

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 Clayton Heuberger and Hayden Roth.

"I am really excited about this season; I am so fortunate to coach such a kind, hard-working 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

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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**CREATIVITY, CULTURE, & FAITH
MOVIE NIGHT...**

STEEL MAGNOLIAS
Wed., Dec. 11 • 6:30 to 8:45 p.m.
at Sisters Movie House, 720 Desperado Ct.

Afterward, local counselor Lisa Woodworth, MA, will lead a discussion entitled
"How to Come Alongside Someone Struggling With Grief."



Complimentary tickets are available at Gypsy Wind, 351 W. Hood Ave. and Ken's Imagination Gallery, 222 W. Hood Ave.

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in partnership with Sisters Movie House
For more information call 541-549-1201.**



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SISTERS-AREA Entertainment & Events

DEC
4
WED

Fika Sisters Coffeehouse Gingerbread Decorating
7 a.m. to 8 p.m. Buy gingerbread people and decorate them as you like. For more info call 541-588-0311.



Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.

DEC
5
THUR

The Belfry Live Music with Walter Trout Band 7 p.m. Blues guitarist, singer, songwriter. Call 541-815-9122 or www.BelfryEvents.com for tickets and more information.



Cork Cellars Tasty Thursday Hosted Wine Tasting
5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.



Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersssaloon.net.



DEC
6
FRI

142 E. Main Ave. Three Sisters Lions Club Holiday Faire
10 a.m. to 5 p.m. Handmade items from local vendors in this 9th annual fundraising event! Free admission, every day through Dec. 21. For info email dttowing6811@yahoo.com.



Fika Sisters Coffeehouse Game Night until 8 p.m. Bring your own games & friends or find them there! Call 541-588-0311 for more information.



Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night! 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.



DEC
7
SAT

Cork Cellars Live Music with Mike Biggers and Jim Cornelius 6:30-8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com.



Paulina Springs Books Author Presentation with Damian Fagan 6:30 p.m. The author will present from his book, "Wildflowers of Oregon." For more info call 541-549-0866 or go to paulinasprings.com.



142 E. Main Ave. Three Sisters Lions Club Holiday Faire
10 a.m. to 6 p.m. Handmade items from local vendors in this 9th annual fundraising event! Free admission. Every day through Dec. 21. For info email dttowing6811@yahoo.com.



Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night! 9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.



DEC
8
SUN

142 E. Main Ave. Three Sisters Lions Club Holiday Faire
11 a.m. to 4 p.m. Handmade items from local vendors in this 9th annual fundraising event! Free admission. Every day through Dec. 21. For info email dttowing6811@yahoo.com.



DEC
10
TUES

Sisters Saloon Trivia Night 6:30 to 7:30 p.m. Sign-up is at 6:15 p.m. Free, every Tuesday! For additional information call 541-549-7427 or go to sistersssaloon.net.



DEC
11
WED

Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.



DEC
12
THUR

Cork Cellars Tasty Thursday Hosted Wine Tasting
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DEC
13
FRI

Paulina Springs Books Author Presentation with Joshua Savage 6:30 p.m. The author will present from his book, "100 Things To Do in Bend, Oregon Before You Die." For more info call 541-549-0866 or go to paulinasprings.com.



Fika Sisters Coffeehouse St. Lucia's Day 7 a.m. to 8 p.m. Celebrate all day with Swedish Prinsesstårta Cake. Kindergartner concert at 12:15 p.m. More info: 541-588-0311.



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