

Mountaineer swimmers Regional champs

Kings Mountain High's men's swim team won its first Western Regional Championship since 1995 - and its third overall - Thursday and Friday in Huntersville.

After finishing runner-up to Asheville last year, the Mountaineers smoked the competition and won over Concord with a score of 268-230. Ste Stephens was third with 219 points.

Kings Mountain's women finished a solid 10th place out of 27 teams with a score of 117. Statesville won the meet with R-S Central finishing second.

Altogether, Kings Mountain swimmers won nine medals, set five school records and had numerous top ten finishes.

Kings Mountain had eight women and 12 men competing in the field.

A highlight of the Mountaineers' victory was a three-peat for Sedrick Young in 1-meter diving. He has won the regional championship the last two years and won the State title in 2001. First-year diver Stephan Hall of the Mounties finished a close second to Young. Isaac Hill finished fifth after rejoining the diving corps late in the

year, and Chris Moore rounded out the group with seventh place.

There were several other highlights to the KM victory. The men's 200 medley relay team of Colby Wollak, Michael Allen, Joel Santora and Yuuki Nishiyama walked away with the silver medal after an exciting comeback by a very sick Nishiyama. The 200 free relay team also finished second and set a new school record in the process. Members of that team are James Gladden, Alex Canipe, Colby Wollak and Yuuki Nishiyama.

The men also were led individually by Michael Allen and Yuuki Nishiyama. Allen, a freshman, wound up with third in the 200 free and second in the 500 free all the while breaking school records in both. Nishiyama gutted his race to finish third in the 50 free, setting a personal best for himself.

"Yuuki pulled some great performances out from deep within himself," said Coach Aaron Allen. "He was extremely sick over the night before and that day. He really showed heart and determination."

The Lady Mountaineers were led by medalists Laura Clark and

Hayley Flynn. Clark, a first-year diver, finished a strong third in the 1-meter diving competition. Flynn finished second in the 200 free and broke the school record in the 100 free while ending up fourth. The 200 medley relay team of Sarah Propst, Phaedra Mangan, Pam Randall and Flynn broke the school record by over two seconds and took fifth in the event.

Kings Mountain was able to qualify for the finals competition in all but three swims on each team. Each swimmer had to qualify in the top 16 performances from the morning session to make it into the finals at night.

"We did a great job of getting almost everyone in a position where they could score points for both teams," said Coach Allen. "Not to mention, nearly every swimmer did a personal best in their event. The top 12 from each region go on to compete in the State Championship. Also, having the diving crew has definitely helped us from a team standpoint overall. The diving teams have been impressive all year long and shown through the field this past weekend. We as a team owe a lot

to the divers; they have allowed us to only be better as a team.

"I have great expectations for all of these young athletes for the week to come. We were close to breaking even more records in three more events. I have no doubt those will be broke next week.

Seventeen swimmers and divers will travel to UNC- Chapel Hill Friday and Saturday for the State Championship. Diving warm-ups are at 1:30 and competition starts at 2:30 on Friday. Saturday, swimmers will compete in prelims at 9 a.m. and finals begin at 5 p.m.

Men's results:

200 medley relay - KM 2nd (Colby Wollak, Michael Allen, Joel Santora, Yuuki Nishiyama) 147.82.
200 free - Michael Allen third, 151.22 (new school record), Joel Santora 10th 205.15, Charlie Jones 12th 209.85.
200 IM - Colby Wollak sixth 210.96.
50 free - Yuuki Nishiyama third 23.08, Alex Canipe 8th 23.73, Michael Sabetti 18th 25.34, James Gladden 20th 25.6.
Diving - Sedrick Young first, Stephan Hall 2nd, Isaac Hill 5th, Chris Moore 7th.
100 free - Alex Canipe 10th 53.02, James Gladden 18th 57.02.
500 free - Michael Allen second

456.55 (new school record), Joel Santora 13th 540.02, Charlie Jones 18th 601.98.

200 free relay - KM A team 2nd (James Gladden, Alex Canipe, Colby Wollak, Yuuki Nishiyama) 135.94 (new school record).

100 back - Michael Sabetti 21st 110.10.

100 breast - Colby Wollak 4th 105.95.

400 free relay - KM A 6th (Michael Allen, James Gladden, Alex Canipe, Michael Sabetti) 342.98.

Women's results:

200 medley relay - KM A 5th (Sarah Propst, Pam Randall, Phaedra Mangan, Hayley Flynn) 205.58 (new school record).

200 free - Hayley Flynn 2nd 206.87, Melissa Franks 29th 229.10.

50 free - Sarah Propst 16th 26.98, Lisa Wetzel 28th 29.45, Kelly Peeler 32nd (30.2).

100 fly - Pam Randall 14th 110.10, Phaedra Mangan 18th 113.98.

100 free - Hayley Flynn 4th 57.43 (new school record), Sarah Propst 12th 100.27.

Diving - Laura Clark 3rd.
200 free relay - KM A 7th (Pam Randall, Kelly Peeler, Hayley Flynn, Sarah Propst) 151.79.

100 back - Phaedra Mangan 20th, 114.1.

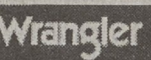
100 breast - Pam Randall 8th, 117.12.
400 free relay - KM A 17th I (Phaedra Mangan, Kelly Peeler, Melissa Franks, Lisa Wetzel) 422.10.

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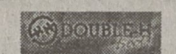
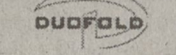
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Lady kickers eye another big year

The Kings Mountain High women's soccer team began practicing Monday with high hopes of having an even better season than last.

The 2003 kickers finished first in the Southwestern Foothills 3A Conference with a 9-0-1 league record. They completed the regular season with a record 144 goals and 14 shutouts.

The Lady Mountaineers lost three starting seniors, including Heather Kubu, Emily Owens and Meghan Potter, but are looking forward to another great season.

With an overall record of 21-2-2 last year, the Mountaineers will be relying heavily on the experience of senior tri-captains Stephanie Edwards, Katie Bennett and Lesley Potter. All three were selected All-Region, and Bennett was also recognized as an All-State player.

Sophomore Blair Heffner



KATIE BENNETT

led the team in scoring with 37 goals and 10 assists as a freshman, and will be counted on again to fill the nets.

Junior Jenni Wilson was also an All-Region player last year. She scored 17 times and recorded 13 assists from the right mid-field position.

Selena Owens was an All-Conference performer in



JENNI WILSON

2002 and will be asked to play in the center midfield this year.

Last year's defense, which was one of the best in the State, returns three of four backs. All-Conference selections Lauren Horne and Emily Edwards will be joined by returners Alex Dawson, Jackie Jarvis and Raquel Welsh to supply

depth in the back line.

All-Conference goalkeeper Stacey Spicer will again be rejecting shots and will be challenged in goal by Ashton Teague. Kara Fujita has joined the varsity this season and will be used for depth in the midfield.

Freshmen Candace Campion and Susie Potter are young, but bring with them many years of experience from playing at the challenge and select levels.

The Lady Mountaineers will be hosting the first of what hopes to be many more tournaments as Kings Mountain Hospital is sponsoring a four-team event on February 27-March 1. Weddington High School, which finished last season ranked #5 in the State, will be the Mountaineers' first opponent. Local powerhouses Shelby and Ashbrook will complete the field.

SPORTS BRIEFS

Kelly Ann Baird wins swim medals

Kelly Ann Baird, competing for the Winston-Salem YMCA team, recently competed in the Dynamo Eastern Classic Meet in Atlanta, GA. Thirteen teams from nine states competed.

Baird won medals in four individual events and won first place in the 500 free with a time of 5:50.83, breaking the WSY 10 and under girls record.

Baird recently won the Andy Craver Determination Award at the annual North

Carolina Swimming Awards Banquet in Greensboro. The award was presented by former NFL quarterback Frank Reich.

The same week, Baird competed in the Y State Championship meet in Hillsborough, where she won medals in all eight of her individual events, including four first places. At that meet she holds seven 8-under meet records and broke four new 10-under marks. She placed first in the 200 free with a time of 2:11.85, breaking the WSY 10-under record.

Baird is the daughter of Boyd and Suzanne Baird of Lexington. She is the granddaughter of Mr. and Mrs. Charles Baird of Kings Mountain.

Woodbridge ladies to meet March 5

The Woodbridge Ladies Golf League will hold an opening day meeting on Wednesday, March 5 at 9 a.m. at Woodbridge Golf Club, 107 New Camp Creek Church Road.

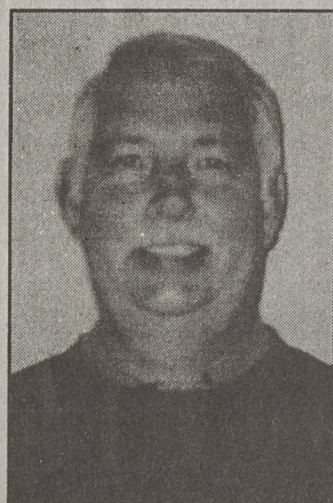
Following the meeting, the ladies will play golf. For more information call 484-2438.

Deadwood takes lead in duckpins

Deadwood swept M.R. Ducks 8-0 Tuesday night at Dilling Heating to take over first place in the mixed duckpin bowling league.

Deadwood (38-18) got a 117 line and 339 set from Joey Whitaker. M.R. Ducks (30-26) got a 104 line and 290 set from John Dilling.

Pushovers (23-13) defeated Lucky Ducks (21-35) 5-3. Zeke Rybczyk led the winners with a 113 line and 325 set. Ed Philbeck had a 142 line and 337 set for the Lucky Ducks.



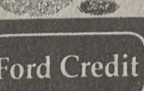
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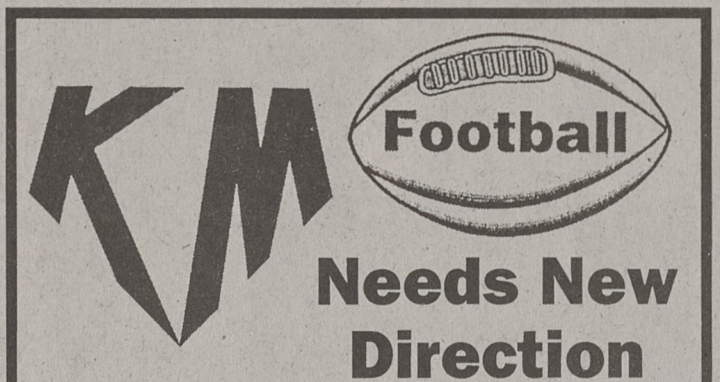


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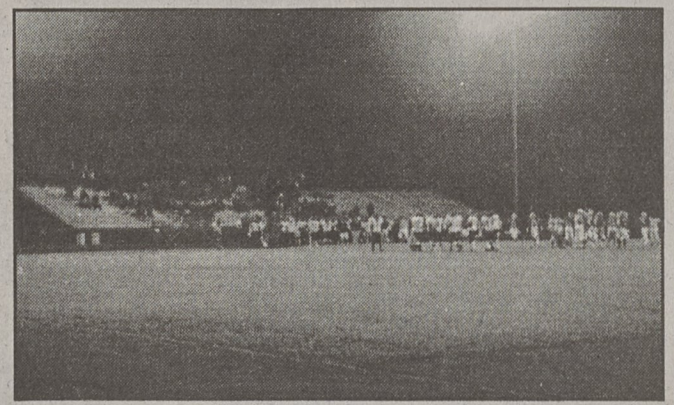
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