

Bennett to play soccer at ASU

Katie Bennett, daughter of Mike and Karla Bennett, has committed to play soccer at Appalachian State University next fall. She is the first Lady Mountaineer to play at the collegiate level.



Katie has played club soccer with the Charlotte Soccer Club for the past two seasons. During the 2001 season, she played on a Division A team. This past season, she played on a Premier level team that finished third in the state. Katie

was the leading scorer both years.

In high school soccer Katie plays the defensive position of sweeper. She earned All Region and All State honors this past year.

Katie has also had the privilege of representing the Western Region in the State Games in Raleigh. She was leading scorer for the West team, which earned the Bronze medal in the games. She also participated in such prestigious soccer tournaments as W AGS and CASL/Wachovia Shootout. Her club team was a part of the Region III Premier League that played top ranked teams from the Southeastern United States.

Mounties repeat as SWFH swim champ

The Mountaineer swimming and diving teams were impressive in the 2003 Southwestern Foothills AAA Conference Championship Saturday.

The men successfully defended their title and the women finished a strong fourth place. Both fields were extremely strong with 10 conference records out of 24 broken this year, according to Coach Aaron Allen.

The Mountaineer men won with 522 points to a distant St. Stephens 413, Fred T. Foard 210 Hickory 191, RS Central 175 and Crest 121. The Lady Tornadoes from Hickory also defended their championship from last year. They finished with 446, RS Central 361, St. Stephens 355, KM 352, Crest 184 and Fred T. Foard 105.

This year marks the fourth straight conference championship for the Kings Mountain men and the 8th in their 13 organized years.

Both KM teams had a lot of success and proud accomplishments, said Allen. Several KM athletes received All-Conference awards by finishing first or second in their events - for the women: Phaedra Mangan - 100 butterfly; Hayley Flynn, 100 freestyle; Laura Clark, 1 meter diving, and the 200 free relay team of Hayley Flynn, Sarah Propst, Pam Randall and Kelly Peeler.

For the men: the 200 medley relay team of Michael Allen, Colby Wollak, Joel Santora and Yuuki Nishiyama, Colby Wollak 200 IM, Yuuki Nishiyama - 50 freestyle, Sedrick Young, 1 meter diving, Stephan Hall,

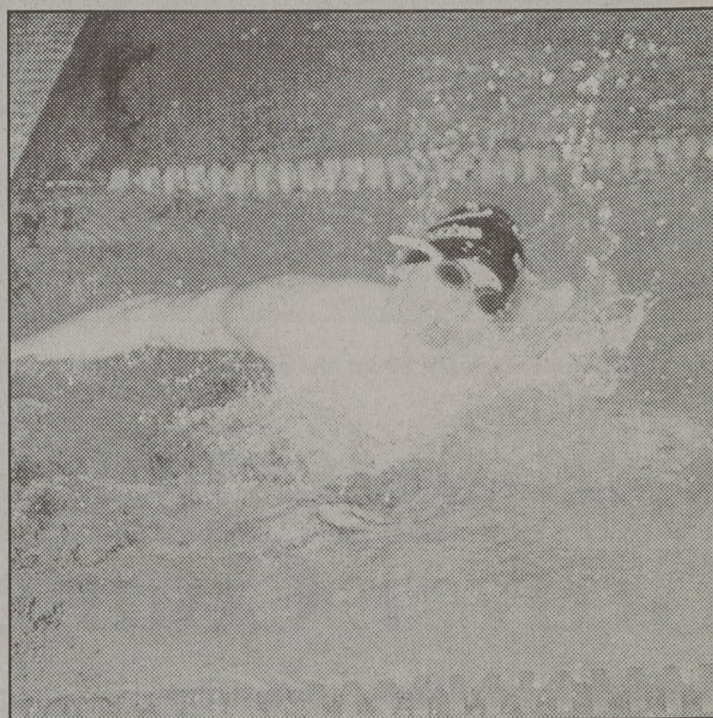
1 meter diving Alex Canipe, 100 free style, Michael Allen, 500 freestyle, the 200 free relay team of James Gladden, Alex Canipe, Colby Wollak and the 400 freestyle relay team of Michael Allen, James Gladden, Joel Santora and Alex Canipe.

There were several high points for the Mounties. Laura Clark and Sedrick Young both were crowned conference champs in 1 meter diving. This is Sedrick's third in a row and Laura's first. Sedrick will now go on to defend his two-time regional crown. The men's 200 Free Relay team also won their event. They were Alex Canipe, Colby Wollak, James Gladden, and Yuuki Nishiyama. Another highlight in the KM victory was the breaking of another school record. Hayley Flynn broke the school record for 100 freestyle by over one second. The previous record was set by a KM swimming standout, the former Marie Mayse in 1993.

The depth of both teams allowed them to succeed. The women's team was in a race for second place and only at the end did they fall to fourth. The men were able to pull away and gather such a huge margin of victory because they were successful in scoring points with the 4-12 spots.

This year's team has eight senior women and five senior men - the largest yet for Allen in his tenure. The senior women - Sarah Propst, Pam Randall, Amy Robinson, Virginia Neisler, Danielle Miller, Mary Grace Keller, Melodie McSwain and Lisa Wetzel, an exchange student. The senior men - Alex Canipe, Alex Bennett, Justin Frye, Joel Santora and Sedrick Young. "They will surely be missed both in the pool and out," said Allen. "These past four years have been a joy and to be able to get to know some of the best student athletes and young adults in the school, well there's nothing like it. I have been fortunate to have good athletes but more importantly they are good people and that is a reflection of their parents. I could not have asked for better," Allen said.

The KM teams will compete in the Western Regional dive and swim meet Thursday and Friday in



Chris Moore helps Kings Mountain High's men's swim team win its fourth straight conference championship.

Huntersville. Those competing are Hayley Flynn, Lisa Wetzel, Laura Clark, Melissa Franks, Phaedra Mangan, Kelly Peeler, Pam Randall, Sarah Propst, Yuuki Nishiyama, Charlie Jones, Chris Moore, Isaac Hill, Colby Wollak, James Gladden, Alex, Canipe, Joel Santora, Michael Allen, Michael Sabetti, Stephan Hall and Sedrick Young.

Women's results:
200 medley relay - 4) KM A (Lisa Wetzel, Pam Randall, Phaedra Mangan, Kelly Peeler)
200 free 3) Hayley Flynn; 9 Melissa Franks; 11 Amanda Shannon and 13 Melodie McSwain.

200 IM 4) Phaedra Mangan; 14 Hannah McDaniel; 15 Danielle Miller; 17 Lacey Beam.

50 free - 3) Sarah Propst; 6) Lisa Wetzel; 8) Kelly Peeler and 15 Kara Fugita

100 fly - 2) Phaedra Mangan; 5) Pam Randall; 14) Hannah McDaniel; 16) Amy Robinson

100 Free 2) Hayley Flynn; 4) Sarah Propst; 16) Kara Fugita; 17) Kristin Chapman

Diving - 1) Laura Clark
500 free - 10) Amanda Shannon; 11) Melodie McSwain; 13) Mary Grace Keller; 14) Virginia Neisler

200 free relay 2) KMA (Randall, Peeler, Flynn, Propst
100 back - 9) Amy Robinson;

12) Melissa Franks; 15) Aymie Blalock; 16) Lacey Beam.

100 breast - 4) Pam Randall; 9) Danielle Miller; 10) Lisa Wetzel; 13) Virginia Neisler

400 free relay - 3) KMA (Mangan, Peeler, Propst, Flynn.)

Men's results:

200 medley relay (2 KMA (Colby Wollak, Michael Allen, Joel Santora, Yuuki Nishiyama)

200 free - (3) Joel Santora; (5) Thomas Miller; (7) Alex Bennett.

200 IM - (2) Colby Wollak; (4) Charlie Jones; (6) Michael Sabetti

50 free - (2) Yuuki Nishiyama; (6) Alex Canipe; (7) James Gladden; (13) Justin Frye

Diving - (1) Sedrick Young; (2) Stephan Hall; (3) Chris Moore; (4) Isaac Hill

100 fly 3) Yuuki Nishiyama;

6) Chris Moore; 7) Sedrick Young.

100 free (2) Alex Canipe; (4) James Gladden; (7) Stephan Hall; (13) Casey Rucker.

500 free - (1) Michael Allen; (3) Joel Santora; (5) Charlie Jones; (9) Spencer Erwin.

200 free relay - 1) KMA (James Gladden, Alex Canipe, Colby Wollak, Yuuki Nishiyama.

100 back - (3) Colby Wollak; (5) Thomas Miller.

100 breast (6) Isaac Hill; (8) Casey Rucker; (10) Alex Bennett; (13) Justin Frye.

400 free relay - (2) KMA (Michael Allen, James Gladden, Alex Canipe and Joel Santora)

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Kings Mountain Weather

(By Kenneth Kitzmiller)

	Jan. 29-Feb. 4	Year Ago
Total precipitation	1.25	0
Maximum 1 day	.55 (29th)	0
Month to date	2.36	5.33
Year to date	2.56	5.33
Low temp.	29 (4th)	21 (4th)
High temp.	70 (3rd)	77 (29th)
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