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Examiner

Swim & Dive

by Craig Stouffer



Coach of the Year

DAVE LASSITER, YORKTOWN

After coming achingly short in the Northern Region meet, where the Patriots girls led throughout but could only watch helplessly as Fairfax won the meet in the final relay, second-year coach Lassiter rallied his troops to capture the Group AAA state title with just four point-scoring swimmers and one diver. The state championship was Yorktown's first ever in swimming and first for the school since 1981.

First team



2006 All-Examiner Swim & Dive team, front row from left: Lake Braddock's Ashley Danner, Robinson's Zach Holmes, Robinson's Amanda Kendall and Yorktown's Katy Hinkle. Back row, from left: Madison's Alex Anderson, O'Connell's Kate Ziegler, Herndon's Jimmy McLaughlin, Robinson's Drew Finelli and South Lakes' Mei Christensen. Dave Lassiter, above left, was named coach of the year. - Brig Cabe/Examiner photos



Boys swimmer of the Year

ZACH HOLMES, ROBINSON, JUNIOR

Following in the footsteps of graduated two-time Examiner Swimmer of the year Steve Scheren, Holmes became Robinson's new resident speedster, and he was the highest individual point-scorer at both the Northern Region and Group AAA state meets, where Robinson won boys titles for the fourth consecutive season. Holmes swam All-American times to win the 50 free (21.28) and place second in the 100 free (46.70) at the state meet, and he won both events at the region meet. He was also a member of winning 200 and 400 free relays at the region and state meets.

BOYS

DREW FINELLI, ROBINSON, SENIOR

Alabama-bound and repeat All-Examiner pick dominated the 200 free, setting a new record (1:41.59) at the Group AAA state meet and winning the event (1:42.05) at the Northern Region meet. Swam All-American times in the 200 and 500 free and was the anchor of Robinson's All-American state-title winning 400 free relay (3:11.83).

ALEX ANDERSON, MADISON, SENIOR

At the Northern Region meet, Anderson won the 500 freestyle (4:32.01), finishing just 0.14 seconds shy of double gold medal-winner Tom Dolan's 13-year old record. Anderson doesn't get the record but he still bested Dolan's time at the state meet, where he won the event with an All-American and state record time of 4:30.57.

MIKEY McDONALD, W.T. WOODSON, SENIOR

McDonald won his second Group AAA state diving title with 519.15

points, edging Robinson's Mike Pageorge, the defending champion. McDonald also won his fourth consecutive Northern Region title and third straight Liberty District title.

JIMMY MCLAUGHLIN, HERNDON, SENIOR

Won the 100 backstroke at both the Northern Region and Group AAA state meets, including with an All-American time (51.63) at the latter. Also led the Hornets to a Group AAA state title in the 200 medley relay (1:37.82) and finished second at the region and state level in the 100 butterfly.

GIRLS

ASHLEY DANNER, LAKE BRADDOCK, SOPHOMORE

Successfully defended her Group AAA state title in the 100-yard breaststroke, setting a state record (1:02.68) in the process, and was touched out by Christensen in the 200 individual medley (2:03.66). Missed the Northern Region meet for the FINA World Cup in Long Island, where she placed fourth in the 50-meter breaststroke and fifth in the 200-meter breaststroke.

KATY HINKLE, YORKTOWN, JUNIOR

Helped the Patriots to the Group AAA state title, leading them to wins in the 200-yard medley relay and a state record in the 200 free relay at the state meet. Earned All-American honors in all four events in which she appeared at the state meet, and she also won both the 50 and 100 free at the Northern Region meet.

MEI CHRISTENSEN, SOUTH LAKES, SENIOR

Repeat All-Examiner pick missed the Northern Region meet due to the flu, but came back with two All-American swims at the Group AAA state meet, setting a state record to defend her state title in the 200 individual medley (2:03.61) while also winning the 100 backstroke (56.11).

AMANDA KENDALL, ROBINSON, FRESHMAN

Had a breakout performance at the Group AAA state meet, where she swam All-American times to win individual titles in the 50 free (23.65) and the 100 free (51.33), setting a new state record in the latter.



Girls swimmer of the Year

KATE ZIEGLER, O'CONNELL, SENIOR

In her final high school season, the three-time Examiner Swimmer of the Year scorched the record books, setting not only local records but multiple national high school and American marks. Ziegler, who is in Shanghai, China, to compete in the Swimming World Championships this month, set an American record in the 800-meter freestyle (8:12.19) at the FINA World Cup on Long Island, N.Y. in February. Back home at the Washington Metropolitan Interscholastic Swimming championships, she set a national high school and American record in the 500-yard freestyle (4:33.35) and a high school record in the 200 free (1:45.49). She also set records at the Catholic Nationals (500 free, 200 free) in Philadelphia and at the Washington Metropolitan Prep School Swimming championships (500 free).