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For immediate release

RECORDS FALL FOR TEAM SOPRIS AT CHAMPIONSHIP MEETS
8 & UNDER GIRLS WIN WESTERN SLOPE LEAGUE CHAMPIONSHIP MEET BY 88 POINTS

(Glenwood Springs, CO) – It was a very productive long course season for Team Sopris, the local club swimming program for kids ages 5 and up. The team saw numerous records, some very long-standing, fall as it wrapped up the summer with the Western Slope League Long Course Championships, Colorado CSI Long Course State Championships and Western Zone Senior Championships.

Western Slope Championships

Team Sopris took 3rd place overall at the Western Slope League Long Course Championships held July 19-21, 2013 at the Colorado Mesa University El Pomar Natatorium.

“We were missing several point scorers at this meet and as a result were unable to swim a few of our relays,” noted Team Sopris head coach Damon Garrison. “We would have fared better but I’m proud of our team for finishing as well as they did.”

A highlight of the meet was Team Sopris’ 8 & under girls team, who won the separate 8 & under short-course meet handily. Team Sopris scored 295 points compared to the Steamboat Springs Swim Team, which took 2nd place with 207 points.

“The girls won both their relays and finished in the top 3 in numerous events,” said Garrison. “I think they had a really good time and enjoyed coming together as a team to win the meet. It was really exciting to see them perform so well.”

Records broken at the Western Slope League Championship meet included: Jack Cassidy 15-18 boys 100M backstroke.

CSI Long Course State Championships

Team Sopris had a strong showing at the CSI Long Course State Championship meet held July 26-28, 2013, also at the Colorado Mesa University El Pomar Natatorium.

Will Berkheimer broke the team record in the 10 and under 50M and 100M backstroke with a top-20 finish in both events.

Phillip Hecksel broke the team record in the 13-14 boys 100M butterfly.

Earlier in the season, David Hecksel, age 10, broke 3 team records at the Grand Junction Invitational: 10 and under boys 50 meter breaststroke, 100 meter breaststroke and 100 meter butterfly.

Western Senior Zone Championships

Team Sopris sent 5 senior swimmers to the Zone Championships July 31–August 4 in Fresno, CA: Jack Cassidy (17), LJ Fetzko (14), Lily Thorsen (17), Jessica Tuttle (15) and Kendall Vanderhoof (15).

“Records were falling like crazy as these swimmers were dropping times like 10-year-olds,” noted Team Sopris head coach Damon Garrison. “It was an amazing meet for every one of them and I was so proud of them. The first night saw a nearly 13-second drop in the men’s 800M free and a 30-second and nearly 1-minute drop in the women’s 1500. They held up for all 5 days of the meet and finished as strong as they started.”

LJ Fetzko broke the team’s 13-14 girls’ record in the 400 free, the 800 free, the 1500 free, the 200 individual medley (IM) and the 400 IM.

Jessica Tuttle broke the 15-18 girls’ record in the 200 free (a record held by Emily McDonald since 2004), the 400 free, 800 free (held by Kathleen Lyon since 2008), the 1500 free, the 200 IM and the 400 IM.

Jack Cassidy, representing the men’s 15-18 age group, broke team records in every event in which he competed. Cassidy broke the team record in the 200 free, 400 free, 800 free, 1500 free, 200 back, 100 breast, 200 breast, 200 IM and 400 IM. In the process, Cassidy dropped over 18 seconds total in prelims and finals in the 400 IM and made his first Junior Nationals cut.

Kendall Vanderhoof dropped time in every event, including a 12-second drop in the 400 free.

“We had a hugely successful long course season,” Garrison concluded. “We trained really hard and the swimmers earned the success they achieved. We’re all looking forward to a few weeks off before we hit the water again and start training for short course season.”

Information about Team Sopris, including practice schedules, meet schedules, tryout times and more can be found on the team’s website at www.teamsopris.org.