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PITTSFORD GIRLS SWIMMING AND DIVING TEAM

NEWS RELEASE

*S'Women open the season with a win against HFL
and 1st place at the Hilton Invitational*

Pittsford, September 12, 2011:

The S'Women of Pittsford kicked off their 2011 season last Thursday, swimming against the Cougars of Honeoye Falls-Lima. It was the first outing under the leadership of Senior Captains, Shannon Dempsey, Amanda House and Sydney Ryan. The meet proved to be a strong showing for both the Varsity and JV squads with a final score of 112-71 and 139 -40 respectively.

The Junior Varsity S'Women came on strong, taking first place in every event and ultimately seven swimmers finished with sectional qualifying times. First place finishes included the 200 Medley Relay team of Stephanie Riley, Madeline Holodnik, Mallin Blaxall and Katie Smith, the 200 Free Relay team of Audrey Hunt, Anne Marie Mozrall, Olivia Waldman and Stephanie Riley and the 400 Free Relay team of Madeline Holodnik, Audrey Hunt, Olivia Waldman and Katie Smith.

Anne Marie Mozrall, swimming her first individual event, took first place in the 50 Fly. New squad members that also swam sectional qualifying times included Katie Smith in the 50 Free, Stephanie Riley in the 100 Back,

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and Mallin Blaxall in the 500 Free. Additionally, Audrey Hunt swam sectional qualifying times in both the 200 & 100 Free. Madeline Holodnik saw similar success at HFL, delivering first place finishes and sectional qualifying times in both the 200 IM and the 100 Breast. Additional sectional qualifying times were swam by Annie Birmingham in the 200 Free, Mallin Blaxall in the 200 IM, Stephe Riley in the 50 Free and Julia Cavanagh in the 100 Back. Two new divers joined the squad this year and delivered strong performances at HFL. Reyshma Sekar earned 72.90 points to finish second and Maggie Cech earned 62.40 points.

Varsity S'Women came off the blocks strong against HFL, with every swimmer delivering sectional qualifying times in all but two events. Across the board, the Relay teams dominated, starting with the 200 Medley Relay team of Jenny Riley, Jennifer Proper, Amanda House and Steph Andrews, who came in first, followed by the team of Caroline Curran, Caroline Tuttle, Meagan Branch and Nina Daniels.

The 200 Free Relay team of Steph Andrews, Jenny Riley, Anna Grazulis and Kala Wilkins also delivered a first place win and the team of Amanda House, Lindsay Stone, Olivia Holodnik and Olivia Roche gave Pittsford another 1-2 finish in the relay. The team of Jennifer Proper, Kala Wilkins, Anna Grazulis and Shannon Dempsey, and, the team Olivia Roche, Danielle Proper, Lindsay Stone and Olivia Holodnik finished first and third respectively in the 400 Free Relay.

In the individual events, the S'Women came on strong, earning points by finishing in the top three in every event. Highlights include first place finishes by: Olivia Holodnik in the 200 Free, Amanda House in the 200 IM and 100 Breast, Anna Grazulis in the 500 Free, and Jenny Riley in the 100 Back. Solid second and third place finishes were delivered by: Lindsay Stone in the 200 Free (2nd), Shannon Dempsey in the 200 IM (2nd), Jenny Riley in the 50 Free (2nd), Jennifer Proper in the 100 Fly (2nd), Kala Wilkins

in the 100 Free (2nd), Anna Grazulis in the 100 Back (2nd), Mackenzie Ward in the 100 Breast (2nd), Steph Andrews in the 50 Free (3rd) and 100 Free (3rd), Shannon Dempsey in the 100 Fly (3rd) and Olivia Roche in the 500 Free (3rd).

In all, it was a strong start to the season and was a perfect primer for the second meet of the season, the Hilton Swimming and Diving Invitational. In addition to Pittsford, this meet brings together schools from Batavia, Brighton, Corning, Dansville, Greece Athena, Hilton, Oswego, Penfield, Spencerport, Victor and West Irondequoit. It is an exciting meet and gives the swimmers a chance to test their skills against teams they might not otherwise swim against. As in previous years, Pittsford S'Women's depth proved tough to overcome and Pittsford took first place with a total of 523 points. Victor came in second with 460.5 points and Penfield finished third with 274.5 points.

In the field of thirty-nine teams, the Pittsford 200 Medley Relay team of Jenny Riley, Shannon Dempsey, Jennifer Proper and Steph Andrews came in 4th, followed in 8th place by the team of Danielle Proper, Amanda House, Sydney Ryan and Katie McPherson. Four other relay teams competed for Pittsford and they included: Stephe Riley, Madeline Holodnik, Leslie Davidoff and Olivia Waldman (12th); Caroline Curran, Mackenzie Ward, Meagan Branch, and Nina Daniels (13th); Julia Cavanagh, Linda Fan, Mallin Blaxall and Annie Birmingham (18th); and, finally the relay team of Audrey Higgins, Sanjana Kumar, Isabella Wittman and Alex Cunningham came in 30th.

The 200 Free showcased some strong performances by the Pittsford S'Women. Sixty swimmers competed in this event and of the six competing for Pittsford, five finished in the top twenty, all with sectional qualifying times. Leading off with the fastest time for Pittsford was Olivia Holodnik who came in 3rd followed by Anna Grazulis in 4th, Lindsay

Stone in 5th, Jennifer Proper in 8th, Mackenzie Ward in 16th and Olivia Verni in 48th.

Coming in fourth in the 200 IM for Pittsford was Shannon Dempsey, who along with four other teammates, delivered sectional qualifying times. In addition to Shannon, nine other swimmers competed in this event from Pittsford, and placed as follows: Amanda House (7th); Sydney Ryan (14th); Olivia Roche (17th); Katie Drake (20th); Audrey Higgins (29th); Isabella Wittman (31st); Leslie Davidoff (32nd); Linda Fan (38th) and Genny Tripler (39th).

The 50 Free is an exciting event, not only for the sheer number of swimmers – ninety eight, but also for the speed at which it moves. Pittsford entered eighteen swimmers in this event and their efforts contributed sixty-two points towards the victory, with nine of the Pittsford swimmers delivering sectional qualifying times. Jenny Riley bested her time from last year, coming in second followed by Steph Andrews in third. Rounding out top ten finished for Pittsford were Kala Wilkins in fourth, Katie Smith in fifth and Stephe Riley in tenth. Additional contributions were made by Katie McPherson (11th), Caroline Tuttle (16th), Olivia Waldman (23rd), Audrey Hunt (29th), Annie Birmingham (31st), Lauren Williamson (41st), Julia Cavanagh (44th), Elise Renner (51st), Megan Mayall (54th), Katie Slebodnik (56th), Lauren Gelb (84th), Sanjana Kumar (87th), and Megan Pietropaoli (91st).

Steph Andrews and Jennifer Proper came in eighth and ninth in the 100 Yard Butterfly. They led the seven swimmers from Pittsford competing in this event. Additional contributions were made by Madeline Holodnik (12th), Meagan Branch (14th), Sydney Ryan (17th), Mallin Blaxall (18th) and Leslie Davidoff (22nd).

Jenny Riley set a new meet record in the 100 Free, earning her first place among her ninety-one competitors. Kala Wilkins delivered a solid performance, coming in second and Katie Smith rounded out the top ten, finishing in eighth place. In all, Pittsford entered seventeen swimmers in this event and six swam sectional qualifying times. The remaining finishes were as follows: Anne Marie Mozrall (14th), Audrey Hunt (18th), Annie Birmingham (27th), Alex Cunningham (29th), Olivia Waldman (32nd), Caroline Curran (37th), Nina Daniels (39th), Isabella Wittman (44th), Audrey Higgins (50th), Katie Slebodnik (54th), Megan Mayall (56th), Olivia Verni (62nd), Lauren Gelb (78th), and Megan Pietropaoli (87th).

Olivia Holodnik (3rd), Shannon Dempsey (5th), Lindsay Stone (6th) and Danielle Proper (8th) all scored points team points in the 500 Free. Olivia Roche (12th) and Nina Daniels (22nd) also swam the event for Pittsford.

A new meet and pool record was set on Saturday in the 200 Free Relay. The team of Steph Andrews, Anna Grazulis, Jenny Riley and Kala Wilkins took first place and contributed 40 team points. Also adding point to the win was the relay team of Anne Marie Mozrall, Olivia Waldman, Audrey Hunt and Stephe Riley with a tenth place finish. Four other relay teams competed for Pittsford, including: Amanda House, Olivia Holodnik, Lindsay Stone, and Olivia Roche (12th); Annie Birmingham, Mallin Blaxall, Katie Smith and Katie Drake (15th); Mackenzie Ward, Caroline Tuttle, Caroline Curran and Nina Daniels (18th) and Genny Tripler, Lauren Williamson, Leslie Davidoff, and Katie Slebodnik (25th).

Forty-eight swimmers took to the blocks for the 100 Back, and Pittsford sent nine swimmers into the pool to compete, earning 45 team points towards the victory. Contributing to the points were Anna Grazulis (4th), Danielle Proper (5th), Stephe Riley (13th) and Katie McPherson (14th). Others swimmers in the event included Caroline Curran (16th), Julia

Cavanagh (23rd), Alex Cunningham (25th), Anne Marie Mozrall (27th) and Elise Renner (38th).

Mackenzie Ward, Amanda House , Caroline Tuttle and Madeline Holodnik came in fifth, eighth, fourteenth and fifteenth, all swimming sectional qualifying times and adding points to the team win. Additional swimmer from Pittsford included Meagan Branch (19th), Mallin Blaxall (22nd), Katie Drake (23rd), Genny Tripler (26th), Linda Fan (33rd), Lauren Williamson (42nd), and Sanjana Kumar (47th).

In the final event of the day, the Pittsford 400 Free Relay team of Jennifer Proper, Anna Grazulis, Kala Wilkins and Shannon Dempsey, seeded first, faced off against very strong competition. In the end, Pittsford delivered a solid performance, coming in second, adding thirty-four points to the win. The Pittsford relay team of Olivia Roche, Lindsay Stone, Danielle Proper and Olivia Holodnik came in fifth, contributing twenty-eight points to the team. Rounding out the top ten, coming in at tenth, was the team of Katie Smith, Anna Marie Mozrall, Madeline Holodnik and Audrey Hunt. Fourteenth place went to the team of Meagan Branch, Caroline Tuttle, Sydney Ryan, and Katie McPherson and nineteenth place went to the team of Katie Drake, Lauren Williamson, Julia Cavanagh and Katie Slebodnik. Rounding out the final two teams for Pittsford were Linda Fan, Audrey Higgins, Megan Mayall and Alex Cunningham (22nd) and Isabella Wittman, Elise Renner, Lauren Gelb and Sanjana Kumar (31st).

The Pittsford S'Women face the Victor Blue Devils in their first home meet of the season on Tuesday, September 13, 2011 and then they are back at Hilton for a dual meet on September 20, 2011.

You can follow the team this season at www.swomen.org.