## **Swim team preparing for first meet**

By Charlie Kanzig Correspondent

The Sisters High School girls and boys swim teams have begun preparation for the first meet of the season, set for Saturday, December 21 at the Bend Invitational, and Head Coach Bryn Singleton feels excited and grateful for the upcoming campaign.

The girls team lost some firepower to graduation, but senior Lydia Bartlett returns as one of the top freestyle swimmers in the state among 1A/2A/3A/4A classifications. Other returnees include Laura Clem, Iris Diez, and Cambrie Leaver, who are all working to improve on their times from last year, according to Singleton.

The boys team also returns some strong swimmers including junior Austen Heuberger and senior Sam Mayes and welcomes newcomers Clayten Heuberger and Hayden Roth.

"I am really excited about this season; I am so fortunate to coach such a kind, hardworking group of swimmers (and parents!). It is so fun to see how much kids improve over their years on the team," said Singleton.

Her philosophy is to make each swimmer the best they can be over the course of the

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season, and her emphasis goes way beyond how many swimmers earn medals at State.

She explained, "Often, in all sports, it seems that it is the kids that are the fastest or most athletic that get the most attention, and deservedly so since they are talented and work hard every season. Just as important to me, though, are the kids who show up to every practice, year after year, and steadily improve."

A pair of seniors exemplify her goal for all members of her team.

"Our captains this year, siblings Connor and Quinlan Crowe, are such excellent examples of this to me. They have rarely missed practice, work hard at every practice and, most importantly, are kind and encouraging to their teammates. To me, as a coach, it is so important that everyone on the team is an equal, valued member. The result of meets is only one factor and there are so many other important ways to be on the

team."

Team numbers are similar to last year, according to Singleton with 10 girls and 11 boys on the roster.

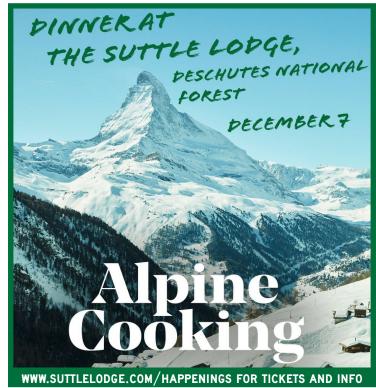
The team practices at Black Butte Ranch, but Singleton says the team will travel to Juniper Aquatic to practice starts during the season.

"We hope to get in there this weekend in advance of our first meet," she said.

Singleton is assisted by Rosie Horton, in her third year working with the team.

"Our focus right now is getting in as much good training as possible," she said.





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