

2006 State Meet...

# **Swimming**

## **Fahrbach, Fate all-state**

Fremont Ross's individual swimmers both made the all-state teams with their performance at the state swim meet Friday in Canton.

Sophomore Jacque Fate finished in ninth place in the 50-meter freestyle and sophomore Lincoln Fahrbach finished 13th in the 100 butterfly.

Fate finished 13th in her first heat, but won her next race, bumping her up to ninth place overall — the highest she could go, said coach Phil Moran.

"She just blew everyone away in the consolation heat," he said.

Fahrbach finished 13th in the preliminary round and his time held for him to finish 13th overall.

Fate and Fahrbach will each swim today in the 100 freestyle, and Ross's 200 freestyle relays will also swim.

"The kids are pumped about (today)," Moran said. "We're swimming really good times."

# Swimming

## High School Boys

### State swimming results

CANTON, Ohio (AP) — Results from Friday's events at the 2005 OHSA boys and girls state swimming meet.

#### DIVISION I

##### 100 Butterfly

1, Austin Staab, Jr., Westerville Cent., 48.44; 2, David Mosko, Jr., Cin. St. Xavier, 49.68; 3, Andrew Misich, Jr., Chardon ND-CL, 50.04; 4, Chris Doman, Sr., Cols. St. Charles, 50.09; 5, John Petroff, Sr., Spring. North, 50.84; 6, Timothy Collins, Soph., New Albany, 51.14; 7, Glenn Wagner, Jr., Can. Glenoak, 51.42; 8, Matt Edgin, Jr., Upper Arlington, 51.55; 9, Eric Ness, Sr., Thomas Worthington, 51.47; 10, Doug Spraul, Jr., Cin. Princeton, 51.61; 11, Stephen Grove, Sr., Liberty Twp. Lakota E., 51.77; 12, Daniel Wendorff, Sr., Upper Arlington, 52.27; **13, LINCOLN FAHRBACH, SOPH., FREMONT ROSS, 52.58**; 14, Alex Schaffer, Soph., Cols. St. Charles, 52.83; 15, Brandon Tabor, Jr., Westlake, 53.03; 16, Roman Willets, Fr., Tol. St. Francis, 53.40.

#### GIRLS

#### DIVISION I

##### 50 Freestyle

1, Jenna Hillier, Soph., Dublin Jerome, 23.84; 2, Brittney Rohr, Soph., Kettering Fairmont, 23.99; 3, Alex Doyle, Sr., Cin. St. Ursula, 24.00; 4, Caitlin Seed, Sr., Hudson, 24.17; 5, Megan Rupe, Sr., New Philadelphia, 24.32; 6, Annie Donovan, Soph., Findlay, 24.37; 7, Amy Krone, Sr., Cin. Sycamore, 24.49; 8, Sara Radke, Soph., Cin. Ursuline, 24.53; **9, JACQUE FATE, SOPH., FREMONT ROSS, 24.44**; 10, Kelsey Atchison, Jr., Cuyahoga Falls, 24.48; 11, Ashley Sohngen, Jr., Cin. St. Ursula, 24.64; 12, Katie Haller, Fr., Mentor, 24.75; 13, Molly Buynak, Fr., Strongsville, 24.81; 14, Katy Hare, Soph., W. Chester Lakota W., 24.85; 15, Lauren Johnson, Jr., Centerville, 24.88; 16, Katey Brooks, Fr., N. Royalton, 24.91.

# Ross swimmers can finally relax a little

By MATTHEW HORN  
Sports Writer

Tempting as it can sometimes be, Jacquie Fate has little to no time for her non-swimming friends during the season.

The same can be said for Lincoln Fahrbach.

And likely the rest of the Little Giant swimmers as well.

The entire group can renew acquaintances as reward for a fantastic season as Fate was 23rd in the 100 freestyle preliminaries and Fahrbach was 12th in the 100 freestyle finals Saturday in Canton. Brad Nuhfer, Matt Bachelder, Chris Beier and Fahrbach comprised a 10th-place 200 relay while Jessica Ickes, Caley Miller, Megan Wasser-

man and Fate were 19th. "You give up a lot of things when you're practicing so much," Fahrbach said. "You can't see friends and do some of the things you want to do while you're trying to get better. You can't see your nonswimming friends."

"After the season you can see family and friends, and relax. The pressure is off. All you can do is look back and be happy about your accomplishments and the fun you had."

Bachelder and Nuhfer will graduate.

"Matt is a great team captain," Fahrbach said. "He always gets us ready to go and Brad calms us down. They do a great job with our mindset getting us



News-Messenger file photo

LINCOLN Fahrbach wins the 500 freestyle earlier this year.

ready to go fast."

Wasserman will depart from the girls relay.

"Megan was a very good

leader," Fate said. "She taught us a lot. It's going to be hard next year because she was always the leader

of the group. We nicknamed her mom. We'll miss her a lot."

Fahrbach — who established numerous school and personal records during the season — said the 200 relay in Canton stood out. The boys broke a school record from 1999.

"I'm really happy about the 200 free relay at state," he said. "It was an old record and we all know the alumni really well and they were happy we beat it. A couple of them were there and they congratulated us — 'It's about time it came down.'"

Fate said the 200 relay at districts jumps out.

"We set a school record," she said. "That was a fun race. We all set personal

best times."

"They held their tapers well," Fahrbach said of the girls relay in Canton. "It's really nerve racking down there and they held together and swam well."

Fahrbach was pleased with his improvement in Canton.

"Being there and improving so much from last year," stands out. "The relay didn't make the finals last year and this year we did the best we could do in the consolation finals. I went from last place in the 100 fly to 13th and from not making it in the 100 free to 12th. From not making the finals to all-Ohio in three events is exciting."

See LITTLE, B2

# Little Giants great in the pool

Continued from B1

"We got the (200 freestyle relay) school record in prelims and rebroke it in the finals. My leadoff leg I got the school record in the 50 freestyle. We all swam as best we could."

Fate did not finish quite as well as she had last season but was proud of herself. As was Fahrbach.

"I didn't do as well as I did last year but just going down with the girls and having fun was great and we did the best we could," she said.

"She really came back strong in the finals," Fahrbach said of Fate. "She came back and fought."

Fahrbach and Fate will each have the opportunity to travel to Canton four times.

"It's always been a really big goal I've had," Fahrbach said. "I'm happy I have the opportunity and going down with my teammates has made it even better. Improving makes the hard work I do during the season pay off."

"It would be pretty cool to be able to say I went down there five times," Fate said. "It's a goal I really hope I can do."

Fahrbach said he does not specialize in any event or have a favorite. Although the 200 freestyle relay seems most important to him.

"Not really," he said. "All my events are important to me. I just try to do the best I can and improve every time I swim."

"I improved a lot and I was really happy with how I did (in Canton). I achieved many of the goals I set out for so I'm happy with how the season went. I wanted to make it back in the 200 free relay and get the relay record. We were really focused on that since last year. Coming back at night in both my indi-

vidual events is always a goal."

Fate, however, does have a favorite in the 50 freestyle.

"I get a lot of adrenaline out of it," Fate said. "You just get up and go as fast as you can. You don't have to worry about anything you just go."

Fate said she is shooting for the school record in the event next season.

"Next year I would like to make it back into the finals (in Canton) and break the school record in the 50 free," she said.

Fahrbach wants the 200 freestyle record.

"I'm going to go for the 200 freestyle school record," he said. "I've been looking at that record since I was young and I've always wanted it. It's a fast time but I think I can do it."

Fate said she met her own expectations for the season.

"Yes," she said. "I dropped time in all my events, had a lot fun and worked hard. It ended pretty good."

And neither athlete seems likely to grow complacent or leery of hard work.

"I always want to get better," Fahrbach said. "I work hard every practice. That's where I find that people who stop working don't get a whole lot better. I give it my all every practice."

Which is made more simple when you enjoy the sport so much.

"I just love swimming," Fate said. "I've done it for as long as I can remember and going to state and doing well has always been a goal. The work comes natural because I've always wanted this. It's just a lot of fun for me."

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