

BOYS' SWIMMING PREVIEW

Swimmer to Watch

Zach Holmes, Robinson, Sr.



BY JOEL RICHARDSON — THE WASHINGTON POST

The All-Met won the Virginia AAA 50-yard freestyle championship last season and swam on the Rams' two state champion freestyle relay teams. He is the leader of a Robinson team that is aiming for its fifth state title and has taken the leadership torch from Drew Finelli, another All-Met, who graduated. At a meet earlier this month, Holmes injured his nose and left for medical attention. The Virginia Tech recruit later returned just so he could ride the team bus home. "He knows he's a leader by example," Rams Coach Rich Gordon said, "but he's not satisfied."

Around the Area

Lake Braddock is again poised to challenge Robinson at the AAA Northern Region and state meets. The Bruins are led by senior Andy Brake, who will swim for North Carolina. Brake won the state 200-yard individual medley title last year with an automatic all-American time. Senior diver Austin Orchard finished third at states. . . .

Josh Kinan, Ryan Langley and Andrew Hillman are back from **Herndon's** state championship 200 medley relay. The fourth member of the relay, All-Met Jimmy McLaughlin, is now swimming for Virginia Tech, but his mother, Kathy, is the Hornets' new coach. . . .

Woodbridge senior Taylor Osborne, the defending district 200 freestyle champion, is back along with junior Matt Penning, the 200 IM winner. . . .

Senior Mike Graveen, the defending AAA Cedar Run District champion in the 50 freestyle, is back to lead **Osborn Park's** attempt to repeat as district champs. . . .

Potomac freshman Connor Schwalm set school records in the 100 butterfly and 200 IM in the first meet of the season. . . .

Senior Zack Wise, the AAA state 100 butterfly champion and fourth-place finisher in the 100 backstroke at the Northern Region meet, is back for **Lee**. . . . Freshman Freddy Crawford, an addition at **Washington-Lee**, finished in the top three in the 50 and 100 freestyle in the 13-14 age group at last weekend's Tom Dolan Invitational.

Seton junior Nevin Cook placed first at last year's National Catholic Championships in the 200 individual medley and 100 breaststroke. . . . Cameron Gledhill, who finished second in the 100 breaststroke at last year's state meet is back for **McLean**.

— Rich Campbell

Story Lines

1

Can anyone stop Robinson's strive for five? The Rams have the talent to

extend their streak of four straight Virginia AAA titles. In addition to Zach Holmes, Robinson has junior Derek Bui, who set the state 100-yard breaststroke record last season. Junior Tim Wingert, senior Jonathan Dee and sophomore Jeff Bobsin joined Holmes on last year's state championship 200 freestyle relay.

2

Will Osborn repeat in the AAA Northwestern Region? The Eagles

added talented freshmen Tyler Perez, Eric Wenzinger, Conor Campbell and Chase Wittenauer and didn't lose much from last year's championship squad. Senior Jacob Goodfellow won the region 200 freestyle crown and placed second in the 100 freestyle. Junior Philip LaRosa finished second in the 200 individual medley and 500 freestyle.

3

How will Potomac Falls fare at the AA state and Dulles District meets? The

Panthers lost All-Met Matt McLean and his state titles in the 200 and 500 freestyle, but senior Andy Mears, the state 100 freestyle champion, is back for the five-time district champions. Talented sophomores Devin Bowers and Cole Jamison will assume larger roles.

— Rich Campbell