

## 2012 DIVISION I STATE CHAMPIONSHIPS

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## SWIMMING

# Record-setters taking success to state

**By Kevin Shields**

Sports writer

Freshmen aren't supposed to set records.

Nor are they supposed to break them by nearly three seconds.

But most freshmen aren't like Ross' Haley Fisher, who broke or was part of three school records and a district record this past Saturday at the Division I Northwest District swim meet.

"Haley is a special swimmer," Little Giants girls coach Tina Moses said. "She's a hard worker. Being a freshman, she likes to doubt herself, but she showed a lot of confidence in her swims at districts. I was proud of her."

Mindy Ickes' 1996 record of 2:11.92 was shattered by Fisher as she swam a

mark of 2:09.12. She also set a new 100 backstroke record with a time of 58.93, while she teamed up with Sammi Miller, Laura Duncan and Megan Hawk to set a new school and district record in the 200 medley relay. The time of 1:46.37 qualified the squad for an automatic all-American status by the National Interscholastic Swimming Coaches Association.

The four will represent the Little Giants in Canton this weekend in the state swim meet. Preliminaries will start at 9 a.m. Friday at the C.T. Branin Natatorium. The top 16 placers in each event will qualify to Saturday's finals kicking off at 4 p.m.

Fisher, Miller — the team's senior captain making her fourth state trip — and Duncan, a junior making her third

state appearance, were four-event qualifiers. Hawk, a sophomore going to state for the second time, will swim on both the 200 medley and 200 free relays that won district championships.

"Second time around, I know what to expect now going in unlike last year when I didn't really know what was going on," Hawk said. "I'm still going to be nervous this year, but I won't be shocked by the number of people there and all the noise. That can be overwhelming the first time around."

As for Fisher, the newbie to the state competition, she's looking forward to the atmosphere, spending time with her teammates and enjoying the season's last meet. But most of all, she's going to enjoy

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# Swimming

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the perks of the trip.

"I'm looking forward to all the food," Fisher said.

She'll need all the carbohydrates she can get. This year's meet, like most, is seeing lower and lower times in each event.

Fisher is the 21st seed in the 200 IM, despite breaking the school record by well over two seconds. She was the district runner-up to Rachel Dzierzak of Notre Dame Academy who swam a time of 2:05.78. Fisher was also runner-up in the 100 backstroke. However, that time was only good enough to earn the final seed.

The top two times in each event at the four different districts earned automatic qualifying spots with the remaining 16 at large spots determined on the fastest remaining times.

Miller will be the 11th seed (24.20) in the 50 free and 14th seed (52.71) in the 100 free, an event she added to the list after being on the bubble in recent years. She was the district runner-up in the both events.

"Being my senior year, I just went out and gave it my all this season," Miller said. "I didn't really do much differently than I have been."

Duncan was second and an automatic qualifier in the 100 butterfly (59.30) as the 24th seed. She was also Ross' only at-large qualifier. Her fourth-place effort (1:06.22) in the breaststroke was the 17th-best time in the state.

"Right now we're just looking to perfect our swims in the few practices we have between the meets," Duncan said. "We're fixing things that went wrong at districts and tightening things up. You want everything to go smoothly to get you as fast as possible."

Duncan swam on the 200 free relay that won the district title for a fourth straight year. Only

Taylor Waggoner — now swimming at Ohio State — was lost from the relay that was ranked 77th in the US last year and earned All-American status.

Fisher made for a nice replacement.

"It's made it a little more relaxing behind the blocks," Hawk said of the relay's chemistry. "We're able to settle each other's nerves. And being that we've swam together now for years, it feels natural out there."

Hawk nearly made an individual meet, finishing third (54.90) in the 100 free.

"It was a little disappointing to have that high of a finish and still not make it," Hawk said. "But I placed better than I did last year, and that's always a good thing. And I still have two more years."

Still, her relay spots allow Hawk to be along on the trip. And any help a freshman like Fisher can get is a good thing. For Duncan and Miller, though, the state meet is a much more relaxed time.

"You don't feel as much pressure at this meet. You know you're going to go fast because it's a really fast pool," Duncan said. "And once you make it to that level everyone is to be commended for what they've done."

Having a leader like Miller can't hurt. Her attitude was commented on during a majority of the season as being an example of someone to follow.

"I just go into meets with a positive attitude, and I think it rubs off on everyone else," Miller said. "And we've had a really positive year."

One she hopes will end in plenty of trips to the podium Saturday.

"I'm excited to see how much better I can get," Miller said. "I've been getting faster every meet and I'm hoping it pays off."

*Email Kevin Shields at  
kshields@gannett.com*

## STATE SWIM MEET

# Ross girls continue at state meet today

By Kevin Shields

Sports writer

CANTON — Ross' Laura Duncan will take part in three consolation events at today's Division I state swimming finals after finishing in the top 16 of each during Friday's preliminaries at the C.T. Branin Natatorium.

Duncan, a junior making her third state appearance, finished 13th in the 100-yard breaststroke with a time of 1:06.46. She, Sammi Miller, Megan Hawk and Haley Fisher were 10th in both the 200 medley and 200 freestyle relays, recording times of 1:49.17 and 1:38.79, respectively.

The finals will begin at 4 p.m. Live updates can be viewed by logging on to [www.ohsaa.org](http://www.ohsaa.org).

"The relays went really well," Little Giants girls coach Tina Moses said. "The girls have been gelling well as a team. Sammi (Miller), being this is her fourth state meet, has been a real leader for us here, and she's keeping everyone positive."

Miller was 18th (53.33) in the 100 free and 20th in the 50 free (24.64) Friday. It was her first



Fremont Ross' Laura Duncan swims at the state swim meet at C.T.

Branin Natatorium on Friday. ASHLEY BALL/NEWS-MESSENGER CORRESPONDENT

time competing in four events at the state level.

"Sammi added four-tenths of a second in the 50, but it was a good swim," Moses said. "Her 100 was strong too even though she added about half a second."

But 2012 has been a fast year for swimming.

"It's a very fast meet on both the boys and girls sides," Moses said. "(Thursday night) there was a kid from Lima Shawnee in the Division II 200 freestyle prelims that broke 20 seconds. That's something that's never been done

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# Ross

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before in the state.

“There’s just a lot of fast swimmers here.”

Duncan had swam a 1:06.22 at the Northwest District meet to finish fourth. She was an at-large qualifier to Canton, earning the 17th seed.

“Swimming 1:06.46 is an incredible swim for this pool,” Moses said. “I expect her to be even faster tomorrow night.”

Duncan, another four-event qualifier Ross, one of three total, finished 24th (59.56) in the 100 butterfly.

Fisher, a freshman, was 24th in both the 200 individual medley (2:13.36) and the 100 backstroke (1:00.93).

“The girls have been holding on to their tapers well,” Moses said. “We added some time in certain events, but that’s what you expect when you taper for districts. Plus this is the first time we see this pool all year, and it’s not as fast as the one at Bowling Green.”

Saturday’s festivities will start at 6:30 a.m. for the Little Giants.

“We’re resting tonight, then we’ll be back at it,” Moses said. “We have a wake up swim at the pool, then we come back and get our things together at the hotel, and we’re back at the pool for the warm-ups for finals.

“Hopefully we’ll finish the year strong and the girls will do their best in finals.”

*Email Kevin Shields at  
kshields@gannett.com*

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## DIV. I SWIMMING

# Ross relays finish 9th

News-Messenger report

Fremont Ross swimmers Laura Duncan, Haley Fisher, Megan Hawk and Sammi Miller finished first in the consolation finals of the 200 freestyle and 200 medley relays Saturday at the Division I state meet.

The relay teams finished ninth overall at 1 minute, 37.57 seconds for the 200 freestyle and 1:48.09 for the 200 medley.

Duncan was second in the consolation finals in the 100 breaststroke at 1:06.25, to finish 10th overall.

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