

Knights eye return to top

By [Joshua Lindenstein](#) ([Contact](#))

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Photo by Paul Aiken

The 15 returning state qualifiers for Fairview's swimming team have the Knights hoping to win a state title this season.

Any time the return of 15 state qualifiers is getting competition for the most impressive thing about your swim team, chances are it's going to be a good season.

Such is the case for the Fairview Knights.

Coach Bob Smartt has what he calls the second-best freshman class in the history of the school, and the combination of seasoned veterans and speedy youngsters has the Knights poised to make a run at the Class 5A state title this season after a distant runner-up finish last winter.

While distance freestyle ace Julie Giehl returns as possibly the top swimmer in the Boulder area and a shot at the 500 free state title, Smartt says four of the Knights' top seven swimmers will likely be freshmen.

Sprinter Lauren Rigg, distance swimmers Julie Anderson and Mikella Zglicznka, and the versatile Emily Scraggs all have swam times this past club season that would make them competitive for placing at state.

"If we had a freshman team that was stand-alone, they would absolutely be top-10 in the state, possibly top-5," Smartt says. "That's how strong this freshman class is."

The best class ever at Fairview, of course, included All-Americans Madeline Rovira and Kristen Lahey, who helped lead the Knights to a state title three years ago as juniors.

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Repeating that feat this year won't be easy, even with all of the firepower.

Perennial powerhouse Cherry Creek is once again loaded, but not as strong as last season after graduating two of four All-Americans and having another transfer out of state. Class 4A juggernaut Regis also makes the move up to 5A this year to make things interesting.

"I don't think we're the favorite," Smartt says. "What's ironic is that our team might be significantly better than last year but we might end up third."

The Knights are hoping their depth can help them avoid such a fate.

The freshman class will strengthen Fairview's relays, with the 200 and 400 free quartets likely competing for state titles.

The condition of Rovira's younger sister Elizabeth, who had back surgery in the offseason, will also be key. The junior placed 12th in the 50 free at state and also swam a leg on the third-place 200 free relay team.

Fellow junior Sophie Lucas and sophomore Tasia DeMuth also return with prowess in several events.

"If we can walk into state with more qualifiers, maybe we can make it up in bits and pieces," Smartt says.

BHS looking to rebound

The flu kept Boulder High from having possibly its best season ever last winter as five of the Panthers' top nine swimmers were sick at the state meet, wreaking havoc on their lineup and knocking them well out of the top-15 in the team standings.

Luckily for Boulder, nearly the entire team returns and remains mostly underclassmen. That and the addition of three talented freshmen have the record books trembling at Boulder High as the Panthers are shooting for no less than a top-10 finish at state and possibly a top-5 breakthrough on a perfect day.

Juniors Jenaka Ford and Ellie Shetter and sophomore Sophie Allen return atop the Panthers' lineup, while coach Curt Colby says freshman Jaclyn Best should lead the school record-breaking parade in the 500 free.

"Basically, the record book will be re-written this year," Colby says. "A lot of records will fall; it should be our best season ever."

Dobie to lead Eagles

Kia Dobie's standout freshman year has her primed to battle Fairview's Giehl as the top swimmer in the area this winter. Dobie won the 4A state title in the 500 free and finished third in the 200 free. But she also qualified for state in every other individual event.

Her all-around ability and a deeper squad this year has Broomfield hoping to crack the top-10 as a team at state.

Girls Swimming Capsules

By [Joshua Lindenstein \(Contact\)](#)
Wednesday, November 29, 2006

Boulder

Coach: Curt Colby (9th year).

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Returning state qualifiers: Jenaka Ford (Jr., 50 free, 100 free, 200 free relay, 400 free relay), Ellie Shetter (Jr., 100 breast, 100 free, 200 free relay, 400 free relay), Sophie Allen (So., 100 back, 50 free, medley relay, 200 free relay), Alex Kahn (So., 50 free, 100 free,

200 free relay, 400 free relay), Alex Scrimgeour (Jr., 100 back, medley relay), MacKenzie Cooke (Jr., 100 breast), Lauren O'Hair (Jr., 400 free relay), Abbie Hebein (Jr., 400 free relay), Michelle Steinbaugh (Sr., 200 free relay).

Others to watch: Hillary Mansfield (Fr., back, fly, free), Jaclyn Best (Fr., distance), Meghan Varner (Fr., free, fly).

Outlook: See related story.

Schedule: (home meets upper case) **DEC.** — 1, at Fairview Invite, 4 p.m.; 7, at Eaglecrest; 14, FAIRVIEW; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 4, at Overland; 11, CHERRY CREEK; 18, at Smoky Hill; 25, at Mullen; 26-27, Boulder County Invite, tba; **FEB.** — 1, GRANDVIEW; 8-10, Centennial League Championships, tba.

Broomfield

Coach: Emily Austin (6th year).

Returning state qualifiers: Kia Dobie (So., 500 free, 200 free, 400 free relay, 200 medley relay), Kendra Dobie (Jr., 200 IM, 100 breast, 400 free relay, medley relay), Allie Meisner (Jr., Diving), Ashley Einfalt (Jr., 400 free relay, medley relay, 200 free relay), Robyn Elliot (So., 500 free, medley relay, 200 free relay, 400 free relay), Mairi Risner (Sr., 200 free relay), Meghan Moroze (So., 200 free relay), Morganne Landers (Jr., 200 free relay).

Others to watch: Caroline Bunge (So., 500 free), Tia Claps (Jr., Diving).

Outlook: See related story.

Schedule: (home meets upper case) **DEC.** — 1, ESTES PARK, 4 p.m.; 2, at Estes Sprint Pentathlon, 9 a.m.; 8, THOMPSON VALLEY, 4 p.m.; 12, League Relays at Mountain View, 3 p.m.; 14, at Fossile Ridge, 4 p.m.; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 11, at Silver Creek, 4 p.m.; 13, Mountain View Invite, 9 a.m.; 16, at Niwot, 4 p.m.; 19, LONGMONT, 4 p.m.; 23, at Mountain View, 4 p.m.; 26-27, Boulder County Invite, tba; **FEB.** — 9-10, League Championships, at Mountain View, tba.

Centaurus

Coach: Scott Ko (1st year).

Returning state qualifiers: Teri Andony (Sr., medley relay, 200 free relay), Marissa McKercher (Sr., 200 free relay).

Others to watch: Tori Dahard (Jr., back, sprints), Paola Pacheco (Jr., free), Alyss Filer (Jr., Diving).

Outlook: Ko takes over after assisting Richard Harris last season. Even with the losses of Kelsey Blomquist and Erica Brown, he is hoping the Warriors have enough depth this season to make up the difference in points and lay a foundation for the future.

Schedule: (home meets upper case; all times 4 p.m. unless noted) **DEC.** — 1, at Northglenn; 12, at Hinkley; 14, at Skyview; 15, ADAMS CITY; 16, Coaches Invite at Mountain View, 8:30 a.m.; 19, at Aurora Central; **JAN.** — 9, at Brighton; 12, League relays at Brighton; 16, at Mountain Range, 6 p.m.; 18, at Cherokee Trail; 25, at Fort Lupton; 26-27, Boulder County Invite, tba; **FEB.** — 2-3, League Championships at Hinkley, tba.

Fairview

Coach: Bob Smartt (7th year).

Returning state qualifiers: Julie Giehl (Sr., 200 free, 500 free, 200 free relay, 400 free relay), Tasia DeMuth (So., 200 free, 400 free relay), Darian Davis (So., 100 back), Sophie Lucas (Jr., 100 fly, 50 free, medley relay, 200 free relay), Lindsay Braun (Jr., 200 free), Elizabeth Rovira (Jr., 50 free, 100 free, 200 free relay), Lauren Salisbury (Sr., 200 IM, 100 fly, 400 free relay), Erica Wood (So., 100 back), Casey Cerny (Sr., Diving), Ellen Nazarenus (Sr., 100 breast, medley relay), Morgan Horton (Sr., 200 free), Rachel Cazden (So., 50 free), Jenny McCoy (So., 100 back), Natasha Steinmann (So., 100 breast), Tara DeMuth (So., 100 breast).

Others to watch: Lauren Rigg (Fr., free, fly), Julie Anderson (Fr., 500 free), Mikella Zgliczniska (Fr., back, IM, breast, free), Emily Scraggs (Fr., free, back).

Outlook: See related story.

Schedule: (home meets upper case; all times 4:30 p.m. unless noted) **DEC.** — 1, FAIRVIEW INVITE, 4 p.m.; 7, SMOKY HILL; 14, at Boulder, 4 p.m.; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 4, GRANDVIEW; 11, at Eaglecrest, 4 p.m.; 18, MULLEN; 25, OVERLAND; 26-27, BOULDER COUNTY INVITE, tba; **FEB.** — 1, at Cherry Creek, 4 p.m.; 8-10, Centennial League Championships, tba.

Longmont

Coach: David Hoffmaster (1st year).

Returning state qualifiers: Erin Lionberger (Jr., Diving), Krista Ahlberg (Sr., 200 free relay), Stephanie Morrison (Jr., 200 free relay).

Others to watch: Kayla Summers (Jr., 100 fly), Marin Toscano (Jr., 100 free).

Outlook: Hoffmaster returns as head coach after a two-year stint at the helm in the 1990s. The Trojans lost tons of points with the graduation of nine seniors but are still confident they can climb in the conference standings this season.

Schedule: (home meets upper case) **DEC.** — 2, Estes Park Sprints, 9 a.m.; 5, ESTES PARK, 4 p.m.; 7, at Mountain View, 4 p.m.; 12, League relays at Thompson Valley, 5 p.m.; 14, CITY MEET, 4 p.m.; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 8, at Fossil Ridge, 4 p.m.; 13, Mountain View Invite, 9 a.m.; 19, at Broomfield, 4 p.m.; 26-27, Boulder County Invite, tba; 30, at Thompson Valley, 4 p.m.; **FEB.** — 9-10, League Championships at Mountain View, tba.

Monarch

Coach: Jay Weerman (2nd year).

Returning state qualifiers: Andrea Kacynski (So., 100 back, 200 free relay, medley relay), Whitney Fletcher (So., 100 breast, 200 medley relay), Michelle Tillman (Jr., 200 medley relay), Kali Greff (Sr., medley relay, 200 free relay), Ashley Jackson (Sr., 200 free relay), Ciara Coughlin (Sr., 200 free relay).

Others to watch: Whitney Dougherty (Fr., 100 breast, 200 IM).

Outlook: With no state qualifiers lost to graduation, Monarch hopes to be back on the rise. Dougherty could be one of the better freshmen in the state and will help the Coyotes surprise a few people in the Front Range League.

Schedule: (home meets upper case; all times 4 p.m. unless noted) **DEC.** — 1, ROCKY MOUNTAIN; 8, FORT COLLINS; 12, at Poudre; 16, Coaches Invitational, 8:30 a.m.; **JAN.** — 12, LEGACY; 13, League relays at Northglenn, 9 a.m.; 18, at Thornton; 24, at Northglenn; 26-27, Boulder County Invite, tba; **FEB.** — 1, at Loveland; 9-10, Front Range League Championships at Thompson Valley HS, tba.

Niwot

Coach: Stephen Beam (2nd year).

Returning state qualifiers: Alyssa Hughes (Jr., 100 fly, 500 free), Chloe Beaupre (So., 100 back, 50 free).

Others to watch: Laura Farrar (Fr., breast), Molly Joyce (So., sprints), Makayla Palmer (So., distance).

Outlook: Beaupre, Hughes and Farrar should all be state finalists. But with the loss of the likes of Abby Allen to graduation, the Cougars will look to defend their Northern League West title and undefeated dual record with depth instead of star power.

Schedule: (home meets upper case; all times 4 p.m. unless noted) **DEC.** — 2, Estes Park Sprints, 9 a.m.; 5, at Mountain View; 7, at Fossil Ridge; 12, League Relays at Mountain View, 5 p.m.; 14, CITY MEET; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 5-6, Wiedeman Invite at Greeley, tba; 9, at Thompson Valley; 12-13, Jeffco Invite, tba; 16, BROOMFIELD; 23, ESTES PARK; 26-27, Boulder County Invite, tba; **FEB.** — 9-10, League Championships at Thompson Valley, tba.

Silver Creek

Coach: Debbie Stewart (6th year).

Returning state qualifiers: Lindsay Banning (So., 50 free, 100 free, medley relay, 400 free relay), Carly Miller (Sr., medley relay, 400 free relay), Hannah Sherman (Jr., medley relay), Shannon Whitmore (Sr., medley relay, 200 free relay, 400 free relay), Missy Faul (Jr., medley relay).

Others to watch: Alaina DiGiacomo (So., sprints), Hannah Forrer (Sr., distance).

Outlook: Banning will lead the Raptors into what they hope will be a breakout season. Last year was the first time the Raptors had multiple state qualifiers, and their numbers should jump again this year with 38 swimmers out for the team.

Schedule: (home meets upper case; all times 4 p.m. unless noted) **DEC.** — 2, Estes Park Sprints, 9 a.m.; 5, at Thompson Valley; 7, ESTES PARK; 12, League Relays at Mountain View; 14, CITY MEET; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 3, at Northglenn; 5-6, Greeley Invite, tba; 11, BROOMFIELD; 16, at Fossil Ridge; 26-27, Boulder County Invite, tba; **FEB.** — 1, at Mountain View; 9-10, League Championships, tba.

Skyline

Coach: Barb Hillstrom (3rd year).

Returning state qualifiers: Andrea Rhea (Sr., Diving), Nikki Smith (Sr., 200 free, 500 free, medley relay, 200 free relay), Haley Marriott (So., 200 free, 500 free, 200 free relay, 400 free relay), Angie Wolfrum (So., 100 breast, 200 IM, medley relay, 200 free relay), Becky Flora (Sr., 200 free, 400 free relay), Nicole Koch (So., medley relay, 200 free relay), Kendra Vannorsdel (Sr., 400 free relay).

Others to watch: Dyanna Becker (Sr., relays), Meryl Colton (Sr., relays), Lisa Johnson (Sr., relays).

Outlook: Rhea will try to overcome major back surgery in May to improve on her two fourth place finishes at state the past two years. If she can return to form, the Falcons' large senior class will likely carry the team to a second-straight runner-up finish in the Northern League East.

Schedule: (home meets upper case) **NOV.** — 30, WINDSOR, 4 p.m.; **DEC.** — 2, Estes Park Sprints, 9 a.m.; 7, GREELEY WEST, 4 p.m.; 11-12, League relays, tba; 14, CITY MEET, 3 p.m.; 16, Coaches Invite at Mountain View, 8:30 a.m.; **JAN.** — 9, VALLEY, 4 p.m.; 13, Mountain View Invite, 9 a.m.; 16, at Eaton, 5 p.m.; 23, at Sterling, 5 p.m.; 25, at Northridge, 4 p.m.; 26-27, Boulder County Invite, tba; 30, at Greeley Central, 4 p.m.; **FEB.** — 9-10, League Championships, tba.