Evans/Kuhls/Nelson - 1:48.06 * (Placed 4th)

100 Backstroke

Laura Klover - 1:03.24 (Placed 4th)
Abby Klover - 1:04.37 (Placed 5th)
Mary Frances Donnelly - 1:04.42 (Placed 6th)

100 Breaststroke

Becky Linville - 1:14.22 (Placed 5th)
Caroline Gates - 1:14.93 (Placed 7th)
Maggie Frame - 1:22.76 (Placed 21st)

400 Freestyle Relay - Weatherford/H. Tuter/Nelson/Donnelly - 3:47.54 *
(Placed 2nd)

Notre Dame de Sion 2009-10 Swim Roster

Seniors	Juniors	Sophomores	Freshmen
Courtney Allen	Teresa Butel	Mary Frances Donnelly	Carolina Dugan
Sam Cocks	Darby Evans	Maggie Frame	Caroline Gates
Rayna Healy	Abby Klover	Tori Gellott	Meghan Gordon
Blakelee Kimmis	Alli Kuhls	Abbey Jones	Danielle Hogerty
Mallory Knott	Becky Linville	Kathryn Schultz	Sarah Holland
Chelsey Weatherford	Katie Meister	Samantha Sharp	Victoria Kenner
	Rachel Ramm	Mary Tutera	Laura Klover
	Emily Rohde		JT Nelson
	Laura Tutera		Brydie O'Connor
	Melanie Weinrich		Christina Santner
			Hannah Tutera

Head Swim Coach - Paul Winkeler

Head Dive Coach - Margaret Winkeler

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

Notre Dame de Sion 2009-10 Swim/Dive Schedule

Date	Opponent	Place	Time
Dec. 18 (Fri)	Indep. Invite (jv)	Centennial Pool	TBA
Dec. 19 (Sat)	Indep. Invite (var)	Bridger	TBA
Dec. 29 (Tue)	Blue Springs/BSS (jv/var)	Centennial Pool	TBA
Jan. 02 (Sat)	Columbia Invite (var)	Hickman	TBA
Jan 06 (Wed)	Oak Park/Staley (jv)	Gladstone Comm. Center	4:00
Jan. 08 - 09 (Fri/Sat)	Park Hill South Invite (jv//var) cancelled	Park Hill	TBA
Jan. 12 (Tue)	Dual vs. Park Hill S. (jv/var)	Park Hill	TBA
Jan. 15-16 Fri/Sat.	Parkway South Invite (var)	Parkway South (STL)	TBA
Jan. 19 (Tue)	Dual vs. BSS (jv/var)	BS YMCA	4:00
Jan 21 (Thurs)	Greater KC Invite (jv)	Bridger	TBA
Jan. 22-23 Fri/Sat	Greater KC Invite	Gladstone Pool	TBA
Jan. 26 (Tue)	Dual vs. STA (jv/var)	Red Bridge YMCA	4:00
Jan 28 (Thurs)	Dual vs. Cent./Pem (jv)	Red Bridge YMCA	4:00
Jan. 29 (Fri)	Dual vs. Glendale (var)	Springfield	4:00
Jan. 30 (Sat)	Springfield Invite (var)	Springfield	TBA
Feb. 10-11 Wed/Thur.	Tom Horn Invite/ILC (jv/var)	Central H.S.	TBA
Feb. 19-20 Fri/Sat	State Championship	Rec/Plex	TBA

2009-10 Automatic State Qualifying Standards

Event	Time (yards)	Time (meters)
200 Medley	2:00.99	2:15.02
200 Freestyle	2:05.59	2:19.15
200 Individual Medley	2:23.19	2:38.94
50 Freestyle	26.09	29.09
100 Butterfly	1:04.49	1:11.64
100 Freestyle	57.49	1:03.92
500y/400m Freestyle	5:39.59	4:57.88
200 Freestyle Relay	1:48.69	2:01.40
100 Backstroke	1:06.29	1:13.64
100 Breaststroke	1:13.69	1:21.94
400 Freestyle Relay	3:59.99	4:27.34
Diving	210 points	

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.