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## Knights solid as a Rock

MANY SHINE IN BIG NP VICTORY

By KEV HUNTER, Staff Writer



MARK C. PSORAS / THE REPORTER NORTH pENN'S Michael Kohler performs a dive in the Knights' meet against Council Rock North.

TOWAMENCIN — The North Penn boys swim team had many personal-best performances on Friday in a win over Council Rock North, and it was only fitting the senior Brandon Ward posted two of them.

"He's our captain, and when you think of guys that really deserve a breakout swim and getting the rewards for all of their hard work, he's one that you're happy to see get it," Knights coach Brian Daly said. "He's been awesome. He's been working incredibly hard and definitely leading the way."

Ward was right around his personal-best time in the 200 free and went under 52 seconds in the 100 free for the first time unshaved and unrested, leading the Knight to a 102-79 win over the Indians at Rick Carroll Natatorium.

The winter break saw the Knights put in many hours and many yards in the pool, ar

on Friday it showed in their times.

"It's definitely kicking in," Ward said. "We try to get (the younger guys) to have a good work ethic. That's the main thing. As long as you do what the coach tells you to do, you know you're gonna improve, and you know you're following the plan."

Ward won the 200 free with a time of 1:50.52 and he clocked in at 51.99 in the 100 free to get second.

His performance helped the Knights counter a strong effort by Rock.

"We knew Council Rock North was good. I don't think we realized they were that good," Daly said. "They swam awesome. I know their times were comparable to how they swam at districts last year. That certainly ups the ante right off the bat. When guys see that, things pick up, we get momentum, and it was a good meet."

The Knights won 10 of the 12 events, including the 500 free, where Dan Dingman set a pool record with a time of 4:43.19. That replaced the previous record of 4:44.38, set by Emmaus' Alex Kluge.

Also for the Knights (6-1), Brendan Hatfield swam a district-qualifying time of 58.19 in the 100 fly, finishing fourth, and Nico Gimenez swam a good time of 1:01.31 in the 100 breast, which won the event. Advertisement

The Knights' layoff is less than 24 hours - they have a North Penn Aquatic Club meet this morning. But swimming back-to-back days is always the norm at districts and states.

"You gotta suck it up sometimes," Ward said with a laugh.

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