

# SION

SION STORM SWIM & DIVE ARCHIVES - 2011/12



**Front Row:** Mary Tutera, Maggie Frame, Kathryn Schultz  
**2nd Row:** Hannah Tutera, Laura Klover, Caroline Gates, Megan Benson, Elizabeth Gianino, Sarah Owen (Mgr)  
**3rd Row:** Kristine Sullivan, Carolina Dugan, Christina Santner, JT Nelson, Sarah Marquardt, Sarah Holland  
**4th Row:** Hannah Spoolstra, Liz Stoner, Rosemary Puthumana, Catie Marx, Meghan Kearney, Clare McGannon, Abby Snyder  
**Back Row:** JV Coach Becky Haden, Varsity Coach Paul Winkeler

## Swim & Dive News

Congratulations to Maggie Frame on being selected a National Interscholastic Swim Coaches Association Academic All-American.

The Storm finished 11th at the MSHSAA State Swim/Dive Championship. Mary Tutera finished 7th in the diving competition with a school record 378.8 points. Kristine Sullivan finished 9th in the 200 free in a school record time of 1:54.83 and JT Nelson finished 16th; Meaghan Kearney finished 12th in the 200 IM; Sullivan finished 12th in the 100 free with another school record of 53.97; the 200 free relay (Kearney, Hannah Tutera, Sullivan and Nelson) finished 11th in a school record time of 1:41.09 ; Laura Klover finished 15th in the 100 back; and the 400 free relay (Caroline Gates, Nelson, Sullivan and Tutera) finished 6th in yet another school record time of 3:37.89. Congratulations to the entire team on a great season!

Congratulations to Meghan Kearney and Kristine Sullivan on being selected First Team All-Metro by the Kansas City Star. The 400 Freestyle relay team of Caroline Gates, JT Nelson, Hannah Tutera and Kristine Sullivan were also First Team selections.

**1/8/12** The Swim and Dive team won the Park Hill South Invitational in dominating fashion this past weekend, beating the field by almost 100 points. The team won all 3 relays in the meet. Winning their events were junior Laura Klover, sophomore Kristine Sullivan, freshman Meghan Kearney, and junior Carolina Dugan in the 200 Medley relay, Klover, Kearney, junior Hannah Tutera, and junior JT Nelson in the 200 Free Relay, and Dugan, Nelson, Sullivan, and Tutera in the 400 Free Relay. Kristine Sullivan also won the 200 IM by swimming a state qualifying time and placed 2nd in the 500 freestyle. The team actually went 1-2-3 in the 500 with JT Nelson winning the 500 with a state qualifying time, followed by Sullivan, and rounding out the trio was Carolina Dugan who swam her first state qualifying time of the season. Hannah Tutera won the 50 Freestyle and the 100 Freestyle, with both times being state qualifying times. The divers, Mary Tutera and Elizabeth Gianino, placed 5th and 7th, respectively.

200 Medley Relay - (Klover, Sullivan, Kearney, Dugan) - 1:58.71 - Placed 1st

200 Freestyle

Christine Santner - 2:15.60 - Placed 17th

Kathryn Schultz - 2:17.58 - Placed 20th

200 IM

Kristine Sullivan - 2:15.68 - Placed 1st \*

Hannah Spoolstra - 2:23.98 - Placed 8th

50 Freestyle

Hannah Tutera - 25.85 - Placed 1st \*

Laura Klover - 26.07 - Placed 2nd

Meghan Kearney - 26.39 - Placed 5th

Maggie Frame - 29.41 - Placed 37th

## Diving

Mary Tutera - Placed 5th

Elizabeth Gianino - Placed 7th

## 100 Butterfly

Hannah Spoolstra - 1:04.36 - Placed 6th

Kathyrn Schultz - 1:12.68 - Placed 27th

## 100 Freestyle

Hannah Tutera - 56.30 - Placed 1st \*

Maggie Frame - 1:03.49 - Placed 25th

## 500 Freestyle

JT Nelson - 5:21.18 - Placed 1st \*

Kristine Sullivan - 5:28.55 - Placed 2nd \*

Carolina Dugan - 5:37.97 - Placed 3rd \*

Christina Santner - 5:50.10 - Placed 7th

200 Freestyle Relay (Klover, Kearney, Tutera, Nelson) - 1:42.86 - Placed 1st \*

## 100 Breaststroke

Laura Klover - 1:15.56 - Placed 8th

Carolina Dugan - 1:21.75 - Placed 20th

JT Nelson - 1:27.39 - Placed 41st

400 Freestyle Relay (Dugan, Nelson, Sullivan, Tutera) - 3:44.41 - Placed 1st

1/4/12 The Swim and Dive team placed 2nd in the Columbia Invitational over the holiday break. The team was paced by the strength of their relays, off of which placed in the top 5 and all qualified for the state championship. The 200 Medley Relay team consisted of junior Laura Klover, sophomore Kristine Sullivan, freshman Meghan Kearney, and junior Carolina Dugan; the 200 Freestyle Relay consisted of Klover, junior Caroline Gates, Kearney, and junior JT Nelson; the 400 Freestyle Relay consisted of Gates, Nelson, Sullivan, and junior Hannah Tutera.

The following state qualifying times in individual events were earned in Columbia;

200 Freestyle - Nelson, Tutera, Sullivan

200 IM - Klover, Gates, Kearney

100 Freestyle - Sullivan

500 Freestyle - Tutera, Gates

100 Backstroke - Klover

Also placing in finals, senior Maggie Frame (breaststroke), junior Christina Santner (200 and 500 freestyle), freshman Hannah Spoolstra (200 IM and 100 Butterfly), and senior Mary Tutera and junior Elizabeth Gianino in diving.

## Notre Dame de Sion 2011-12 Swim Roster

### Freshmen

Meghan Kearney  
Catherine Marx  
Clare McGannon  
Rosemary Puthumana  
Abby Snyder  
Hannah Spoolstra  
Liz Stoner

### Sophomores

Kristine Sullivan

### Juniors

Megan Benson  
Carolina Dugan  
Caroline Gates  
Elizabeth Gianino  
Sarah Holland  
Laura Klover  
Sarah Marquardt  
JT Nelson  
Christina Santner  
Hannah Tutera

### Seniors

Maggie Frame  
Kathryn Schultz  
Mary Tutera

Managers: Sara Owens, Caroline Thompson

Head Swim Coach - Paul Winkeler  
Head Dive Coach - Margaret Winkeler  
Assistant Coach - Becky Haden

## Notre Dame de Sion Swim/Dive Records

Event	Name	Time	Year
200 Medley Relay	A. Klover, L. Klover, Donnelly, Gates	1:51.72	2010-11
200 Free	Hannah Tutera	1:57.88	2010-11
200 IM	Lisa Tucci	2:11.71	2008-09
50 Free	Kelly Fisher	24:63	1990
100 Butterfly	Chelsey Weatherford	57.93	2007-08
100 Free	JT Nelson	54.46	2009-10
500 Free	Chelsey Weatherford	5:06.30	2007-08
200 Free Relay	Nelson, Dugan, Gates, Sullivan	1:42.03	2010-11
100 Back	Laura Klover	59.56	2010-11
100 Breast	Laura Klover	1:08.59	2009-10
400 Free Relay	Nelson, Tutera, Sullivan, Donnelly	3:41.47	2010-11
One meter dive	Mary Tutera	341	2010-11