

## The Times Herald

Norristown, and Montgomery County, PA



### Sports

# North Penn's Nees dives into gold

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By DENNY DYROFF  
For The Times Herald

TOWAMENCIN — Last year as a junior, North Penn's Zac Nees finished second at the District One Class AAA Diving Championships at North Penn High. This year, the Knight senior stepped up one level when he captured the gold medal at Friday night's district meet in his home pool.

"I lost by three points last year," said Nees. "I knew how close I was and that pushed me that much more to win this year. Plus, this is my senior year – my last district meet – so that was another motivating factor."

Nees claimed the top spot with a score of 475.25 – light years ahead of Souderton's Ozzie Moyer, who was runner-up with 416.10. North Penn's Mike Kohler took third with a score of 383.60.

"I was happy with all my dives in the first round – front one-and-one-half, front two-and-one-half, inward one-and-one-half, back and back one-and-one-half," said Nees. "In the semis, I did a reverse, a reverse two-and-one-half and a back one-and-one-half with one-and-one-half twists.

"My three dives in the finals were reverse one-and-one-half with one-and-one-half twists, inward and inward two-and-one-half with one-and-one-half twists. I was really happy with my inward two-and-a-half. I had a good press and I kicked out at the right time. It was better than the one I did in warm-ups.

"I scored well with my front two-and-one-half. I got a good hurdle and kicked out right when I was supposed to. I also scored well with my inward one-and-one-half and my inward two-and-one-half."

Kohler, a junior, said, "My best dives tonight were my back twister and my inward double somersault. On the back twister, I jumped up high and had a good entry. On the inward double, I had good height and good rhythm. And, I was straight up and down. My front two-and-one-half was better than I expected. I got higher than I usually do and my entry was better."

The only other area diver to make it to the finals was Plymouth Whitemarsh's Michael Hufnagel. The Colonials' junior finished 14th with a score of 330.80.

"My diving was above average tonight but I was surprised I made it to the finals," said Hufnagel. "All my dives in the prelims worked well. My most consistent dives were in the prelims – inward-and-a-half, inward and front one-and-one-half. In the semis, I did really well on my back dive. I had a very good entry. I also had a really good entry on my front double in the finals."

The area's other Class AAA finishers were North Penn's Josh Hoch (11th) and Caleb Hill (22nd), Norristown's

Luke Stem (17th), Methacton's Kyle Schultz (20th) and Craig Moots (34th), Upper Dublin's Nick Bonitatibus (32nd), Plymouth Whitmarsh's Max Feeny (33rd) and Alfred Garvey (36th) and Perkiomen Valley's T.J. Kuhn (39th).

In the Class AA meet, Lansdale Catholic's Sam Kraynak placed third at 315.15 and Upper Merion's Vinnie Giangiulio finished sixth with a score of 290.55.

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