



**CUMBERLAND VALLEY
SWIMMING & DIVING
SENIOR NIGHT
CLASS OF 2022**







ALINA LYESNYKOVA



**ALINA IS THE DAUGHTER
OF TATYANA & VALERY
LYESNYKOVA**

FAVORITE SWIM MEMORY:

ALL OF OUR RED ROBIN, SWEET FROG, AND DINER RUNS AND MAKING FRIENDSHIPS WITH EVERYONE.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

A HIGH SCHOOL ACCOMPLISHMENT: I AM PROUD OF MYSELF FOR JUST EVEN GETTING THROUGH THE PAST 4 YEARS OF HIGH SCHOOL AND SWIMMING, BUT DEFINITELY HAVING MY RELAY GETTING THE TEAM RECORD MID SEASON.

ADVICE TO UNDERCLASSMEN:

MY ADVICE IS TO JUST HAVE FUN DOING WHAT YOU ARE DOING AND ENJOY ALL THE TIME SPENT TOGETHER. DON'T STRESS YOURSELF OUT TOO MUCH.

MESSAGE TO FAMILY/COACHES:

I WANT TO THANK MY PARENTS FOR PUTTING IN SO MUCH TIME INTO MY SWIMMING CAREER THE PAST 11/12 YEARS AND FOR ALWAYS BEING BY MY SIDE NO MATTER WHAT. I LOVE YOU!

I WANT TO THANK MIKE, KATHY, KRISTEN AND BRYCE FOR PUTTING UP WITH MY ROLLER COASTER OF EMOTIONS WITH BREAST STROKE AND ALWAYS GIVING ME MOTIVATION TO DO BETTER. NOT ONLY DO I WANT TO THANK THEM, I WANT TO THANK GUS AND MY CVAC COACHES FOR NEVER GIVING UP ON ME AND BRING MY SUPPORT SYSTEM.

REBECCA BUTTERFIELD



**BECKY IS THE DAUGHTER
OF
DON & JANET BUTTERFIELD**

FAVORITE SWIM MEMORY:

GETTING MY FIRST EVER MEDAL AT MID PENN PLUNGE IN THE 500 FREESTYLE.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

GETTING THROUGH COVID WITHOUT FAILING TOO HARD.

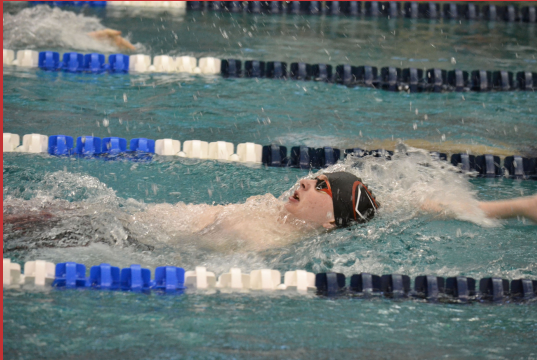
ADVICE TO UNDERCLASSMEN:

**IT'S OKAY IF YOUR NOT THE BEST ON THE TEAM, YOU STILL GOT A PLACE HERE.
DON'T FORGET TO HAVE FUN!**

MESSAGE TO FAMILY/COACHES:

**THANK YOU MOM AND DAD FOR BEING THERE FOR ME. I LOVE YOU GUYS. THANK
YOU COACH MIKE FOR CHEERING ME ON, EVEN OUTSIDE THE POOL WITH
MARCHING BAND.**

BRIAN CUNNINGHAM



**BRIAN IS THE SON
OF
TRACY & KERRY CUNNINGHAM**

FAVORITE SWIM MEMORY:

THE WAY HOME FROM STATE COLLEGE WHEN THE BUS BROKE DOWN AND EVERYONE GOT MAD AT ME FOR TAKING ALL THE COOKIES.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

MAKING MID PENNS IN THE 100 FLY AND HAVING TO DO A SWIM OFF AT THE BEGINNING OF THE MEET AND HAVING THE WHOLE TEAM CHEER ME ON.

ADVICE TO UNDERCLASSMEN:

MAKE MEMORIES THAT WILL LAST A LIFE TIME, AS CLICHE AS IT SOUNDS ENJOY THE 4 YEARS BECAUSE SPENDING TIME IN THE BATHROOM WASTES THE TIME YOU'RE WITH THE TEAM AND THAT IS THE HARD TRUTH.

MESSAGE TO FAMILY/COACHES:

THANK YOU ALL FOR AN AMAZING 4 YEARS AND ILL BE SURE TO COME BACK AND VISIT JUST HEAR MIKE YELLING KICK

JENNIFER BOLDEN



**JENNIFER IS THE
DAUGHTER OF ELIZABETH
& TIMOTHY BOLDEN**

FAVORITE SWIM MEMORY:

MY FAVORITE MEMORIES ARE OF ALL THE FRIENDS I'VE MADE THROUGH SWIMMING. IT HAS ALLOWED ME TO MEET SO MANY NEW PEOPLE, MANY OF WHICH ARE NOW SOME OF MY CLOSEST FRIENDS.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

ONE OF THE THINGS I AM MOST PROUD OF IS ACHIEVING MY ACADEMIC AND SWIMMING GOALS THROUGHOUT HIGH SCHOOL. I AM EXCITED TO CONTINUE STUDYING AND SWIMMING AT BUCKNELL UNIVERSITY IN THE FALL.

ADVICE TO UNDERCLASSMEN:

KEEP SWIMMING! ALL THE HARD WORK WILL BE WORTH IT.

MESSAGE TO FAMILY/COACHES:

THANK YOU TO MY FAMILY, COACH MIKE, COACH KATHY, COACH BRYCE, COACH KRYSTEN, AND MY CVAC COACHES; YOU ALL ARE SO IMPORTANT TO ME AND PROVIDE ME WITH AN ENVIRONMENT THAT MOTIVATES ME TO BE THE BEST SWIMMER I CAN BE. THE ENDLESS ENCOURAGEMENT AND SUPPORT YOU GIVE ME IS SOMETHING I WILL FOREVER BE GRATEFUL FOR. YOU ALL MAKE IT POSSIBLE, AND I APPRECIATE EACH OF YOU. THANK YOU FOR SHAPING ME INTO THE ATHLETE AND PERSON I AM TODAY.

JENNIFER NGUYEN



**JENNIFER IS THE DAUGHTER
OF
HENRY NGUYEN & DAI TRAN**

FAVORITE SWIM MEMORY:

MY FAVORITE SWIM MEMORY IS MEDALING AT MID PENNS WITH MY 200 MEDLEY RELAY MY SOPHOMORE YEAR.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

EARNING THE AP SCHOLAR WITH DISTINCTION AWARD IS ONE OF MY HIGH SCHOOL ACCOMPLISHMENTS I AM PROUD OF. THIS IS EARNED BY SCORING HIGH ON THE AP EXAMS FROM THE PREPARATION DONE ALL SCHOOL YEAR STARTING FROM WHEN I WAS A FRESHMAN. MAJORITY OF MY CLASSES THROUGHOUT HIGH SCHOOL WERE COLLEGE-LEVEL COURSES, SO I AM PROUD AT MYSELF FOR BEING ABLE TO COMBAT ANY CHALLENGES BY WORKING HARD EACH YEAR.

ADVICE TO UNDERCLASSMEN:

ALWAYS DO YOUR BEST IN EVERY RACE AND PRACTICE BECAUSE NO ONE CAN PREDICT THE FUTURE AND THAT RACE OR PRACTICE COULD BE YOUR LAST. REMEMBER TO STRIVE FOR BETTER AND DON'T BE TOO COMPLACENT. CHERISH EVERY MOMENT BECAUSE TIME GOES BY REALLY FAST, MAKE THE BEST OUT OF EVERY SITUATION, FORM BONDS WITH TEAMMATES AND COACHES. COACH MIKE ALWAYS TELLS ME THIS, BUT IF YOU DON'T SWIM A TIME YOU HAD HOPED TO GET, JUST SMILE, DON'T BE TOO HARD ON YOURSELF AND DWELL OVER IT. AS LONG AS YOU KEEP WORKING HARD AND DON'T GIVE UP, YOU WILL ACHIEVE YOUR GOALS. STEP UP THE BLOCK WITH CONFIDENCE!

MESSAGE TO FAMILY/COACHES:

MOM AND DAD, THANK YOU FOR ALWAYS PUSHING ME TO MY FULLEST POTENTIAL AND NEVER GIVING UP ON ME. I HAD INITIAL THOUGHTS BEGINNING OF FRESHMAN YEAR THAT I WANTED TO QUIT SWIMMING, BUT BECAUSE OF YOUR ENCOURAGING WORDS AND TELLING ME TO NEVER GIVE UP, I AM BEYOND GRATEFUL I HAVE THE OPPORTUNITY TO SWIM AND INTERACT WITH THE TEAMMATES AND COACHES I HAVE RIGHT NOW AND IN THE PAST YEARS. YOUR WORDS/ADVICE HAVE CONTINUED TO STICK WITH ME AND HELPED ME ACHIEVE MY ACADEMIC AND ATHLETIC GOALS. WITHOUT YOU, I WOULD NOT BECOME THE PERSON I AM TODAY. COACHES, THANK YOU FOR PUSHING ME AND MOTIVATING ME AT PRACTICES AND MEETS. THERE ARE DAYS WHEN I FEEL TIRED AND SORE, BUT YOU GUYS ALWAYS FIND A WAY TO RADIATE POSITIVE ENERGY AND LIFT MY SPIRIT UP. I ALSO APPRECIATE HOW UNDERSTANDING AND APPROACHABLE YOU ALL ARE, WHICH REALLY HELPS WITH CREATING A COMFORTABLE AND POSITIVE ATMOSPHERE FOR NOT JUST ME BUT OTHER SWIMMERS AS WELL. YOU ALL HAVE HELPED ME BECOME A BETTER SWIMMER OVER THESE 4 YEARS AND HELPED ME GAIN CONFIDENCE IN MYSELF. THANK YOU COACH MIKE, COACH KATHY, AND COACH BRYCE.

KIRSTEN DECKERT



**KIRSTEN IS THE DAUGHTER
OF
MELINDA & TIM DECKERT**

**FAVORITE SWIM MEMORY:
LEARNING THE BUTTERFLY**

**PROUDEST HIGH SCHOOL ACCOMPLISHMENT:
GRADUATING**

**ADVICE TO UNDERCLASSMEN:
TRY OUT FOR THE DIVING TEAM BECAUSE KELLY IS AN AMAZING COACH AND CV
NEEDS MORE DIVERS!**

**MESSAGE TO FAMILY/COACHES:
I WOULD LIKE TO THANK MY PARENTS FOR LETTING ME SWITCH SPORTS MY SENIOR
YEAR LOVE YA AND TO KELLY THANK YOU FOR BELIEVING IN ME, PUSHING ME TO BE
BETTER AND TELLING ME TO NOT TO ALWAYS BE SO HARD ON MYSELF....STILL
WORKING ON THAT ONE**

LAUREN CHANG



**LAUREN IS THE DAUGHTER
OF
MICHELE & DAVID CHANG**

FAVORITE SWIM MEMORY:

MY FAVORITE SWIM MEMORY IS STATES MY FRESHMAN YEAR. AS A "NEWBY" ON THE TEAM, IT WAS QUITE INTIMIDATING TO BE SURROUNDED BY ALL UPPERCLASSMEN, BUT THEY INCLUDED AND TREATED ME LIKE I WAS TRULY APART OF THE CV SWIM FAMILY.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

DURING MY TIME AT CV I HAVE ACCOMPLISHED MANY OF MY GOALS IN THE POOL. HOWEVER, THE ACCOMPLISHMENT THAT I AM MOST PROUD OF TAKES PLACE OUTSIDE OF THE NATATORIUM. I BEGAN A PROGRAM AT CV CALLED STUDENT AMBASSADORS WHERE CURRENT STUDENTS HELP NEW STUDENTS WITH FINDING THEIR WAY THROUGH OUR LARGE SCHOOL. TOGETHER, WE HAVE ENSURED A MORE POSITIVE ENVIRONMENT AND HAVE MADE A HUGE IMPACT ON BOTH THE NEW STUDENTS AND SCHOOL DYNAMIC.

ADVICE TO UNDERCLASSMEN:

CREATE FRIENDSHIPS WITH YOUR TEAMMATES. I HAVE MADE SOME LIFE LONG FRIENDS WHO I WOULDN'T HAVE MET WITHOUT THIS SPORT. THEY MAKE PRACTICES MORE BEARABLE AND MEETS MORE FUN, AND I AM SO SAD THAT I WONT BE ABLE TO JOKE AROUND, TEASE, OR SWIM WITH THEM NEXT YEAR.

MESSAGE TO FAMILY/COACHES:

MOM AND DAD - THANK YOU FOR BEING MY BIGGEST FANS IN AND OUT OF THE POOL. YOU HAVE PUSHED ME TO NOT ONLY BECOME A BETTER ATHLETE, BUT ALSO A BETTER PERSON. I AM SO GRATEFUL FOR YOUR ENDLESS SUPPORT THESE LAST FOUR YEARS, IT'S GOING TO BE SO HARD WITHOUT MOM'S CONSTANT HUGS AND DAD'S FUNNY JOKES NEXT YEAR. I LOVE YOU AND HOPE TO MAKE YOU PROUD IN MY FUTURE ENDEAVORS! KATIE AND JONATHAN - YOU GUYS ARE THE BEST LITTLE SIBLINGS I COULD EVER ASK FOR. EVEN THOUGH WE ARE HARD ON EACH OTHER, I AM SO PROUD TO BE YOUR BIG SISTER. I KNOW THAT BOTH OF YOU ARE GOING TO KILL IT DURING THE REST OF YOUR TIME AT CV, AND I HOPE YOU KNOW THAT ALTHOUGH I WON'T BE WITH YOU IN-PERSON, I AM STILL GOING TO BE YOUR NUMBER ONE FAN NEXT YEAR! COACH MIKE, KATHY, AND BRYCE - THANK YOU FOR YOUR SUPPORT AND LOVE THESE PAST FOUR YEARS. WHILE SWIMMING IS BOTH MENTALLY AND PHYSICALLY CHALLENGING, YOU ALL HAVE TAUGHT ME PERSEVERANCE, DEDICATION, AND THE IMPORTANCE OF LEADERSHIP. EVEN THOUGH THIS SPORT IS NOT IN MY FUTURE, YOU ALL HAVE TAUGHT ME IMPORTANT LIFE LESSONS THAT WILL STICK WITH ME!

MIA PESAVENTO



**MIA IS THE DAUGHTER
OF
JIM & SUSAN PESAVENTO**

**FAVORITE SWIM MEMORY:
SWIMMING IN LANE 5 ♥**

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

MIA IS A MINI-THON OVERALL FOR CUMBERLAND VALLEY'S MINI-THON. SHE IS ALSO CO-PRESIDENT OF CUMBERLAND VALLEY'S STUDENT COUNCIL. MIA HAS EARNED HER GOLD AWARD, WHICH IS THE HIGHEST ACCOMPLISHMENT FOR A GIRL SCOUT. MIA HAS SWUM FOR CVAC FOR 9 YEARS. LAST YEAR MIA PLACED 4TH IN THE MID PENN CONFERENCE IN THE 100 BUTTERFLY. MIA IS APART OF 2 RELAY TEAMS THAT HOLD RECORDS FOR THE SCHOOL - THE 200 MEDLEY RELAY AND 400 FREE RELAY. MIA ALSO LOVES COUNTING FOR LACEY IN THE 500 FREE. MIA WILL BE CONTINUING HER ACADEMIC AND SWIMMING CAREER AT LEWIS UNIVERSITY IN THE FALL.

ADVICE TO UNDERCLASSMEN:

YOUR TEAM IS YOUR FAMILY. CELEBRATE EACH OTHER'S SUCCESSES AND SUPPORT EACH OTHER THROUGH THE ROUGH TIMES. YOU CAN'T DO THIS ON YOUR OWN.

MESSAGE TO FAMILY/COACHES:

TO MY PARENTS, THANK YOU FOR TAKING MULTIPLE TRIPS TO AND FROM THE HIGH SCHOOL EVERYDAY. THANK YOU FOR WAKING UP EARLY TO SAY GOODBYE BEFORE I LEAVE FOR PRACTICE IN THE MORNINGS, AND FOR STAYING UP LATE TO TALK TO ME WHEN I GET HOME FROM MEETS. I AM BEYOND THANKFUL FOR YOUR CONTINUOUS SUPPORT OF ME AS A PERSON AS WELL AS MY SWIMMING. TO MY FAMILY, I AM SO LUCKY TO GROW UP IN SUCH A LOVING HOUSEHOLD AND EACH ONE OF YOU HAVE HELPED TO MAKE ME THE PERSON I AM TODAY. THANK YOU, MIKE, KATHY, BRYCE, AND KRISTEN FOR PROVIDING AN AMAZING ENVIRONMENT FOR THE TEAM EVERYDAY AT PRACTICE. FOR LETTING US SHARE FUN FACTS ABOUT EACH OTHER, AND FOR HELPING US STAY MOTIVATED ON THE NOT SO GOOD DAYS. THANK YOU, GUS, NICK, JORDEN, T, MOLLY, JEFF AND ERIC, FOR SHAPING ME INTO THE SWIMMER I AM TODAY. CVAC WILL FOREVER HAVE A SPECIAL PLACE IN MY HEART AND THE ENERGY ON THAT TEAM IS UNMATCHED. THERE IS SUCH A BRIGHT FUTURE FOR THE NEXT GENERATION OF SWIMMERS AND I CAN NOT WAIT TO WATCH THEM ACCOMPLISH NEW THINGS.

PRESLEY STARETZ



**PRESLEY IS THE DAUGHTER
OF
NIKKI & JOHN STARETZ**

FAVORITE SWIM MEMORY:

MY ABSOLUTE FAVORITE MEMORY WAS AT THE HOLIDAY QUAD MEET WHEN WE SUITED UP IN FAST-SKINS AND OUR 200 MEDLEY RELAY BROKE THE RECORD. THAT NIGHT I HAD TWENTY FAMILY MEMBERS WATCHING ME ON THE LIVE SCREEN AS I SWAM THE START OF THE RELAY AND DROPPED A SECOND AND A HALF ON MY 50 BACK. I DID A DOUBLE TAKE WHEN I LOOKED UP AND I COULDN'T BELIEVE MY TIME! ANOTHER GREAT AND FUNNY MEMORY IS WHEN WE WENT TO THE CHAMBERSBURG AWAY MEET AND I REALIZED WHEN WE GOT THERE THAT I FORGOT A SWIM SUIT! THANKFULLY MIA BROUGHT AN EXTRA SUIT.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

MY PROUDEST ACCOMPLISHMENT IS TAKING THE FIRST PLACE TITLE AT THE PENNSYLVANIA HIGH SCHOOL STATE TRIATHLON CHAMPIONSHIP. THROUGHOUT THE TRIATHLON I TOLD MYSELF THAT GOD HAS ALREADY PLANNED OUT THE RESULTS AND I JUST NEED TO TRUST THE PROCESS. THIS REALLY STRENGTHENED MY FAITH.

ADVICE TO UNDERCLASSMEN:

MY ADVICE GOES OUT TO ANY ATHLETE OR NON-ATHLETE, SCHOLAR, OR STUDENT. YOU ARE PROBABLY ONLY GIVING 40% OF YOUR CAPABILITY. MOST OF THE TIME IT'S A MIND-GAME AND IT'S MIND OVER MATTER. IF YOU CAN GET THE MENTAL GAME DOWN, YOU CAN DO ANYTHING YOU WANT IN LIFE.

MESSAGE TO FAMILY/COACHES:

THE ONLY REASON I HAVE MADE IT THIS FAR IN MY SPORTS IS BECAUSE OF THESE PEOPLE. THEY SUPPORT ME THROUGHOUT ALL MY HARD TIMES AND THEY BELIEVE IN ME MORE THAN I BELIEVE IN MYSELF. THEY HELP ME ACHIEVE GOALS THAT I DIDN'T EVEN KNOW I COULD REACH. I AM BEYOND THANKFUL AND VERY FORTUNATE FOR HAVING THEM IN MY LIFE. I WANT TO FIRST AND FOREMOST THANK GOD. I WOULD ALSO LIKE TO PERSONALLY THANK MY MOM, MY DAD, MY BROTHERS BRYCE AND TREY, COACH MIKE, COACH KATHY AND COACH BRYCE, ALL FOR SUPPORTING ME.

RUSHAM KATOCH



**RUSHAM IS THE DAUGHTER
OF
PAMILA & AVNISH KATOCH**

FAVORITE SWIM MEMORY:

SCREAMING ADELE ON THE BUS WITH CHAE IAN AND PAUL

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

I AM MOST PROUD OF THE FRIENDSHIPS I MADE. I KNOW I CAN COUNT ON MY TEAM MEMBERS FOR ANYTHING EVEN AFTER WE GRADUATE, AND I AM HAPPY TO HAVE MADE LIFE LONG RELATIONSHIPS.

ADVICE TO UNDERCLASSMEN:

BE OUTGOING AND BECOME FRIENDS WITH EVERYONE. THIS TEAM IS YOUR FAMILY FOR 4 YEARS SO MAKE THE MOST OUT OF IT.

MESSAGE TO FAMILY/COACHES:

THANK YOU MIKE FOR BEING THE BEST COACH, CONSTANTLY SUPPORTING US AND MAKING US LAUGH, AND THANK YOU TO KATHY AND ALL THE OTHER COACHES FOR MAKING THE TEAM FUN AND LIVELY. THANK YOU MOM AND DAD FOR DRIVING ME EVERYWHERE, SACRIFICING YOUR TIME FOR ME AND PUSHING ME TO BE THE BEST I CAN.

TYSON SOUDER



**TYSON IS THE SON
OF
LAUREN STOUT & JEREMY SOUDER**

FAVORITE SWIM MEMORY:

TYSONS FAVORITE MEMORY WAS JUST THIS PAST SEASON WHEN HE EMERGED FROM THE STALE TO FIND THAT SOME OF HIS TEAMMATES HAD FILLED A LOCKER WITH SNOW. THEN WHEN JOHN CHANG AND VEDESH YADLAPALLI TOLD HIM TO GET IT CLEANED UP HE WAS ABLE TO REPLY WITH THAT SOUNDS LIKE A CAPTAIN'S PROBLEM.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

TYSON IS MOST PROUD OF HIS WATERPOLO CAREER, BEING PART OF NHS, HAVING A HIGHER SAT SCORE THAN HIS MOTHER AND MAKING CV MAN PAGEANT.

ADVICE TO UNDERCLASSMEN:

TYSON'S ADVICE TO UNDERCLASSMEN IS IF YOU STAY IN THE WATER AND KEEP SWIMMING EVENTUALLY THE PAIN IN YOUR SHOULDER WILL GO AWAY.

MESSAGE TO FAMILY/COACHES:

TYSON WOULD LIKE TO THANK HIS COACHES FOR THE LESSONS THEY HAVE TAUGHT HIM AND HIS PARENTS FOR SUPPORTING HIM AND SIBLING ALONG IN LIFE.

VALENTINA HARO



VALENTINA IS THE DAUGHTER
OF
ARANSA & MANUEL HARO

FAVORITE SWIM MEMORY:

GOING OUT TO EAT AS A TEAM AFTER MEETS AND PRACTICES.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

THE LYME DISEASE FUNDRAISER THAT I DID MY JUNIOR YEAR. THIS WAS SOMETHING THAT TOOK LOTS OF ORGANIZATION, BUT IN THE END IT WAS EXTREMELY REWARDING BECAUSE IT GAVE BACK TO MY OWN NEIGHBOR.

ADVICE TO UNDERCLASSMEN:

ENJOY EVERY MOMENT YOU HAVE ON THE TEAM, IN SCHOOL, AND WITH FRIENDS; 4 YEARS GOES BY REALLY FAST.

MESSAGE TO FAMILY/COACHES:

PARENTS: THANK YOU FOR ALWAYS PUSHING ME TO DO MY BEST AND THANK YOU FOR ALWAYS BELIEVING IN ME. I COULDN'T HAVE DONE THESE LAST 4 YEARS WITHOUT YOUR UNCONDITIONAL SUPPORT. COACHES: THANK YOU FOR MAKING HIGH SCHOOL SWIM FUN AND THANK YOU FOR ALWAYS MOTIVATING ME IN AND OUT OF THE POOL.

VEDESH YADLAPALLI



VEDESH IS THE SON OF
BHAKTA YADLAPALLI &
SUNEETHA VADDINENI

FAVORITE SWIM MEMORY:

MY FAVORITE MEMORY IS BEATING EMMAUS IN THE 200 FREE RELAY.

PROUDEST HIGH SCHOOL ACCOMPLISHMENT:

WINNING STATES FOR WATER POLO AND HAVING AN UNDEFEATED SEASON MY JUNIOR YEAR BECAUSE WITH NO PLAYERS ON THE BENCH, WE BEAT THE TEAM THAT BEAT US IN THE STATE CHAMPIONSHIP GAME MY SOPHOMORE YEAR.

ADVICE TO UNDERCLASSMEN:

ENJOY YOUR TIME ON THE TEAM. YOUR TIME ON THE TEAM WILL BE GO BY VERY QUICKLY SO CHERISH EVERY MOMENT AND HAVE FUN.

MESSAGE TO FAMILY/COACHES:

THANK YOU FOR ALL YOUR SUPPORT OVER THE PAST 4 YEARS, AND FOR PUSHING ME TO BETTER MYSELF EVERYDAY.

