

SION

SION STORM SWIM & DIVE ARCHIVES - 2012/13



Front row: Sara Owens, Christina Santner, Hannah Tutera, Carolina Dugan, Jillian Nelson, Laura Klover, Sarah Marquardt, Elizabeth Gianino, Megan Benson, Coach Winkeler

Middle row: Catie Marx, Margaret Brandmeyer, Meaghan Kearney, Jenny Bolton, Kristine Sullivan, Abby Snyder, Sophie Fisher, Claire McGannon, Megan Sloan, Aubrey Horstmeier, Coach Hayden

Back row: Kate O'Keefe, Rebecca Jacobs, Kaitlin Wegner, Anna Demetree, Kat Qamar, Erin Mills, Natalie Barbeau, Kathryn Glaser, Abby Jurgeson, Christina Hagedorn, Coach Robinson

Sion swim/dive state qualifiers

Swimmers	Divers
Carolina Dugan	Megan Benson
Meghan Kearney	Margaret Brandmeyer
Laura Klover	Elizabeth Gianino
Jillian Nelson	
Kristine Sullivan	
Hannah Tutera	

Feb. 15/16 - Congratulations to the swim/dive team on their best state finish ever, a tie for 2nd. Meghan Kearney (200yd IM, 100 Butterfly) and Kristine Sullivan (200 yd IM) earned All-State Honors as did the following relay teams. The 200 yd medley team (Laura Klover, Kristine S., Meghan K., Hannah Tutera) placed 8th, the 200 yd freestyle relay team (Laura K., Carolina Dugan, Hannah T., JT Nelson) placed 7th, the 400 yd freestyle relay team (Meghan K., JT N., Hannah T., Kristine S.) placed 3rd. Congratulations to all.

Feb. 9 - Congratulations to the Swim & Dive team on their win over the weekend of 2/8. The divers gave the team a solid start to the finals competition, with freshman Rebecca Jacobs taking 1st, seniors Megan Benson and Elizabeth Gianino placing 2nd and 3rd, and freshman Kaitlin Wagner placing 5th. Scoring points in the swimming competition were: the 200 medley relay team of seniors Laura Klover and Hannah Tutera, junior Kristine Sullivan, and sophomore Meghan Kearney, who placed 2nd; the 200 free relay team of seniors Carolina Dugan, Klover, Jillian Nelson, and Tutera, taking 1st; the 400 free relay team of Nelson, Tutera, Sullivan, and Kearney, taking 1st; Dugan placing 3rd in the 500 free and 4th in the 200 free; Klover placing 2nd in the 100 back; Nelson taking 1st in the 200 IM; Tutera taking 1st in the 500 free; senior Christina Santner placing 4th in the 500 free and 7th in the 200 free; Sullivan taking 1st in the 200 free; sophomore Aubrey Horstmeier placing 6th in the 100 back; Kearney taking 1st in the 100 fly and 3rd in the 100 breast; freshman Nathalie Barbeau placing 6th in the 50 free and 8th in the 100 free; and freshman Erin Mills placing 8th in the 100 back.

The team will travel to St. Louis this weekend for the Missouri Swimming & Diving State Championships, Friday 2/15-Saturday 2/16.

Jan. 26 - For the first time in program history, the Swim and Dive team won the Springfield Invitational over the weekend of 1/26. This is the team's 3rd invitational they have won this year, a team record. The team was paced by

the divers, who scored a remarkable 60 points. Senior Elizabeth Gianino placed 2nd, followed by fellow senior Megan Benson, who finished 3rd. Freshmen Margaret Brandmeyer and Rebecca Jacobs finished 5th and 6th, respectively, out of 27 divers from around the state. Elizabeth Gianino also qualified for the state championship the previous night, joining Benson and Brandmeyer. 3 divers qualified for state is the most divers the team has ever had qualify. All 3 relays placed 2nd out of 20+ teams. Scoring points were; Carolina Dugan placing 7th in the 200 Freestyle and 9th in the 500 Freestyle, Christina Santner placing 13th in the 200 Freestyle and 11th in the 500 Freestyle, Meghan Kearney placed 3rd in the 200 IM and 3rd in the 100 Butterfly, Laura Klover placed 5th in the 200 IM and 5th in the 100 Backstroke, Clare McGannon placed 12th in the 100 Backstroke, JT Nelson placed 5th in the 50 Freestyle and 2nd in the 500 Freestyle, and Hannah Tutera placed 5th in the 500 Freestyle. In a meet the previous night Meghan Kearney also qualified for the 500 Freestyle, the 4th state qualifying time she has achieved. A special congrats goes out to junior Kristine Sullivan for not only winning the 200 IM at the meet, but the previous night qualified for State in the 50 freestyle. Kristine has now qualified for state in all 8 events, the second year in a row she has accomplished the "Elite 8" feat.

Congratulations to the swim/dive team on being selected the Hy-Vee Team of the Week.

Jan. 19 - Congratulations to the Swim & Dive team for their performance at this weekend's Kansas City Classic Invitational. Out of the 18 teams competing, the Storm was 2nd in the J.V. competition 1st in Varsity, narrowly defeating Blue Springs and St. Teresa's.

1st place J.V. finishes were achieved by sophomore Megan Sloan in the 200 free at 2:20.96, and the 100 back at 1:13.75; sophomore Sophie Fisher in the 200 IM at 2:55.70; sophomore Katherine Glaser in the 50 free at 29.68; freshman Kristina Hagedorn in the 100 fly at 1:21.48; freshman Anna Demetree in the 100 free at 1:03.89, and the 100 breast at 1:23.65; the 200 free relay team of Sloan, Fisher, Demetree, and freshman Kat Qamar at 1:57.87; and the 400 free relay team of Glaser, Sloan, Hagedorn, and Qamar.

In the Varsity competition, junior Kristine Sullivan placed 1st in the 200 IM with a State-Qualifying time of 2:14.17.

Additional State Qualification times were reached at the Varsity meet by the 200 medley relay team of seniors Laura Klover and Hannah Tutera, Sullivan, and sophomore Meghan Kearney at 1:56.32; Klover in the 200 IM at 2:19.20; senior Jillian Nelson in the 50 free at 25.77; the 200 free relay team of senior Carolina Dugan, Klover, Nelson, and Kearney at 1:44.46; Kearney in the 100 back at 1:03.46; and the 400 free relay team of Dugan, Nelson, Tutera, and Sullivan at 3:45.26.

Jan. 12 - Congratulations to the Swim & Dive team for their 3rd place finish at this weekend's Parkway South Invitational in St. Louis. The Storm really

showed their strength at this challenging two-day meet against some of the toughest competition in the state.

First place Sion finishes were achieved by sophomore Meagan Kearney in the 100 fly, with a state-qualifying time of 1:01.56, and by the 200 free relay team of seniors Carolina Dugan, Laura Klover, Jillian Nelson, and Kearney, with a state time of 1:44.23.

Additional state qualifications were reached by the 200 medley relay team of Klover, senior Hannah Tutera, sophomore Kristine Sullivan, and Kearney at 1:58.48; Kearney in the 200 IM at 2:18.42; Sullivan in the 100 free at 55.11; Nelson in the 500 free at 5:28.69; Klover in the 100 back at 1:04.02; the 400 free relay team of Dugan, Nelson, Tutera, and Sullivan at 3:47.57; and freshman diver Margaret Brandmeyer.

Jan. 5 - Congratulations to the Swim & Dive team for their performance at the Northland/Park Hill Invitational over the weekend. Out of 21 teams from across the state, the Storm came in 2nd in the J.V. competition and won the Varsity meet.

On the J.V. team, 1st place finishes were achieved in the 200 medley relay by sophomores Sophie Fisher, Aubrey Horstmeier, and Megan Sloan, and freshman Erin Mills; and in diving by freshman Rebecca Jacobs.

On Varsity, 1st place finishes included: Sophomore Kristine Sullivan in the 200 I.M., with a state qualification time of 2:14.94; senior Jillian Nelson in the 50 free, with a state time of 25.61; the 200 free relay team of seniors Carolina Dugan, Laura Klover, and Nelson, and sophomore Meghan Kearney, with a state time of 1:44.91; and the 400 free relay team of Dugan, Nelson, senior Hannah Tutera, and Sullivan, with a state time of 3:47.96. Additionally, the 200 medley relay team of Klover, Tutera, Sullivan, and Kearney achieved a state qualification time of 1:57.64.

Great job, swimmers and divers!"

Dec. 27 - The Storm swam and dove their way to victory against Blue Springs and Blue Springs South on Dec. 27th, with several swimmers posting new state qualifying times in their events.

Junior Kristine Sullivan won both the 100 butterfly with a state time of 1:02.43, and the 100 backstroke with a state time of 1:03.81.

The 400 freestyle relay team of Sullivan, seniors Hannah Tutera and Jillian Nelson, and sophomore Meghan Kearney, also won the event with a state time of 3:51.21.

Congratulations to the whole team for their 1st place finish overall!

Dec. 22 - Out of the 18 teams from across the state competing at the Columbia Invitational on Saturday the 22nd, the Storm came in 2nd with 266 points, behind Blue Springs South, who won with just 2 points more.

The meet consisted of a challenging prelims-finals format, all conducted in the same day. 12 Storm swimmers earned fast enough prelims times to come back and swim in the finals competition.

The 4 Storm divers competing all placed in finals and earned valuable points for the team, including freshman Margaret Brandmeyer, who came in 3rd, and senior Elizabeth Gianino, who came in 4th, and Senior Megan Benson, who came in 6th.

4 swimmers posted state qualifying times in individual events: Senior Laura Klover in the 100 backstroke, with a 4th place finish at 1:03.87 Senior Jillian Nelson in the 500 freestyle, with a 3rd place finish at 5:29.00

Junior Kristine Sullivan in both the 200 freestyle, with a 4th place finish at 2:00.63, and the 100 freestyle, with a 7th place finish at 56.20. Sophomore Meghan Kearney in both the 200 individual medley, with a 2nd place finish at 2:19.44, and the 100 butterfly, with a prelims time of 1:02.41 and a 5th place finish in finals.

All 3 relay teams posted state qualifying teams: The 200 medley relay of Klover, Sullivan, Kearney, and senior Hannah Tutera posted a prelims time of 1:58.92 and finished 3rd in finals. The 200 free relay of Klover, senior Carolina Dugan, Kearney, and Nelson finished 3rd at 1:45.72. The 400 free relay of Dugan, Nelson, Sullivan, and Tutera posted a prelims time of 3:51.67.

Notre Dame de Sion 2012-13 Swim & Dive Roster

Freshmen

Nathalie Barbeau
Margaret Brandmeyer
Anna Demetree
Kristina Hagedorn
Rebecca Jacobs
Abigail Jurgeson
Erin Mills
Katharine O'Keefe
Katarina Qamar
Kaitlin Wagner

Sophomores

Sophie Fisher
Katherine Glaser
Aubrey Horstmeier
Meghan Kearney
Clare McGannon
Megan Sloan
Abigail Snyder

Juniors

Jennifer Bolton
Kristine Sullivan

Seniors

Megan Benson
Carolina Dugan
Elizabeth Gianino
Laura Klover
Sarah Marquardt
Jillian Nelson
Christina Santner
Hannah Tutera

Managers: Sara Owens, Caroline Thompson, Catie Marx, Allie Cocks

Head Swim Coach - Paul Winkeler - [email](#)
Head Dive Coach - Steve Robbins
Assistant Coach - Becky Haden

2012 -13 Automatic State Qualifying Standards

Event	Time (yards)	Time (Meters)
200 Medley	1:58.99	2:12.79
200 Freestyle	2:00.99	2:14.06
200 Individual Medley	2:19.99	2:35.39
50 Freestyle	25.79	28.76
100 Butterfly	1:02.99	1:09.98
100 Freestyle	56.49	1:02.82
500y/400m Freestyle	5:29.39	4:48.94
200 Freestyle Relay	1:45.99	1:58.39
100 Backstroke	1:04.49	1:11.65
100 Breaststroke	1:12.49	1:20.61
400 Freestyle Relay	3:53.99	4:20.66
Diving		

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.