



**2012 - 2013**

# ***SWIMMING & DIVING***



**2012 - 2013**



## CD Swimming News

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Congratulations to our CD Divers for a fantastic year of competition. Rachel McCormick, Matt Mullen, and Becca Beachler all competed this past weekend in the State Finals. With some of the best diver in the nation competing, Becca finished 12th and Matt finished 10th. Finally, receiving CDs first medal in about 20 years, Rachel McCormick placed an amazing 5th. Great Job Divers.

*This was posted on 3-18-2013*



## CD Swimming News

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Congratulations to a fantastic showing by our CD Divers over the weekend. With only 3 divers, all 3 qualified for the state meet in 2 weeks. Rachel McCormick finished 2nd, Matt Mullen finished 3rd, and and Becca Beachler got 7th. Both Matt and Rachel currently hold the highest dive scores in CD history. Good luck at States.

*This was posted on 2-26-2013*



## CD Swimming Special Report

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[Click here to view the video](#)



# SENIORS 2013

## BOYS

Logan Kraus  
Montana Nacarato

## GIRLS

Aliza Rubin  
Anntoinette Bonitz  
Emily Gherardini  
Kelly McGuire  
Zuzana Durcova



## CD Swimming News

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Congratulations to Diver Matt Mullen for breaking the CD High Diving Record and for his 2nd place finish at last night's Mid Penns Champs. Matt is currently ranked 2nd in the districts which will be held in 3 weeks.

*This was posted on 2-5-2013*



## CD Swimming News

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Congratulations to our Ram Divers for an impressive week on the boards. Matt Mullen and Rachel McCormick swept the meet against a tough Cumberland Valley squad on Thursday night. Both divers finished 4th in an East PA invite at Red Land over the weekend. Becca Beachler as well had a strong showing with a 2nd place at CV and a 17th at the invite.

*This was posted on 1-28-2013*



## CD Swimming News

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Congrats to our swimmers with some key swims yesterday against Cumberland Valley. Although coming up on the losing end of the team scores, Marisa Schaffer led the girls with days only victory in the 100 breast. Rachel Frank also came in with a top ten CD time in the 500 free. On the boys side, Marco Melinger, Michael Senyak and Zack Ruth also had top ten times.

*This was posted on 1-23-2013*



## Meet Schedule 2012-13

| Date                  | Time    | Vs.                    |
|-----------------------|---------|------------------------|
| Tuesday, December 11  | 7:00 PM | Carlisle               |
| Thursday, December 13 | 7:00 PM | Lower Dauphin          |
| Tuesday, December 18  | 4:00 PM | Hershey                |
| Thursday, December 20 | 4:00 PM | Chambersburg           |
| Thursday, January 3   | 4:30 PM | State College          |
| Tuesday, January 15   | 6:00 PM | CD East & Mifflin Cty. |
| Tuesday, January 22   | 4:15 PM | Cumberland Valley      |

## Invitationals

|                      |          |                         |
|----------------------|----------|-------------------------|
| Saturday, December 8 | -        | Dover Invitational      |
| <i>Leave at:</i>     | 6:30 AM  | -                       |
| <i>Meet begins:</i>  | 8:00 AM  | -                       |
| Saturday, January 5  | -        | Ctrl. York Invitational |
| <i>Leave at:</i>     | 8:00 AM  | -                       |
| <i>Meet begins:</i>  | 10:00 AM | -                       |



# Girls Swimming and Diving

|                           |               |                 |                            |
|---------------------------|---------------|-----------------|----------------------------|
| <b>Aliza Rubin</b>        | <b>Senior</b> | <b>Soph.</b>    | <b>Amber Gatling-Woods</b> |
| <b>Anntoinette Bonitz</b> | <b>Senior</b> | <b>Soph.</b>    | <b>Jasper Phy</b>          |
| <b>Emily Gherardini</b>   | <b>Senior</b> | <b>Soph.</b>    | <b>Rachel Cherry</b>       |
| <b>Kelly McGuire</b>      | <b>Senior</b> | <b>Soph.</b>    | <b>Rebecca Beachler</b>    |
| <b>Zuzana Durcova</b>     | <b>Senior</b> | <b>Freshman</b> | <b>Ashley Leisher</b>      |
| <b>Ally Miller</b>        | <b>Junior</b> | <b>Freshman</b> | <b>Drew Clark</b>          |
| <b>Annie Seeds</b>        | <b>Junior</b> | <b>Freshman</b> | <b>Emily Young</b>         |
| <b>Keri Tkatch</b>        | <b>Junior</b> | <b>Freshman</b> | <b>Evvie Thompson</b>      |
| <b>Kiersten Grier</b>     | <b>Junior</b> | <b>Freshman</b> | <b>Jacqueline Molnar</b>   |
| <b>Lauren Rittle</b>      | <b>Junior</b> | <b>Freshman</b> | <b>Liza Henry</b>          |
| <b>Marissa Schaffer</b>   | <b>Junior</b> | <b>Freshman</b> | <b>Samantha Haskins</b>    |
| <b>Rachel McCormick</b>   | <b>Junior</b> | <b>Freshman</b> | <b>Serena Merlo</b>        |
| <b>Rachel Frank</b>       | <b>Junior</b> |                 |                            |





# Boys Swimming and Diving

|                            |               |                 |                          |
|----------------------------|---------------|-----------------|--------------------------|
| <b>Logan Kraus</b>         | <b>Senior</b> | <b>Soph.</b>    | <b>Ganesh Kumar</b>      |
| <b>Montana Nacarato</b>    | <b>Senior</b> | <b>Soph.</b>    | <b>Gary Gifford</b>      |
| <b>Aaron Tesler</b>        | <b>Junior</b> | <b>Soph.</b>    | <b>Kyle Miller</b>       |
| <b>Alec Enterline</b>      | <b>Junior</b> | <b>Soph.</b>    | <b>Owen Davis</b>        |
| <b>Chris Tkatch</b>        | <b>Junior</b> | <b>Soph.</b>    | <b>Tiras Kelly</b>       |
| <b>Jarad Braddock</b>      | <b>Junior</b> | <b>Soph.</b>    | <b>Zach Ruth</b>         |
| <b>Matt Mullen</b>         | <b>Junior</b> | <b>Freshman</b> | <b>Andrew Gherardini</b> |
| <b>Michael Senyak</b>      | <b>Junior</b> | <b>Freshman</b> | <b>Joshua Yohe</b>       |
| <b>Zac Key</b>             | <b>Junior</b> | <b>Freshman</b> | <b>Marco Mellinger</b>   |
| <b>Brandon Daubenspeck</b> | <b>Soph.</b>  | <b>Freshman</b> | <b>Nicholas Bloom</b>    |
| <b>Carson Kahoe</b>        | <b>Soph.</b>  | <b>Freshman</b> | <b>Richard Averill</b>   |
| <b>Dave Weitzman</b>       | <b>Soph.</b>  | <b>Freshman</b> | <b>Sadiq Sistrunk</b>    |



## CD Swimming News

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The Swim Team went up against a tough Chambersburg team last night. The girls came up short this time even with some strong swims. Ashley Leisher was our only victory for the day.

The Boys however, were losing the meet by 5 points for the entire meet. With a crucial swim by senior Logan Kraus, the Rams went into the last event only down by 8. With time running out, Nick Bloom, Michael Senyak, Tiras Kelley, and Marco Mellinger teamed up for the victory combined with a second and the Rams beat the Trojans by 2 pts for the second time in 2 years. Also, pulling in wins Montana Nacarato, Michael Senyak and Ricky Averill.

The Dive Team made a big splash on Tuesday versus State Champ Hershey when they swept with wins by Mutt Mullen and Rachel McCormick.

*This was posted on 12-21-2012*



## CD Swimming News

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The Rams Swim Team both boys and girls moved to 2 and 0 last night against rival Lower Dauphin. The boys, led with victories by Michael Senyak, Zac Ruth, Montana Nacarato, and a big relay anchor by Alec Enterline won the meet with a score of 101-69. On the girls side, double winner Keri Tkatch led the girls in a close match. Winning by just 6 points, the ladies had victories by Marissa Shaffer, Ashley Leisher, freshman Page Molner and Captain Toni Bonitz. With 3 events remaining and the score tied, swimmers Lauren Rittle and Evie Thompson helped secure the victory.

*This was posted on 12-14-2012*





## CD Swimming News

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Congratulations to Rams Swim Team for the overwhelming victories by both guys and girls. The girls were led by double winners Keri Katch and Ashley Leisher and tripled the points of Carlisle. Victories also came from Marissa Schaffer and Serena Merlo. On the boys side, the Rams won 10 out of the 12 events swam. Double victories by Michael Senyak, Zac Ruth, Montana Nacarato and Ricky Averill the boys outscored the Bisons by 60 points.

*This was posted on 12-12-2012*



## CD Swimming News

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Congratulations to the Rams Swim Team for their impressive meet at Dover this past Friday. with over 500 swimmers in attendance, the boys team, led by junior Mike Senyak finished in first place out of 16 teams. Zac Ruth, Montana Nacarato and Marco Melinger also teamed up for a first place relay. Leading the girls with 2 victories was freshman Ashley Leisher. the girls finished in 5th overall but were able to score enough points to give the Rams the overall combined first place. Congrats swimmers.

*This was posted on 12-10-2012*



## CDHS Winter Sports Special Report

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[Click here to view the video](#)