

**DELTON KELLOGG / THORNAPPLE KELLOGG /
HASTINGS HIGH SCHOOL**

TEAM ROSTER

Macey Acker	Kate Haywood
Claire Anderson	Hannah Jesse
Hayley Bashore	Lauren Kroells
Grace Beauchamp	Veronica Mascorro
Jordan Clement	Lindsay Meeker
Sierra Cornett	Taylor Myers
Jessica Gaskill	Clarissa Parish
Abby Gray	Samantha Richardson
Anna Grotsch	Alexi Selby

Captains

Libby Betcher	Raelee Olson
Katie Kelly	Caytie Sprague
Jennifer Tuokkola	

Ben Roets, Team Manager
Danielle Loosenort, Volunteer Coach
Todd Bates, Diving Coach
Wendy McGillicuddy, Assistant Coach
Carl Schoessel, Coach

DELTON KELLOGG / THORNAPPLE KELLOGG / HASTINGS HIGH SCHOOL
2015 GIRLS' SWIMMING & DIVING TEAM

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Time – Location</u>
Tuesday and Wednesday	August 11 and 12	Team Party/Practice Begins	8:30 p.m./12:01 a.m. – CERC*
Friday	August 21	Team Picnic	12:30 p.m. – Pleasant Lake
Wednesday	September 2	Black-Gold Intra-Squad Meet/Parents' Night	6:00 p.m. – CERC*
Thursday	September 17	Grand Rapids Union High School (Little Sister and Elementary / Middle School Night)	6:00 p.m. – CERC*
Tuesday	September 22	Unity Christian High School	6:00 p.m. – CERC*
Thursday	September 24	Grand Rapids Catholic Central High School	6:00 p.m. – CERC*
Saturday	September 26	Delton Kellogg / Thornapple Kellogg / Hastings Invitational	10:00 a.m. – CERC*
Thursday	October 1	Grand Rapids Ottawa Hills High School (Alumni / Staff Night)	6:00 p.m. – CERC*
Saturday	October 3	Grand Rapids Ottawa Hills Invitational	TBA – Away
Thursday	October 8	Calvin Christian High School	6:00 p.m. – Away
Friday and Saturday	October 9 and 10	Michigan Interscholastic Swim Coaches Association Meet	TBA – Away
Thursday	October 15	Grand Rapids West Catholic High School	6:00 p.m. – Away
Tuesday	October 20	Eaton Rapids High School (Cancer Benefit Meet)	6:00 p.m. – Away
Thursday	October 22	Wayland Union High School (Swim Club Night)	6:00 p.m. – CERC*
Tuesday	October 27	Coldwater High School	6:00 p.m. – CERC*
Thursday	October 29	Fremont High School (Seniors' / Parents' Night)	6:00 p.m. – CERC*
Friday and Saturday	November 6 and 7	Conference Swimming and Diving Preliminaries Conference Swimming and Diving Finals	TBA – CERC*
Thursday	November 12	Diving Regional	TBA – Away
Friday and Saturday	November 20 and 21	Michigan High School Division 1 Swimming and Diving Championships	TBA – Holland Aquatic Center
Tuesday	November 24	Awards Banquet	TBA – Thornapple Kellogg High School

SWIMMING AND DIVING RECORDS

<u>Event</u>	<u>DK/TK/HHS Team</u>	<u>HHS Pool</u>	<u>Conference</u>
200 yd. Medley Relay	1:52.00 2012 K. Strumberger, A. Schipper, H. Bashore, K. Kroells	1:49.93 2014 G.R. Catholic Central	1:49.93 2014 G.R. Catholic Central
200 yd Freestyle	2:01.22 2013 J. Tuokkola	1:55.85 2013 A. Estrella, Calvin Christian	1:55.85 2013 A. Estrella, Calvin Christian
200 yd. Ind. Medley	2:17.18 2014 L. Betcher	2:09.25 2014 R. Kishman, G.R. Catholic Central	2:09.25 2014 R. Kishman, G.R. Catholic Central
50 yd. Freestyle	:24.95 2009 N. VanDenack	:24.39 2012 T. Edsall, Calvin Christian	:24.39 2012 T. Edsall, Calvin Christian
Diving	237.55 2008 K. Sheldon	260.45 2015 M. Hutchings, G.R. Union	420.10 2014 M. Hitchings, G.R. Union
100 yd. Butterfly	1:00.33 2013 Hannah Bashore	:58.77 2014 S. LaGrand, G.R. Catholic Central	:58.77 2014 S. LaGrand, G.R. Catholic Central
100 yd. Freestyle	:54.59 2009 N. VanDenack	:54.04 2012 T. Edsall, Calvin Christian	:54.04 2012 T. Edsall, Calvin Christian
500 yd. Freestyle	5:28.21 2013 J. Tuokkola	5:09.68 2013 T. Vera, G.R. Catholic Central	5:09.68 2013 T. Vera, G.R. Catholic Central
200 yd. Freestyle Relay	1:44.10 2013 L. Kroells, K. Dobbin, H. Bashore, K. Kroells	1:42.78 2014 G.R. Catholic Central	1:42.78 2014 G.R. Catholic Central
100 yd. Backstroke	1:03.27 2012 K. Strumberger	1:00.77 2006 J. Evink, Hamilton	1:01.92 2010 N. Byl, Forest Hills Northern/Eastern
100 yd. Breaststroke	1:06.71 2012 A. Schipper	1:06.30 2014 R. Kishman, G.R. Catholic Central	1:06.30 2014 R. Kishman, G.R. Catholic Central
400 yd. Freestyle Relay	3:49.72 2014 H. Bashore, L. Kroells, S. Richardson, J. Tuokkola	3:41.06 2013 G.R. Catholic Central	3:41.06 2013 G.R. Catholic Central

DELTON KELLOGG / THORNAPPLE KELLOGG / HASTINGS HIGH SCHOOL
2015 Girls' Swimming & Diving Team

The 2015 Delton Kellogg / Thornapple Kellogg / Hastings High School Girls' Swimming & Diving Team welcomes you to the fall season of competitive swimming and diving at the Hastings Community Education and Recreation Center. The information listed below may be helpful to those persons not familiar with competitive swimming and diving:

- There are 11 swimming events and one diving event in each meet . . . see the back cover of the program for the order of events, the method of scoring, and the number of events each team member is allowed to enter.
- Each length of the swimming pool is 25 yards, so the 50 yard freestyle is two lengths while the 500 yard freestyle is 20 lengths, etc.
- There are three relay events . . . the 200 yard medley relay has four swimmers, each swimming two lengths, with the first swimmer doing backstroke, the second doing breaststroke, the third butterfly, and the fourth freestyle; the two freestyle relay events also each have four swimmers doing only the freestyle for the appropriate distances (50 yards or 100 yards)
- There are specific rules regarding each style of stroke, and the starts, turns, and finishes . . . a violation of those rules will result in a disqualification of the swimmer and no points counted for the team regardless of how well the swimmer does in the race (i.e. a swimmer who does a false start will be disqualified).
- It is very appropriate to cheer for your team, and its swimmers and divers, but it is necessary for the spectators to be quiet when the swimmers are called to the blocks for the start and when a diver steps on the board to do her dive. Please turn off all pagers and cellular telephones, and do not use flash photography.
- Each dive has a "degree of difficulty" which is multiplied times the scores from the judges to give the total number of points awarded to a diver for a particular dive . . . the diver with the highest number of total points for all dives added together is the winner of that event.
- The backstroke flags are five yards from each end of the pool, and the lane markers change color at that same distance, which helps the swimmers know that they are approaching the end of the pool.

The performances that occur at each meet are the result of each girl swimming well over 20,000 yards or doing dozens of dives in practice each week.