

SION

SION STORM SWIM & DIVE ARCHIVES - 2010/11



Front row: Abby Klover, Alli Kuhls, Emily Rohde, Laura Tutera, Becky Linville, Rachel Ramm

2nd row: Teresa Butel, Tori Gellott, Maggie Frame, Mary Tutera, Darby Evans

3rd row: Danielle Hogerty, Christina Santner, Katheryn Shultz, Mary Frances Donnelly, Hannah Tutera, Caroline Gates

4th row: Georgia Thompson, Sarah Holland, Laura Klover, JT Nelson, Lilly Schaffer

5th row: Kristine Sullivan, Mary Quinn - Team Mgr, Sara Owens - Team Mgr, Mary Horn

Back row: Coach Ellen Haden, Coach Paul Winkeler

Best performances this year in Missouri

Congratulations to the Sion swimmers that were selected to the Kansas City Star's All-Metro team. Laura Klover was selected First Team in the 100 backstroke, the 400 Freestyle Relay that consists of JT Nelson, Hannah Tutera, Kristine Sullivan, and Mary Frances Donnelly was also selected First Team. Hannah Tutera was also selected Second Team in the 500 Freestyle.

2/21/11 The Swim and Dive team reached new historic heights this past weekend as they placed 6th at the State Swim and Dive Championship in St. Louis. The team scored 104 points, breaking the 100-point mark for the first time in team history. All-State Finalist Sophomore Laura Klover became the first Sion swimmer ever to break a minute in the backstroke by going 59.56 and placed 8th while All-State Junior Diver Mary Tutera placed 8th in diving while breaking her own school point record by scoring 341 points. Klover also placed in the 200 IM, going 2:11.91 and placing 10th. The 200 Medley Relay Team of Laura Klover, senior Abby Klover, junior Mary Frances Donnelly, and sophomore Caroline Gates broke the school record in the event and placed 4th by going 1:51.72. Gates also swam in the 200 IM, placing 13th by going 2:13.83, and also the 500 Free, placing 16th and going 5:19.77. Sophomore Hannah Tutera placed in both the 500 Free (5:15.49) and the 200 Free, while breaking the school record in the 200 by going 1:57.88. The 200 Free relay team of sophomores JT Nelson, Carolina Dugan, Caroline Gates, and freshman Kristine Sullivan also broke a school record in their event and placed at State as well, going 1:42.03. The final school record to fall was the 400 Free Relay, made up of Nelson, Tutera, Sullivan, and Donnelly, and they placed 7th bring in a time of 3:41.47. All in all, 6 school records fell on a tremendous weekend. Congrats to the entire program.

2/12/11 The Swim and Dive Team took 2nd place in the ILC Conference Championship this past week. Junior diver Mary Tutera placed 2nd in diving and got the day of finals started off on the right foot. Sophomore Sarah Holland was the conference champion in the 500 freestyle and she was joined, in order of finish, by sophomore Christina Santner, senior Laura Tutera, and junior Tori Gellott. This is the first time in ILC's history the team took first through fourth place in an event. Holland also placed in finals in the 200 freestyle, placing second. Santner placed in finals of the 200 freestyle as well and was joined by junior Kathryn Schultz and senior Becky Linville. Linville also placed 3rd in the 100 Breaststroke. Junior Maggie Frame placed second in the IM and fourth in the 100 Breaststroke. She was joined in the IM by senior Teresa Butel, who placed fourth and then fifth in the 100 Butterfly. The senior sprinting trio of Darby Evans, Alli Kuhls, and Rachel Ramm all placed in the finals of the 50 Freestyle, while Evans placed in the breaststroke as well, Kuhls in the 100 Backstroke, and Ramm in the 100 Freestyle. Senior Captain Laura Tutera added to her accomplishments in the 500 Freestyle with an appearance in the finals of the 100 Butterfly as well. The day, however, belonged to senior Emily Rohde. After persevering through so many challenges, Emily

achieved her first state qualifying time in the 100 Backstroke and placed second. She also placed in the 100 freestyle. Congrats to all who swam on a great season! On to state!

1/30/11 The Swim and Dive team wrapped up the regular season with a strong 2nd place finish at the Springfield Invitational this weekend. The squad of senior Abby Klover, sophomore Laura Klover, junior Mary Frances Donnelly, and sophomore Carolina Dugan won the 200 Medley relay while Laura Klover placed 2nd in the 200 IM and 3rd in the breaststroke. Sophomore JT Nelson anchored both 2nd place finishes in the 200 Free Relay and 400 Free Relay while placing 6th in the 200 Free and 7th in the 100 Free. Mary Frances Donnelly placed 5th in both the butterfly and backstroke, while Abby Klover tied her in the backstroke placing 5th as well. Sophomore Hannah Tutera placed 6th in the 500 Freestyle while sophomore Caroline Gates also placed 6th in the 200 IM.

1/23/11 Freshman swimmer Kristine Sullivan led the swim and dive team to a strong 3rd place finish this weekend in the Greater KC Classic Invite. Sullivan medaled in all 4 of her events, earning her first state qualifying times in both the 200 Freestyle and 100 Breaststroke and then swimming in the 400 Freestyle relay, which placed first. Also swimming in this relay was junior Mary Frances Donnelly, sophomore Hannah Tutera, and sophomore JT Nelson. Donnelly also had a strong weekend, earning her state qualifying time in the 200 IM and scoring in finals in the 100 Freestyle. Sophomore Laura Klover also helped lead the team, scoring in finals as a part of the 200 Medley Relay and 200 Freestyle relay, while placing in finals in the 100 Butterfly and placing 2nd in the 100 Backstroke. Also placing in finals was senior Abby Klover in the 500 Freestyle and sophomore Hannah Tutera in the 100 Freestyle.

Come out on Wednesday, January 26th, to celebrate the seniors of the swim and dive team. Its "Senior Night" vs. St. Teresa's and the meet is at the Red Bridge YMCA at 4:00 pm. We hope to see everyone there!

1/18/11 It was a great weekend for the swim and dive team as they placed 2nd in the Parkway South Invitational in St. Louis. The team of senior Rachel Ramm, sophomore Laura Klover, freshman Kristine Sullivan, and sophomore JT Nelson won the 200 Freestyle Relay. Klover also placed 3rd in the IM and 4th in the breaststroke, while Nelson was 5th in both the 200 and 100 Freestyle. Sophomore Hannah Tutera placed 7th in the 200 Freestyle and 5th in the 500 Freestyle, junior Mary Frances Donnelly placed 8th in the 100 Butterfly and 5th in the 100 Backstroke, senior Abby Klover placed 8th in the backstroke, and junior diver Mary Tutera placed 3rd in diving. Also placing on "Day 2" were Rachel Ramm, Kristine Sullivan, junior Maggie Frame, sophomore Carolina Dugan, senior Becky Linville, and senior Darby Evans. Great job to all those who competed.

1/13/11 Good luck to the Swim and Dive team as they have a home meet today against Pembroke and Barstow. The varsity team then travels to St. Louis this weekend to take place in the Parkway South Invite. This is on the heels of a successful previous weekend for the team at the Park Hill South

Invite. For the JV team, sophomore Christina Santner won the 500 and juniors Tori Gellott, Kathryn Schultz, and freshmen Mary Horn and Georgia Thompson also medaled. In the varsity division, sophomore Hannah Tutera won the 500, sophomore Laura Klover won the backstroke, and junior Mary Tutera finished 2nd in diving. Also placing were junior Mary Frances Donnelly, sophomore Carolina Dugan, sophomore Sarah Holland, senior Becky Linville, sophomore JT Nelson, senior Abby Klover, freshman Kristine Sullivan, junior Maggie Frame, and senior Emily Rohde. The 400 Free Relay Team of Tutera, Donnelly, Sullivan, and Nelson also placed 1st. Congrats to all and good luck today and this weekend.

1/2/11 The Storm swim and dive team celebrated a successful holiday training season as they won the 2011 Columbia Invitational by over 90 points. The team was led by their relays as both the 200 Medley Relay Team, made up of sophomore Laura Klover, senior Abby Klover, junior Mary Frances Donnelly, and freshman Kristine Sullivan, and the 400 Free Relay, made up of Donnelly, Abby Klover, sophomore Hannah Tutera, and sophomore JT Nelson, both placed 2nd. The 200 Free Relay, made up of sophomore Caroline Gates, Laura Klover, Sullivan, and Nelson, broke the school record and won the event with a time of 1:43.31. JT Nelson won the 200 Freestyle with a time of 2:00.70 and Mary Frances Donnelly won the 100 Backstroke with a time of 1:03.91. Nelson and Donnelly also placed in finals in the 100 Freestyle and 100 Butterfly, respectively. Junior Diver Mary Tutera placed 4th and sophomore Danielle Hogerty placed 13th in her first invitational. Also placing in finals; Hannah Tutera in both the 200 and 500 Freestyle, Laura Klover in both the 200 IM and 100 Breaststroke, Abby Klover in the 200 IM and Backstroke, Caroline Gates in the 500 Freestyle and 100 Breaststroke, Kristine Sullivan in the 200 Freestyle, sophomore Carolina Dugan in the 200 IM and 500 Freestyle, and sophomore Sarah Holland in the 500 Freestyle. Also earning points for the team in their respective events; senior Rachel Ramm, junior Maggie Frame, senior Becky Linville, senior Teresa Butel, senior Laura Tutera, and senior Alli Kuhls.

12/20/10 The Storm swim and dive team won the Independence Invitational by close to 40 points over 2nd place team Blue Springs. The team was led by the relay teams, of which all 3 qualified for the state championship. The 200 Medley Relay team, which placed first, was comprised of senior Abby Klover, sophomore Laura Klover, junior Mary Frances Donnelly, and freshman Kristine Sullivan. The 200 Freestyle Relay, which placed 2nd, was made up of senior Alli Kuhls, sophomore Caroline Gates, freshman Kristine Sullivan, and sophomore JT Nelson. The 400 Freestyle Relay, who sealed up the victory by placing first, was sophomore Hannah Tutera, sophomore Carolina Dugan, Donnelly, and Nelson. Individuals swimming state qualifying times were Caroline Gates in the 200 IM (placed 4th), JT Nelson in the 50 Freestyle (placed 4th), Laura Klover in the 100 Butterfly (placed 7th), Mary Frances Donnelly and Hannah Tutera in the 100 Freestyle (placed 4th and 5th, respectively), JT Nelson again in the 500 (placed 3rd), and Laura Klover again in the 100 Backstroke (placed 1st). It was a great win for the entire program...congrats to all the girls who competed!

Notre Dame de Sion 2010-11 Swim Roster

Seniors
Teresa Butel
Darby Evans
Abby Klover
Alli Kuhls
Becky Linville
Rachel Ramm
Emily Rohde
Laura Tutera

Juniors
Mary Frances Donnelly
Maggie Frame
Tori Gellott
Kathryn Schultz
Mary Tutera

Sophomores
Carolina Dugan
Caroline Gates
Danielle Hogerty
Sarah Holland
Laura Klover
JT Nelson
Christina Santner
Hannah Tutera

Freshmen
Mary Horn
Lilly Schaffer
Kristine Sullivan
Georgia Thompson

Managers: Mary Quinn, Sara Owens

Head Swim Coach - Paul Winkeler

Head Dive Coach - Margaret Winkeler

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

2010 -11 Automatic State Qualifying Standards

Event	Time (yards)
200 Medley	2:00.99
200 Freestyle	2:04.59
200 Individual Medley	2:20.89
50 Freestyle	25.99
100 Butterfly	1:04.49
100 Freestyle	56.99
500y/400m Freestyle	5:39.59
200 Freestyle Relay	1:47.99
100 Backstroke	1:05.79
100 Breaststroke	1:13.69
400 Freestyle Relay	3:57.99
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.