

All » Examiner Swim & Dive

by Kevin Dunleavy and Brian McNally

GIRLS

First team



MEG HOSTAGE
HOLY CROSS • SENIOR

Stanford-bound diver finished career with four WMPSSDL titles. Dominated Metros (512.10), winning by 136.2 points and breaking the meet record set in 1997 by another Holy Cross diver, Trish Sanzaro. It was Hostage's first Metros title after placing in the top four the previous three years.

KATURA HARVEY
R. MONTGOMERY • SENIOR



After finishing second four times at Metros behind Olympian Kate Ziegler (O'Connell), Harvey won the 200 and 500 free at this year's Metros and anchored the RM 200 free relay team, which set a meet record. Won eight Montgomery County individual titles. UNC bound.

CARA CHUANG
R.MONTGOMERY • FRESHMAN



In back-to-back weekends, Chuang set Montgomery County (56.33) and Metros (55.62) meet records in the 100 back. Chuang also helped RM set a Metros record in the 200 free relay (3:29.67) and won the Montgomery County 200 IM title. Sister Christine (Poolesville) made second team.

AMANDA KENDALL
ROBINSON • SOPHOMORE



The Virginia AAA state champion in both the 50-meter free (26.47) and the 100 free (57.17) for the second year in a row. Also anchored Robinson's state championship 400 free relay team (3:55.88). Swam final leg for 400 free relay team that shattered region record (3:31.67).

MEGAN WATERS
GOOD COUNSEL • SENIOR

At the Metros, Waters won the 50 free with a meet record 23.27 and finished .01 shy of the meet record in winning the 100 free. In four years at the Metros, Waters swam legs on seven victorious relay teams for Good Counsel. Will continue her career at Princeton.

SECOND TEAM

Elynn Baumgardner • Fairfax • Sophomore
Christine Chuang • Poolesville • Senior
Ashley Danner • Lake Braddock • Junior
Katy Hinkle • Yorktown • Senior
Lauren Jacoby • Flint Hill • Senior
Maren Taylor • Yorktown • Sophomore

SWIMMERS OF THE YEAR



GIRLS

COLLEEN HAASE
GOOD COUNSEL • SENIOR

For the third straight year, Haase won the 100 breast (1:02.01) and the 200 IM (2:05.02) at the Metros. In her junior year, broke her own Metros record in the 100 breast by three seconds, swimming a 1:01.56. Led Good Counsel to its 11th straight Metros crown. Also won the 100 breast three consecutive years at the WMPSSDL championships. Will swim at Georgia.

BOYS

JOSH HAFKIN
GEORGETOWN PREP • SENIOR

In four high school seasons, including his freshman year at Bullis, the North Carolina-bound Hafkin entered eight Metros events and won each one. This year at the Metros, Hafkin set meet records in the 50-yard free (20.73) and 100 back (48.80) and anchored the Little Hoyas' victorious 200 and 400 free relay squads, both of which set meet records.



Coach of the Year

DAVE LASSITER • YORKTOWN

Led the Yorktown girls to second straight Virginia AAA state title. Patriots had no individual champions yet finished with 249 points after eight swimmers and two divers reached finals. Senior Katy Hinkle (Harvard) anchored state title relay teams in the 200-meter medley (2:01.35) and 200 free (1:49.04). Lassiter guided the Yorktown girls and boys teams to National District titles.

BOYS

First team



SEAN STEWART
WOOTTON • JUNIOR

Won the 500 free (4:33.15) at the Metros by five seconds, overcoming swimmers who finished 1-2-3-4 in the event in 2006. Stewart also won the 200 and 500 free at the Montgomery County championships and finished third in the 200 at the Metros, with an All-America qualifying time.

ERIC FRIEDLAND
WALTER JOHNSON • SENIOR



Won Metros titles in the 100 breast (56.40) and 200 IM (1:51.94), coming within .40 of the meet record in both events. At the Montgomery County championships, Friedland won the 100 breast and dominated the 200 IM (1:54.14), winning by five seconds.

MATT COOPER
WHITMAN • SENIOR



The Texas-bound Cooper won the Metros (585.10) diving championship for the third straight year, shattering his own meet record (551.70), set two years ago as a sophomore at St. Albans. A national-level competitor, Cooper finished his career with two Montgomery County titles.

KIRK JACKSON
POOLESVILLE • SENIOR



Stunning performance in the Metros, winning the 200 free (1:40.55) and shattering the meet record in the event by almost a full second. Also finished third in the Metros 100 free. At the Montgomery County championships, Jackson won the 100 fly and was third in the 500 free.

ZACH HOLMES
ROBINSON • SENIOR



Part of Robinson's fifth consecutive Virginia AAA boys state championship team. Holmes won both the 50-meter free (23.84) — the second of his career — and the 100 free (51.76) at states. Also helped Robinson successfully defend state relay titles in the 200 and 400 free. Will swim at Virginia Tech.

SECOND TEAM

Andy Brake • Lake Braddock • Senior
Jonathan Christensen • Jefferson • Junior
Cameron Gledhill • McLean • Senior
Robert Grimmett-Norris • Georgetown Prep • Senior
Mark Meyer • Whitman • Senior
Brendan Murphy • Gonzaga • Senior