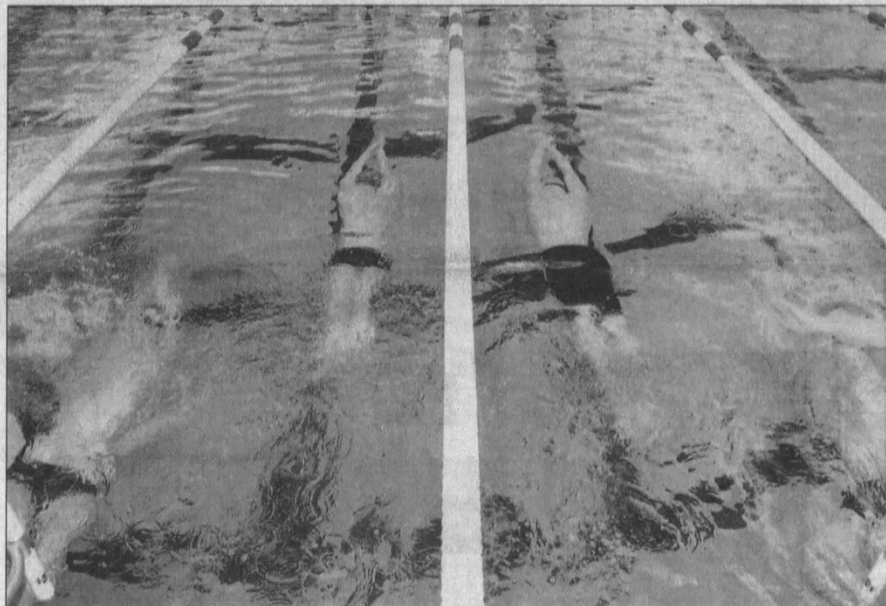


2007 State Meet...

HIGH SCHOOL SWIMMING

Swimming to state



Charlie Longton/News-Messenger

THE FREMONT ROSS swim team warms up during practice Wednesday. Five Little Giants are making a return appearance in Canton.

By ANDY HOGAN
News-Messenger correspondent

Fremont Ross juniors Lincoln Fahrbach, Jacque Fate and Jessica Ickes will make their third trip to Canton for the State Swim Championships this weekend.

Seniors Chris Beier and Andre Velez will return for a second time while senior Josh Bowen will make his first appearance.

And the group's consensus opinion is that it's very difficult to imagine how intimidating the environment is without having experienced it.

Ross's Adam Widman is an alternate on the relays.

"The crowd is so loud and intimidating, and there are some teams there, like Saint X (Xavier, Cincinnati) that probably qualified every single swimmer on their A team, and maybe even some of their B guys, through to the finals," Velez said. "Plus Upper Arlington, and Akron Firestone. Even the announcer sounds intimidating. Heck, I was the alternate on the relay last year and was up in the stands, and I was still intimidated."

Those past experiences have given the swimmers a different attitude this year. For the most part they swam close to last year's district times throughout the season.

"They say they know how hard they've trained, how focused they are, and what to expect, and that helps settle their nerves."

"Last year we set a school record in the 200 relay at states, and this year we broke it at districts," Beier said. "Now we're looking to take it down further at state."

The boy's 200-yard freestyle relay is seeded eighth at state, one of the highest rankings since the 1990s.

Fahrbach knows all too well about nerves. "My freshman year, I finished dead last, 24th, in the fly (butterfly)," he said. "All nerves. A few weeks later at YMCA Zones I beat my state time. But the first two years I wasn't as focused as I am today, and having a better seed should help."

Fahrbach is ranked first in the 50-yard freestyle, which he swims on Friday, and second in the 100, which takes place Saturday,

along with the 200- and 400-yard freestyle relays.

After a dinner for state qualifiers at the Bowen house on Wednesday, the swimmers got to talking about all the training it takes to get to where they are. Collectively they figure they might have swam enough total yards to go from one border of the state to the other.

They do an average of 8,000-10,000 yards (5.6 miles) a day during the season, and up to 12,000 during the holiday break. Over the past week they've tapered off to just about 2,000 yards a day, which means they have plenty of extra energy.

So much energy their parents are almost forced to sit on them, literally, for the final few days before they compete.

Coach Phil Moran holds them to a very tight schedule from here on out, every hour carefully planned out, written down, and passed around, so nobody has any questions. The school van departs on Thursday at 9 a.m.

Warm ups in Canton are at noon. Dinner at 4. Lights out at 9:30. His motto this year, typed across the top of the sheet reads, "One hundredth of a second does make a difference." Talk about intimidation.

"Most people have no idea how fast all the swimmers are at state," Fate said. "Even the 500 (freestyle) is fast. Everyone there goes way under five minutes."

Fate will be swimming the 50-yard freestyle this year, an event she took third in her freshman year.

"Every year the kids just get faster and faster," she said. "They all train as hard as we do, so there are no sluffs at states."

Fahrbach laughed about some of the reactions he gets when he tells people about how he has finished at states in the past.

"They say, 'Oh, 24th or 13th,'" he said. "They just don't get it, I guess."

There are no divisions in boys swimming, and only two in girls. No weight classes either.

"You can't get there riding on someone else's coat tail," Fahrbach said. "You have to train for hundreds and hundreds of hours, and you have to beat out hundreds and hundreds of other swimmers. And these aren't just any

swimmers."

Ohio is always ranked in the top three nationally for high school times, and was first from 1999 to 2001. Six of the national high school records belong to Ohio swimmers, and a quick look at the NISCA (National Interscholastic Swim Coaches Association) website shows that almost all of the current top two high school swimmers in almost all the events are from Ohio.

"Makes me kinda wish I'd have been born in one of those southern states, where getting to champs wouldn't be so hard," Fahrbach said.

One thing that isn't hard for the swimmers anymore is going to practice. They all agreed that the new pool made all the difference in their record performances this year.

"When they first talked about a new pool, I thought to myself, yeah, yeah, yeah," Velez said. "But then when they broke ground, all I could think of was 'Please be done. Please be done.'"

"We were so glad to be the first class to get the pool, that we made going undefeated our goal," Bowen said. "And we did it. We set two school records in the freestyle relays, because we wanted to see our names on the record wall in the new pool."

Ickes - who won the 100 butterfly at districts and will swim the event at state Friday - also said the new pool has been a major factor in the group's success. She will swim the 100 freestyle Saturday.

"The lanes are bigger, we have more lanes, we get practice over faster, and get more rest in the evening," she said. "It is sooooo much better."

Fate and Ickes are returning to Canton this year without their girls relay for the first time in two years.

"We've had girls sick, and just haven't been able to cut the times we needed to get us all there," Fate said.

"But," Ickes said, "I really think Jacque and I are going in a little more tapered this weekend. We talked about how we feel different than other years. More rested. More ready."

More experienced, too. And not intimidated in the least.

Congratulations to the 2007 Fremont Ross High School Swim Team State Qualifiers!



Back Row: Andre Velez, Chris Beier, Lincoln Fahrbach, Josh Bowen
Front Row: Jacque Fate, Jessica Ickes

GOOD LUCK AT STATE!!

HIGH SCHOOL SWIMMING

Fahrbach second at State Finals

By ANDY HOGAN
News-Messenger correspondent

Lincoln Fahrbach finished second for Fremont Ross in the 50-yard freestyle at the opening day of State Championship competition in Canton, and Jacque Fate took eighth in the same event in Girl's Division I.

Fahrbach's time of 21.10 was a mere .06 behind the winning time of 21.04 posted by Paul Miller of Sydney.

Jacque Fate jumped from her 10th place seed to 8th in the morning with a 24.59, making the all important championship heat. She swam a tenth of a second faster in the finals, finishing in 24.49. The top eight finishers in the prelims swim in this heat and are guaranteed no lower than 8th place. 9th through 16th places swim a consolation heat, but cannot advance to top 8.

Junior Jessica Ickes just missed the consolation round in the 100-yard butterfly by one tenth of a second, taking 17th place at 1:00.06. This was Ickes first appearance at State Champs in an individual event. She competes on Saturday in 100-yard freestyle.

Katie Bechtel of Oak Harbor finished just out of the consolation round as well, getting 18th in the 200-yard freestyle in girl's Division II.

"I can't begin to explain how happy I am," said Fahrbach, who was second in the morning preliminary round with a 21.43. Miller, a 6'8" senior, had been 4th. "Miller's got a wing span that never ends," said Fahrbach. "I'm tall, but his reach on the finish is just that much longer than mine."

"This has to be the fastest State meet in at least 5 years. Every single event is a record of some sort. A guy from Westerville set the National Record in the 100 fly. The National Record! And that's the guy (Austin Staab) that's the first place seed in my 100 free on Saturday."

Fahrbach strategized a little and decided he'd go out fast and try his hardest to stick with Staab in the 100. "If I can stay with him, I'll have a shot," said Fahrbach.

This makes Fahrbach's best State finish in his three trips to Canton. He was 12th in the 100-yard freestyle and 13th in the 100-yard butterfly last year.

Following the 100 free, Fahrbach joins teammates Chris Beier, Josh Bowen and Andre Velez for 200 and 400-yard freestyle relays today. Ickes swims the 100-yard free Division I, and Julia Schneider of Port Clinton competes in the 100-yard breaststroke Division II.

Swimming

High School

State Meet Results

CANTON — Results from Saturday's events at the 2007 OHSA boys and girls state swimming meet.

BOYS

DIVISION I

Team Standings

1, Cin. St. Xavier, 250; 2, Cols. St. Charles, 177; 3, Upper Arlington, 162; 4, Hunting Valley University, 160; 5, New Albany, 148; 6, Akr. Firestone, 96; 6, Tol. St. John's, 96; 8, Can. GlenOak, 89; 9, Beavercreek, 73; 10, Cols. Academy, 67; 17, **FREMONT ROSS, 38;**

100 Freestyle

1, Austin Staab, Sr., Westerville Cent., 43.93; 2, Chris Nemeth, Jr., Mayfield, 46.17; 3, Cameron Art, Jr., Lexington, 46.25; 4, **LINCOLN FAHRBACH, JR., FREMONT ROSS, 46.55;** 5, Andy Knight, Sr., Cin. Princeton, 47.27; 6, Paul Miller, Sr., Sidney, 47.53; 7, Matt Edgin, Sr., Upper Arlington, 47.65; 8, Eric Huffman, Soph., Upper Arlington, 47.82; 9, Scott Martin, Jr., Cols. St. Charles, 47.46; 10, Aaron Whisman, Sr., Akr. Firestone, 47.67;

200 Freestyle Relay

1, Upper Arlington, 1:25.63; 2, Cols. St. Charles, 1:26.04; 3, Cin. St. Xavier, 1:26.27; 4, Can. GlenOak, 1:26.46; 5, Akr. Firestone, 1:26.73; 6, New Albany, 1:26.88; 7, Youngs. Boardman, 1:27.40; 8, Centerville, 1:29.67 9, Tol. St. Francis, 1:28.39 10, Canfield, 1:28.57 14, **FREMONT ROSS, 1:29.38.**

GIRLS

DIVISION I

Team Standings

1, Upper Arlington, 330; 2, Cin. Ursuline, 202; 3, Cin. Anderson, 159; 4, Centerville, 147; 5, Cin. St. Ursula, 142; 6, Solon, 129; 7, Strongsville, 127; 8, Mason, 100; 9, Mentor, 71; 9, Kings Mills Kings, 71; 38, Fremont Ross, 11;



Submitted Photo

ROSS'S LINCOLN FAHRBACH, middle, stands at the podium at the state swim meet.

Fahrbach takes second

Ross junior won silver in 100 freestyle in Canton as Little Giants tie for 17th overall.

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Ross's Fahrbach picks up another second-place finish

Little Giants boys finish 17th overall; girls are 38th

By ANDY HOGAN
News-Messenger correspondent

CANTON — Lincoln Fahrbach made his second podium appearance at the State Swim Championships in Canton following his fourth place 46.55 finish in the 100-yard freestyle on Saturday.

Fahrbach, a junior, adds that medal to the one he won on Friday for taking second in the 50-yard freestyle. The last double winner in the boy's division for Fremont was Gordon Tod in 1959. Austin Staab, a one-man team from Westerville Central, won the 100 free event with a 43.93, just missing the National high school record of 43.43 set by Ohio Olympic swimmer Joe Hudepohl in 1993. Stabb tied the National record in the 100-yard butterfly on Friday.

"I think I may have lost a little confidence coming out of the 50 free on Friday," said Fahrbach. "I didn't match my District time, and even though I only lost by sixth-hundredths of a second, it still bugged me."

The 50 winner, Paul Miller of Sidney,

admitted after the event that "it took every centimeter of my 6'8" height to beat Lincoln."

Fahrbach admitted that he's not easily satisfied, and always expects himself to go faster and do better.

"He'll swim fantastic at a meet, and then the whole way home, pick it all apart," said his mom, Linda. "He thinks if he swims a 20.2 once, he should swim it every time, no matter what." She said that while standing in line to enter the final night of competition, some people from Upper Arlington asked if they knew "the kid who's always swimming the 20's," so other people must think what he does is pretty amazing. Fahrbach said his goal for next year is "nothing but 46's in the 100. If I can hold 46 seconds in the 100 through the season, then tapered for States next year, I'm bound to do better." From someone who finished last his freshman year, 12th last year, and 2nd this year, it's all about improvement.

Teammate Jacque Fate was also a medal winner on Friday with an eighth in the Girls Division I 50-yard free, adding this to the one she was awarded for 3rd in the 50 free her freshman year. "The 50 is such an unpredictable event," said Fate. "It's all in your start and the turn. Miss one and you're toast. I'm happy to have made the podium again

this year. Any top 8 finish in the 50 at State is a blessing."

All season Ross coach Phil Moran has reminded his swimmers that "one hundredth of a second does make a difference. A quick start, accelerating into the turn, getting tight and exploding out of a turn, it all makes a difference. Getting it all perfect, every single time, is the name of the game, because when and if you get to State, with the crowd, the mental games, and the pressure, then you do it perfect, like you have every time before."

The Little Giants 200-yard freestyle relay finished 16th in the boy's morning prelims, just making the consolation round, and moved up to 14th place in the finals with a 1:29.49. Chris Beier swam a 23.02, Andre Velez a 22.69, Josh Bowen a 22.83 and Fahrbach a 20.84. Their 400-free relay finished 22nd in the prelims, which was two places higher than they were seeded going into the event. Bowen, a senior, said "Now that I've been here, I'm kinda sorry I didn't swim harder my first two years. State meet is just so awesome." The boys finished tied for 17th in the team standing. Perennial powerhouse Cincinnati St. Xavier was first, Toledo St. John's sixth, and Sandusky Perkins 46, out of 59 teams that scored points.

Ross Junior Jessica Ickes, who just

missed the consolation round in the 100-yard butterfly on Friday, finishing the event 17th overall, was 22nd in the 100-yard freestyle on Saturday. "This was all a learning experience for me," said Ickes, who was new to the individual event competition this year. She swam on the Lady Giant's State relay teams last year. "They tell me the first time here, you usually go dead last, so I at least did better than that." In the overall team standings, Columbus Upper Arlington won the girl's Division I, Findlay was 14, and Fremont 38, out of the 53 teams that scored points.

Oak Harbor's 400-free relay tied Gahanna Columbus for the 20th spot in the Girl's Division II 400-yard freestyle relay. Olivia Porter went a 58.39, Samantha Reynolds 59.03, Stephanie Gregilla 57.64 and Katie Bechtel 57.75. Bechtel was 18th in the 200-yard free on Friday.

The 2007 SEI Award, Boy's Division, was presented to Margaretta Coach Joe Groscoct just prior to the State Swim Final events on Saturday in Canton. Coach Stephen Cremean, of Sandusky Perkins, was honored with the award in the Girl's Division. The Ohio High School Swimming Coaches Association annually honors two of its members who reflect the values of sportsmanship, ethics and integrity.



Photo submitted by Wes Fahrbach

ROSS SWIMMER LINCOLN Fahrbach gestures about how close he was to victory in the state swim meet Saturday.