

The main image is a cover for a CD. It features the text "CD" at the top and "SWIMMING" in large, bold letters below it. The letters are made of a clear, textured material, possibly ice or glass, and are surrounded by several small, clear water droplets. The background is a vibrant blue with a wavy, flame-like pattern. The entire cover is framed by a white border with a fine grid pattern. In the top right and bottom left corners, there are green diagonal stripes.

CD SWIMMING



2009 - 2010



CD Swimming News

Congratulations to Samantha Wary for qualifying for state competition in the 50 and 100 Yard Freestyle Swims.

This was posted on 3-8-2010



CD Swimming News

Congratulations to the following students for placing in the 2010 PIAA District 3 Class AAA Swimming Championships:

11th Place: Boys 200 Yard Freestyle Relay

Samantha Wary: 4th place in the 50 Yard Freestyle and 8th place in the Girls 100 Yard Freestyle

Luke McGuire: 22nd place in the Boys 200 Yard IM and 13th in the Boys 100 Yard Breaststroke

Katie Lelinski: 20th place in the Girls 200 Yard Freestyle and 20th place in the Girls 500 Yard Freestyle

Cody Kahoe: 22nd in the Boys 500 Yard Freestyle

2010 PIAA District 3 Class AAA Diving Championships:

Team Diving: CD Rams Girls: 19th place

Team Diving: CD Rams Boys: 18th place

This was posted on 3-8-2010



CD Swimming News

CONGRATS to CD High 'RAM' Students for competing in the Mid-Penn Championships Swimming Competition. Students earning recognition were: CD girls finished in 6th place out of 13; CD boys finished in 3rd place out of 10 teams.

Individual swimmers earning a trip to district championships were: Girls' district qualifiers are: Sami Wary, who finished with a first place medal in the 50 Freestyle, and medaled in all events; Katie Lelinski, who medaled by finishing 5th in the 500 Free; and Grace Tomalavage, Britney Rineer, and Hailey Deichmiller. CD girls also had 2 qualifying relays, both finishing in the top 5.

Girls' district qualifiers are: Sami Wary, who finished with a first place medal in the 50 Freestyle, and medaled in all events; Katie Lelinski, who medaled by finishing 5th in the 500 Free; and Grace Tomalavage, Britney Rineer, and Hailey Deichmiller. The girls also had 2 qualifying relays, both finishing in the top 5.

CD boys district qualifiers were Cody Kahoe, who finished with a 2nd place medal in the 500 Free; Luke McGuire and Miles Paszek, who both medaled in all swims; and Greg McDeavitt, Grant Owens, Michael Thomas, Charles Walak, and Matt Gillespie. CD boys had 2 district qualifying relays, both finishing in the top 5.

This was posted on 3-1-2010



CD Swimming News

Mid-Penn AAA Championship Diving Results---and CONGRATS to the following students for placing in the Mid-Penn AAA Diving Championships:

Boys:

Chris Vene – 5th place

Girls:

Stephanie Graehling – 16th place

Heidi Diechmiller – 17th place

This was posted on 2-22-2010



Mid Penn Swimming Championship Update

At the Mid Penn Swimming Championships, the CD boys finished in 3rd place out of 10 teams; the CD girls finished in 6th place out of 13. The following individual swimmers earned a trip to the district championships: For the boys, district qualifiers are Cody Kahoe, who finished with a 2nd place medal in the 500 Free; Luke McGuire and Miles Paszek, who both medaled in all swims; and Greg McDeavitt, Grant Owens, Michael Thomas, Charles Walak, and Matt Gillespie. The boys had 2 district qualifying relays, both finishing in the top 5. On the girls' side, district qualifiers are Sami Wary, who finished with a first place medal in the 50 Freestyle, and medaled in all events; Katie Lelinski, who medaled by finishing 5th in the 500 Free; and Grace Tomalavage, Britney Rineer, and Hailey Deichmiller. The girls also had 2 qualifying relays, both finishing in the top 5.

This was posted on 2-22-2010



Mid-Penn AAA Championship Diving Results

Congratulations to the following students for placing in the Mid-Penn AAA Diving Championships:

Boys: Chris Vene of CD High – 5th place

Girls: Stephanie Graehling of CD High – 16th place and Heidi Diechmiller of CD High – 17th place

This was posted on 2-22-2010



CD Swimming Interviews

[Click here to view the video](#)



Mid-Penn AAA Championship Diving Results

Congratulations to the swim team for a fine showing at Mid Penn championships over the weekend.. The girls finished in 6th place out of 19 teams and the boys improved to finish 3rd behind state champs Hershey and CV. Congratulations also to the following swimmers for earning a trip to the district championships Sammy Wary, finishing with a first place and medaling in all events. Katie Lelinski, Finishing 5th at Mid Penns. Grace Tomalavage Britney Rineer and Hailey Deichmiller The girls had 2 relays both finishing in the top 5 on the boys side, district qualifiers are Cody Kahoe, who finished 2nd in the 500 Luke McGuire, who medaled in all swims Miles Paszek, who also medaled in all swims Greg McDeavitt Grant Owens Michael Thomas Charles Walak and Matt Gillespi

This was posted on 2-17-2010



CD Swimming Mid Penn Championship Special Report

[Click here to view the Video](#)



CD Swimming Mid Penn Championship Special Report

[Click here to view the video](#)



CD Swimming Special Report

[Click here to view the video](#)

Swimming And Diving

Boys Divers

Sophomore Kurt Hergenrother
Sophomore Lindy Riggs
Freshman Logan Krause
Freshman Chris Venz



Boys Swimmers

Senior John Denniston
Senior Miles Paszek
Senior Tim Quain
Senior Michael Thomas
Junior Bo Bonitz
Junior Jake DeFabo
Junior Drew Harper
Junior Cody Kahoe
Junior Greg McDevitt
Junior Alex Miller
Junior Colin Tkatch
Junior Charles Walak
Sophomore Matt Gillespie

Sophomore David Jimenez
Sophomore Connor Lehman
Sophomore Luke McGuire
Sophomore Derick Moody
Sophomore Grant Owens
Sophomore Lindy Riggs
Freshman Kevin Grab
Freshman Kyle Mullen
Freshman Montana Naccarato
Freshman Casey Reagan
Freshman Greg St. Clair

Swimming And Diving

Girls Divers

Senior Taylor Bushey
Senior Stephanie Graehling
Freshman Heidi Deichmiller



Girls Swimmers

Senior Serena Dixon
Senior Emily Kendle
Senior Lauren Rineer
Junior Sophie Kasian
Junior Katie Lilinski
Junior Elena Mountstater
Junior Samantha Thomas
Junior Karli Thompson
Junior Sami Wary
Junior Heather Wetzel
Sophomore Haley Deichmiller
Sophomore Patricia Mercurio
Sophomore Kaylin Skaggs

Sophomore Bailey Stump
Sophomore Gracie Tomalavage
Sophomore Alexa Wright
Freshman Toni Bonitz
Freshman Logan Bushey
Freshman Maggie Doughty
Freshman Brook Gilmer
Freshman Kelley McGuire
Freshman Lexi Owens
Freshman Brittney Rineer
Freshman Alli Rubin
Freshman Taylor Seeds



CD Swimming News

Congratulations to the Boys Swim Team for an impressive upset over Lower Dauphin last Thursday night. With decisive victories from Seniors John Denniston and Miles Paszek, the Rams stole the victory away with a 97-73 score. Junior Charles Walak and Sophomore Grant Owens also contributed with victories. The lady rams swam tough but came up short with a close 90 to 85 loss. With 3 relay wins and a solo win by Sammy Wary, the girls came close to the upset. Both teams will be in action tonight in Chambersburg.

This was posted on 2-2-2010



CD Swimming News

Congratulations to the Swim Team for their Tuesday night double victory against East and Cedar Cliff. The Boys, led by double winner Collin Tkatch, moved their record to 4-1 in the conference. Michael Thomas, Lindy Riggs, John Denniston and Luke McGuire also contributed with victories. On the girl's side, Bailey Stump and Grace Tomolavage had Double wins while Alexa Wright, Katie Lelinski, and Patrice Mercerio turned in some personal best to pull in three more victories for the Rams. Good luck to the swimmers who will swim Hershey next Tuesday.

This was posted on 1-14-2010



CD Swimming News

Last night the Swim Team visited Carlisle and came away with a split decision. The girls lost a close one with a score of 96-74 in which the meet was tied going into the last few races. Led by double winners Katie Lelinski and Sammy Wary and followed up with wins by Brittney Rineer, Lauren Rineer, Haley Deichmiller, and Alexis Wright the girls swam tough.

This was posted on 12-23-2009



CD Swimming News

The Boys outscored Carlisle 115-55 with an onslaught of winners. Only losing 2 races all night and at times going 1-2-3 in some races, the boys had their best outing so far this year. With victories by Bo Bonitz, Luke McGuire, Mike Thomas, Charles Walak, John Denniston, Codie Kahoe, and freshman Montana Nacarato the boys were unstoppable.

This was posted on 12-23-2009



CD Swimming News

Congratulations to CD Divers Heidi Deichmiller and Taylor Seeds for placing 5th and 6th in the bearcat invitational held in York over the weekend. Divers Lindy Riggs placed second, Chris VEnne placed 3rd and Logan Kraus and Kurt Hergenrother placed 4th and 6th.

This was posted on 12-21-2009



CD Swimming News

Last night the Rams were in the pool for the first time this year. The team came away with a victory over East, but fell to Red Land by 12. On the women's side, Juniors, Sam Wary and Katie Lilinsky, Sophomore Grace Tomolavage and Freshman Brittney Rineer had victories. The girls beat East by 50 but tied Red Land 51 to 51.... Both teams will be in action tomorrow versus Mechanicsburg.

This was posted on 12-15-2009