

## 1983 DISTRICT MEET...

*'It's an ego boost, though, if we beat a guy. . .  
The respect is not there until you do beat a guy'*

# 'Fremont 5' set for district meet at Bowling Green's Rec Center

By BOB MARKER  
News-Messenger Sports Editor  
First there was the "Dirty Dozen" followed by the "Dirty Dozen minus One" and the "Dirty Dozen plus One." Now it's the "Fremont 5."

The latter is the label that five female members of the Fremont Ross High School swim team have jokingly adopted. The other names are labels that swim Coach Art Buccì attached to his first few teams at Ross. The names stood for the number of swimmers on the team.

In the case of the girls, the name could be the "Fremont 5 Hoping for 2 More."

That's the number of swimmers needed to qualify as a full fledged high school swim team.

"You have to have seven," Ross swim Coach Art Buccì pointed out as he prepared his boys and the "Fremont 5" for the Northwestern District I Swim Meet Friday and Saturday at Cooper Pool on the Bowling Green State University campus. "If you don't have seven boys or girls, it is not a team."

That ruling is one of the commandments from the Ohio High School Athletic Association bible.

"In the districts," chorused four of the "Fremont 5" before Tuesday's practice, "we will be competing as a team."

Seniors Jill Isaac and Amy Koenig, junior Lori Smith and sophomores Kelly

Sabiers and Heather Winning are the five who will step out from under the shadow of the boys for the district competition.

The girls medley relay of Sabiers, Smith, Winning and Isaac is ranked sixth in the district. Winning, who has fared better than her teammates in boys meets which the girls have had to compete in this season, is ranked second in the 500-yard freestyle.

All of the girls admitted that being on a boys team has its advantages and disadvantages.

"We are not very competitive in the boys meet," Isaac pointed out, "we cannot score much in the meets."

"We don't get a lot of respect from the guys," Smith pointed out.

"It's an ego boost, though," Koenig said, "if we beat a guy. The respect is not there until you do beat a guy."

Respect was the key feeling among the group. It's an intangible that they strive for and have been having a hard time getting. None of the four, however, felt they were dishonored by being on the boys team.

Smith did hedge on that. "It's half and half," she theorized. "It's an honor when we are doing well for the boys and they are on your side."

One advantage they feel will help them compete this weekend against other

girls is the training that Buccì puts them through.

"He does not make allowances," Isaac pointed out.

"The workouts are tough," Sabiers said.

"He rips our bodies apart," Smith laughed as she talked about the "taper" training that the team has been going through in preparation for the district meet.

"But it will help us," the four admitted, "because right now we feel strong."

The taper consists of distances and sprints which are strength sapping. Days before a big meet, however, the training is tapered off.

"It makes you so tired," Koenig said, "that you don't want to see your boy friend."

The girls said they could consider themselves pioneers. They want other girls, especially junior high girls, to take notice of their efforts and come out for the high school team.

"Every year," Isaac pointed out, "we are supposed to have a girls team but we haven't had one."

AQUA NOTES: The District Meet begins Friday at 7:30 a.m. with the girls diving warmups. At 4:15 p.m., the swimming begins. Saturday, the boys diving warmups begin at 7:30 a.m. and swimming at 4:15 p.m.



(N-M photo by Bill Kennedy)

ROSS SWIM team members, left to right, Jill Isaac, Amy Koenig, Kelly Sabiers and Lori Smith, are four

of the five girls on the Aqua Giants. Heather Winning was absent when the picture was taken.

## ***Ross swimmer qualifies***

**BOWLING GREEN** — Chris Black of Fremont Ross qualified for the Ohio High School State Swim Meet in Canton next weekend with a second place finish in the 200-yard individual medley relay Friday.

Black, competing with the Ross boys and girls in the Northwest District Swimming and Diving championships at Cooper Pool on the Bowling Green State University campus, was below the existing district mark for the event with a 1:57.81 clocking.

In other finals results, the boys medley relay team of Mark Lowther, Randy Randolph, Tad Winning and Steve Rodd placed fourth in 1:43.37. Winning and Ty Heslet finished 13th and 14th, respectively, in the 50-yard freestyle for Ross. Winning posted a 23.16 and Heslet 23:43. In the same event, Ross's Jim Ferguson had his best time of the season with a 24.039.

The girls medley relay of Kelly Sabiers, Lori Smith, Heather Winning and Jill Issac finished ninth in 2:04.17, the best time of the season for the quartet.

In the 50-freestyle, Smith, Amy Koenig and Issac had their best times of the season according to Coach Art Bucci.

The meet began with diving warmups at 7:30 this morning. The swimming begins at 4:15 p.m.

# Black leads Ross to third in district

By BOB MARKER  
N-M Sports Editor  
BOWLING GREEN — Chris Black won the 100-yard freestyle and finished second in the 200-yard individual medley as Ross finished third in the Northwest Ohio District Swimming and Diving Championships Saturday.

Toledo St. Francis won the title for the 18th time, piling up 247 points to finish ahead of a pair of Buckeye Conference teams. Findlay was runnerup at 183 while Ross had 107. Sylvania Southview was fourth with 106, Mansfield Malabar had 93 and Napoleon at 87 rounded out the top six teams.

"It was probably the best district that any Ross team has had since I have been here," Ross Coach Art Buccci said. "The time drops for everybody was fantastic."

Black led that surge with a win Saturday in the 100-yard free. He recorded a 48.24 in the distance, coming back from third on the last turn for the win.

"I knew I was behind," Black, a junior, said, "in the first 50. On the last lap, I decided I was going to catch them and I did what I wanted to do."

"I knew if I was close on the last turn, I would get them."

He touched ahead of Rip Ewell of St. Francis.

Friday night, Black knocked nearly six seconds off his school record in the individual medley with a 1:57.81 while finishing second. His previous record was 2:03.75, set earlier this season.

Both of Black's finishes qualified him for next weekend's state meet in Canton.

Also qualifying for the state meet from the Aqua Giants was the 400-yard freestyle relay team. The quartet of Steve Rodd, Ty Heslet, Tad Winning and Black swam to another Ross school record with a 3:20-flat to finish second. Black's anchor leg was 47.8, better than his winning 100-free time. The old relay record was 3:21.4 set

last season.

The Aqua Giants also will be sending the medley relay team to Canton. Mark Lowther, Randy Randolph, Winning and Rodd finished fourth in the Friday race with a 1:43.37. The time earned them an "at-large" berth for the showcase meet in Canton's Branin Natatorium.

Lowther had a third place finish in the backstroke with a 58.1 which also earned him a berth in that event in the state meet.

"Black's time should put him in the top four in the state for both events," Buccci said.

"The time in the IM was below the national cut which makes him eligible for the national meet in Gainesville, Fla."

In the record setting free relay, Buccci said he felt his squad was capable of that time, it was just a matter of them putting it together. The team had a best time of 3:29 before



(N-M photo by Bill Kennedy)

ROSS COACH ART BUCCI, LEFT, AND CHRIS BLACK CELEBRATE THE 100-YARD FREESTYLE WIN

Saturday's race.

The Ross girls did not qualify anyone to the

state meet. The best finish for them was a seventh by Heather

Winning in the been plagued by 1:09.1. Winning had week.

A complete list of Ross finishes is on the Scoreboard pages.

# Swimming

## High school

### BOYS

#### TOP 6 TEAMS

St. Francis 247, Findlay 183, Ross 107, Southview 106, Malabar 93, Napoleon 87.

#### ROSS FINISHES

Medley relay: Mark Lowther, Randy Randolph, Tad Winning, Steve Rodd, 4th, 1:43.37.

200-yard individual medley: Chris Black, 2nd, 1:57.81 (New school record. Old record held by Black, 2:03.75 set this season).

50 freestyle: T. Winning, 13th, 23.16; Ty Heslet, 16th, 23.42; Jim Ferguson, 25th, 24.14.

Diving: Dan Ackerman, 9th, 301.

Butterfly: Lowther, 9th, 55.98.

100 freestyle: Black, 1st, 48.24; Rodd, 7th, 50.2; Heslet, 18th, 51.7; Ferguson, 28th, 52.7.

Backstroke: Lowther, 3rd, 58.1.

Breaststroke: Randy Randolph, 16th, 1:06.04; Brian Wensinger, 29th, 1:09.4.

400 freestyle relay: Rodd, Heslet, Winning, Black, 2nd, 3:20.0. (New school record. Old record 3:21.4 set in 1981-82 season.)

### GIRLS

#### ROSS FINISHES

Medley relay: Kelly Sabiers, Jill Isaac, Lori Smith, Heather Winning, 9th, 2:04.1.

50 freestyle: Smith, 16th, 27.39; Amy Koenig, 28th, 28.09; Isaac, 30th, 28.11.

100 freestyle: Koenig, 17th, 1:02.1; Isaac, 19th, 1:02.4.

Backstroke: Winning, 7th, 1:09.1; Sabiers, 10th, 1:10.0; Smith, 12th, 1:10.3.