

2025 Northern Lakes League

## Fremont Ross High School Shines in the Pool with Strong NLL Championship Performances...

Fremont Ross High School's swimming teams made waves at the Northern Lakes League (NLL) Championships, with the boys' team capturing their second consecutive NLL title and the girls finishing as runners-up. The meet was a showcase of talent, determination, and teamwork, as multiple swimmers earned accolades for their outstanding performances.

### Boys' Team Claims Back-to-Back Titles

The boys' team secured their second NLL championship in as many years, demonstrating dominance in the pool. Key performances led to several first-team honors:

LJ Gabel shone in the 200-yard Individual Medley (IM).

Robert Rich sprinted to victory in the 50-yard Freestyle.

Logan Garza displayed finesse in the 100-yard Butterfly and also took top honors in the 100-yard Breaststroke.

The 200 Free Relay team of Robert Rich, Lucas Garza, Logan Garza, and Parker Brown delivered a stunning win.

The 400 Free Relay team, comprised of Robert Rich, Parker Brown, Lucas Garza, and Logan Garza, capped the boys' dominance with a standout performance.

### Girls' Team Finishes Strong as Runners-Up

The girls' team made their mark as well, securing the NLL runner-up spot and earning recognition for exceptional relay and individual efforts:

The 200 Free Relay team of Elayna Gray, Kayla Lewis, Brenah Parker, and Sydney Wieckert delivered a standout performance to earn first-team honors.

### Additional Honors

Second-team honors were awarded to the following individuals:

Kayla Lewis in the 200-yard IM.

LJ Cabel in the 100-yard Butterfly.

Robert Rich in the 100-yard Freestyle.

Lucas Garza in the grueling 500-yard Freestyle.

Layla Mendoza in the 100-yard Backstroke.

With another banner season in the books, Fremont Ross continues to establish itself as a powerhouse in NLL swimming. The boys aim to build on their legacy, while the girls are poised to break through for their own title. The future looks bright for Fremont Ross High School, both in and out of the pool. Both Teams will now begin their final training regiment for the end of the season and the OHSAA post season.

