



**BREATHING DURING HER STROKE**, senior **Giovanna Musiello** takes a butterfly stroke as she practices for her upcoming meets. The girls team worked very hard this season whether it was in the mornings or late nights, and they believed that at the end the hard work would pay off. "My goal ever since the beginning of this season has been to be a state champion in my event, the 200-IM. I've been putting a lot of effort to get the results I want," Musiello said. *Photo by Fox Mar*

# DIVE *in*

## ON *deck*

Swimmers enjoyed a swim meet with joy and words of affirmation.



Smiles and laughter filled the pool deck as swimmers prepared for their events. On Oct. 15, advice and words of motivation were key factors that helped the team's performance. Swimming is as much of a mental sport as it is physical. Teammates cheered for one another, offering words of encouragement before races. "After an event I usually go to my teammates and tell them that they did a great job. I also like to give them a small motivational speech before they swim," freshman **Antonia Moreno** said. This supportive team culture provided a sense of belonging, allowing each swimmer to feel comfortable in the environment. *Photos by Carolina Milano.*

Dedication and teamwork led the girls swim team to the state championship.

**D**uring practice on Oct. 22, as the sun shined bright, senior Giovanna Musiello took a breath as she swam butterfly during an afternoon practice. Along with her teammates, Musiello practiced for their upcoming meet against Carrollton.

"I am pumped for the upcoming meets and very excited for the postseason. I think we have a very good shot at states this year," Musiello said.

The team, which was mostly made up of seniors, felt confident that they would come in with a strong finish to mark the end of their high school years. The team ultimately did just that, winning most of their meets and qualifying for the state championship.

"As captain, I am very proud of this team and making it to the state championship. I am also very excited to see what we're

capable of and if we can podium in events at states," Rosenthal said.

Head coach, Nick Folker believed in the girls' potential and worked with each swimmer so that they could perform at their very best.

"This year I've been training the girls extra hard so that we can try and podium at states. I believe the team has capability of doing so, and I believe the girls will put their best effort to win," Folker said.

With the senior group graduating, new opportunities surfaced for younger swimmers for the next season.

"I believe next year we will definitely go through a hard time in adjusting without the seniors. But I believe that we will be successful in the meets and hopefully score many points throughout the season," sophomore Sofia Saporta said.

STORY BY **SOPHIA KINGSTON**



**TAKING A STROKE**, freshman **Rafaela Savoia**, sophomore **Luna Arellano Geddes**, and senior **Mariah Milano** swim across the pool competing in their events. On Oct. 15, the team competed against Carrollton and swimmers' individual results were key factors to their win. "During the meet against Carrollton, I went my best time on the 100-breaststroke. I was very happy with my results as I was going a best time in the middle of the season," Milano said. *Photos by Fox Mar*

## LAST *lap*

Seniors celebrated their last swim season as high schoolers.



With nine seniors, being that four of them are captains, the senior day was very emotional. On Oct. 15, seniors were celebrated with a special ceremony that left a mix of happiness and nostalgia. The ceremony recognized each senior for their unique contributions to the team. Tears and joy filled the air as coaches and teammates shared touching memories of the past years. "I will miss these seniors so much. The amount of hours, days, and years spent in this pool together will never be enough," **Saporta** said. *Photos by Carolina Milano.*



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*My advice is to enjoy each moment and appreciate the teammates by your side.*  
Sofia Ciperski '25