

## **Swimmers compete at NorthRidge and Valley**

Written by Holyoke Enterprise

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HHS swimmers opened the 2009-10 girls' season with the Sterling HS team at a dual in NorthRidge Tuesday, Dec. 1 and the Valley Invite Saturday, Dec. 5.

### **Sterling 104, NorthRidge 69**

Sterling defeated NorthRidge 104-69 in the Dec. 1 dual. "It was a nice starting point," said Holyoke coach Adria Colver.

Amy Krogmeier and Pamela McWilliams swam personal best times at the first meet and happily had to revise their season's personal goals.

Brandi Orand had her first meet experience, and other team members who missed the first meet will be participating soon.

In individual events, Krogmeier finished second in the 50 free and third in the 100 free, McWilliams placed third in the 50 free, Nicole Brandt third in 100 back and Briar Bergner fourth in 100 breast.

Krogmeier was a member of the first-place 200 medley relay team, McWilliams swam on the third-place 200 medley relay and third-place 200 free relay and Bergner was also a member of the third-place 200 medley relay team.

### **Sterling sixth at Valley Invite**

The Valley Invite in Gilcrest included teams from Pueblo and Denver, as well as the front range.

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While the Sterling HS team was without a sizeable number of swimmers, the Tigers still placed sixth overall. Coaches were pleased with the overall effort.

McWilliams finished 11th in the 100 butterfly, and Krogmeier nabbed 15th in the 100 free. Both girls also swam on the sixth-place 200 free relay team.

Krogmeier was also a member of the following relay teams: sixth-place 200 medley and seventh-place 400 free.

Other Holyoke swimmers gaining experience at the Valley Invite were Bergner, Brandt and Orand.