



off with other schools. The team perfected their technique by honing their form. The form is one of the most important parts of swimming - a good stance helps you swim faster and more efficiently. The team also practiced dives from the diving board to start races strong, and drilled sets to build up physical endurance. The team shared very strong bonds and a lot of great chemistry, and enjoyed an amazing swimming season. "My favorite part is going to swim meets, they're really fun and you get to enjoy a team bonding experience," said Gideon Steele (9).

# SWIMMING



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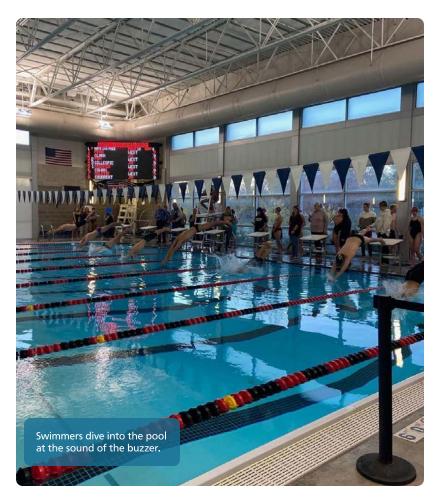
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## SWIM STROKES



#### **Butterfly**

Also known as a "fly" stroke, both arms move in sync with the hips and chest, followed by a kick of the legs.



#### Freestyle

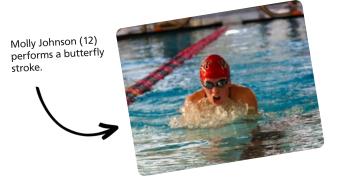
Formally called the "front crawl", the arms alternate strokes followed by scissor kicks in a face-down position.



#### **Breast Stroke**

Chest down, the arms and legs move in a circular motion, much like the motion of a frog.





## MAKING MEMORIES

Regardless of the wins or losses, the team enjoyed creating memories together. The team carpools to practice, spending time chatting, listening to music and enjoying a good laugh. New team members would always be introduced and welcomed, given guidance from the captains and veteran swimmers. Facing challenges and competition may have been stressing to some student swimmers, but they were always there for each other. "I really like the community; I think the team is a really great place to meet new people and to form some connection," said swimmer Kai Gerton (12). The team always found a way to have fun and enjoy an incredible experience from practices to meets to get together. Overall, the students had a very dedicated season, and looked forward to more bonding experiences.

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