

Top 5 Boys teams

1. GEORGETOWN PREP

The Little Hoyas (11-0) won their ninth straight Interstate Athletic Conference title last weekend. Named to the 10-man all-IAC team were seniors Robert Grimm-Norris and Josh Hafkin; junior Andrew Relihan; and sophomores Brady Fox and Gerry Seawright.

2. ROBINSON

Northern Region champions seek an unprecedented fifth Virginia Group AAA state team title in a row. Surprise performances at the region meet came from sophomore Robbie Munch and junior Kyle Brown.

3. GONZAGA

Purple Eagles (10-2) rolled past Sidwell Friends, 100-72, last week. This weekend Gonzaga will try to win its second straight Washington Metropolitan Prep School Swimming and Diving League championship as seniors Ryan Shipley (50 free) and Pete Donahue (100 breast) defend titles.

4. DeMATHA

Stags (10-2) were winners over Paul VI, 132-54, last week. This weekend at George Mason, DeMatha will compete in the WMPSSDL championships, which it last won in 2005. Last year the Stags won the 400 free with Alex Smith and Aidan Considine.

5. BLAIR

After an undefeated season in the Montgomery County Division II, Blair defeated Walter Johnson, 93-78, Saturday behind senior Robert Fealey, sophomore Andre McGehee, freshman Jeffrey Lin.

Weekly notebook ■ SWIMMING

by Kevin Dunleavy and Brian McNally

Rams lead northern invasion

Northern Region looking to duplicate '06 success

By Brian McNally
Examiner Staff Writer

The only expected difference during this trip to the Group AAA state meet is the venue. Other than that, Robinson's boys swim and dive team has this event figured out.

The Rams have won four straight team championships and are favored again this weekend when they travel to Bayside Recreation Center in Virginia Beach — the city where Robinson won its first state title in 2003.

"There are only so many points one swimmer can score at a big meet like this," said senior Zach Holmes, a Virginia Tech recruit who won two individual events and helped Robinson win two relays at last week's Northern Region meet. "To win four state titles in a row has taken a whole team effort."

GROUP AAA STATE MEET

» **When:** Friday, Saturday

» **Where:** Bayside Recreation Center, Virginia Beach

» **Did you know?:** The last time the VHSL held the state swim meet in Virginia Beach in 2003 it was determined the pool at the Princess Anne Recreation Center was a half-inch too short, nullifying several national records and All-American honors earned at the meet.

It's an unprecedented run of success, albeit at an event that didn't exist until 1997. Since then a team from the Northern Region has won the boys state title seven times. The Northern Region girls have done even better — 10 championships in 10 years by five different schools, including Yorktown last season. It will be tough for the region to top 2006 considering it took the top five spots in both the boys and girls meets.

The state meet this year was originally scheduled at Freedom Aquatic Center in Manassas, but moved to Virginia Beach when no area school agreed to host the event. The pool at Bayside is 25 meters instead of the normal 25 yards used in most Virginia High School League competitions.

"We haven't traveled anywhere for states the last few years because it's always been at George Mason or at [Freedom Aquatic] so this is something new," said Yorktown senior Katy Hinkle, whose team finished second at the region meet to Fairfax. "But a 25-meter pool shouldn't be a problem. We're all used to that at club meets anyway."

The girls' state meet should be a dogfight. Just 11.5 points separated first-place Fairfax (278.5 points) from third-place Robinson (267) at the region meet last weekend and neither Yorktown (275) nor Lake Braddock (217) can be discounted. Robinson's boys (375.5) won by a hefty 155.5 margin — a figure larger than the final point total for all but three other teams.

Top 5 Girls teams

1. GOOD COUNSEL

Coming off its 10th straight National Catholic title, Good Counsel will try to win its third Washington Metropolitan Prep School Swimming and Diving League title in a row. Defending individual titles will be seniors Colleen Haase (200 IM, 100 breast) and Megan Waters (50 free).

2. O'CONNELL

A big week for the Knights, who placed fourth at the Catholic Nationals meet at Villanova on Jan. 26 with 258 points. O'Connell heads to the WMPSSDL championships this weekend at Holton-Arms in preparation for the Metros meet.

3. HOLTON-ARMS

Panthers (10-0) won their fourth straight Independent School League title this weekend at Madeira. Senior Emily Kelly (100 fly) and junior Christina Bailey (200 free) won one event each and contributed to a sweep of three relay events.

4. RICHARD MONTGOMERY

Two-time defending Montgomery County champion Rockets (6-0) will try to win their fourth straight Montgomery County Division I title Saturday at Montgomery Aquatic. Leading the way will be Katrina Harvey, Anais Menguy, Eileen Shi, and Sandra Lee.

5. FAIRFAX

The Rebels won the Northern Region team title on Saturday with 278.5 points. That was enough to edge both Yorktown (275) and Robinson (267).

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SPICE UP THE BEDROOM FOR VALENTINE'S DAY

Bring Color into Every Room of the House

Even with dull weather outside, the inside of your bedroom can be as colorful as you like. Adding color to the bedroom or any room in the house can create the romantic look and mood you desire this Valentine's Day. With millions of shades of colors available and more variations available through faux finishing than ever before, the possibilities are endless.

The many reasons for using color fall into one of two categories: our personal color preferences and our desire to create a certain look or mood in a room. Even if we don't realize it, the colors around us have a profound effect on our moods and emotions. We tend to associate things we do, the places we occupy, what we wear, and what we own with colors. When painting, we want to choose a color that creates the right mood. The Home Depot will provide customers with basic information about color and instructions on how to paint faux finishes on their interior walls in the February workshop. Below is a sampling of the tips and techniques that will be shared in the clinic:

Understanding Color

- Create action with warm colors like reds that communicate vigor, inspire conversations and force emotions.
- Calm rooms with cool colors like blues that recede into the background, relax nerves and promote meditation.
- Feel safe with neutral colors that are open-minded and are easy on the eye.
- Create a serious mood with dark colors that are shaded with the addition of black.
- Enjoy a lighthearted mood with light colors that are tinted with the addition of white.
- Add depth to any color by creating a faux finish.

Ralph Lauren Finishes and Techniques

- The Candlelight is the latest look from Ralph Lauren Paints and is a simple, single-coat process where a translucent topcoat is applied over an existing or new color. The



shimmering topcoat illuminates new or existing wall color with delicate traces of light and is intended to imitate the radiant effect of flickering candlelight.

- Sponging and Ragging are similar faux finishing techniques that create a random pattern of color.
- River Rock and Suede are the two most popular finishes in the Ralph Lauren program. Both of these finishes have beautiful colors and create a dramatic textured look to walls.
- Ralph Lauren Regent Metallics is a very popular specialty finish that creates a luminous subtle texture akin to hammered metal.
- Antiqued Leather is a dramatic and regal finish that creates the distressed look of aged leather on a wall. This finish is truly unique and can be used in any room in the house

The Home Depot How-To Clinic, "Creative Ways to Add Color to your Home," will take place at 1:00 p.m. on Sundays in February (check your local market). The clinics are free of charge and participants are encouraged to register online at www.homedepotclinics.com

