

phillyBurbs.com News Sports Entertainment Opinion Multimedia Guides Tools Marketplace Jobs Cars Homes Ads Classifieds Advertise with Us

The Heart Institute
of Doylestown Hospital

Rated TOP 10%
IN THE NATION FOR
CARDIAC SURGERY
HealthGrades®, study results for 2009

BUCKS★MONT
SPORTS
now

• [swimming](#) • [basketball](#) • [swimming results](#) • [girls basketball](#) • [bowling](#) • [wrestling](#) • [diving](#) • [ice hockey](#) • [Holy Ghost](#)

★ HOME ★ SPORTS ★ SCHOOLS ★ VIDEOS ★ *Courier Times* ★ *The Intelligencer*

« [Wrestling: PIAA Southeast Regional Class AAA pairings](#)
[Ice Hockey - Pennsbury over C.B. East in SHSHL semis](#) »

[Boys swimming: Else going the distance for North Penn](#)

By **Bill Keen**

Staff Writer

He's one of those swimmers who would probably succeed in any stroke and at any distance - a natural-born competitor who spends so much time in the water, it's a wonder he hasn't grown gills.

But North Penn junior Jack Else is happiest when he competes in high school's longest race, the 500-yard freestyle.

"The first time I swam it was in my freshman year," said Else, owner of the third-fastest seeding time in the event at the District One Class AAA championships, which starts today at La Salle University. "I went to coach and asked if I could try; I did about 5 minutes, 20 seconds and just missed the district cut, so I knew I wanted to keep swimming it more and more."

Eventually he qualified for districts and finished 16th and added a 25th-place finish in the 200 free. Last season, he again made it to districts in both events - and while he only improved to 21st in the 200, his sixth-place 4:47.54 in the 500 earned him a trip to Lewisburg for the PIAA state meet at Bucknell University.

"Jack is a fun young man to coach because he just loves coming into practice," Knights coach Brian Daly said. "He has this great attitude, this great energy and is a very positive influence on everybody. He's the kind of athlete who can keep practice intense, but still keep everybody loose and having fun."

Two weeks ago on Friday the 13th, Else finished third in the 200 in a personal-best 1:46.77, and won the 500 in a Central Bucks South pool record 4:48.19 at the Suburban One League Continental Conference championships.

Now, he's ready for districts with expanded goals.

"I'd like to make states in all four of my events - the 200 and 500 and our 200 and 400 free relays," Else said. "When I started the season, I wanted to go under 4:50 in the 500 and I achieved that. In the 200, I really just wanted to go as fast as I could - something in the 1:40 range."

Winning the Continental Conference 500 did wonders for Else's confidence.

"It meant a lot because I knew there was tough (individual) competition in the Continental," he said. "I'm happy with where I am right now, because I'm back to where I was last year as far as my times go, so hopefully I can drop time at districts and go on to states."

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com.

[Yahoo! Buzz](#)

This entry was posted on Thursday, February 26th, 2009 at 10:53 pm and is filed under [1](#), [Sports NOW](#), [boys swimming](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Leave a Reply

Name (required)

Mail (will not be published) (required)

Website

Please enter the letters from the SPAM prevention image below (required)



Attract Targeted Customers Now!

Users will see your ads in their search results.
It's fast, easy, and affordable!



Click to advertise or more information.

• Recent Posts

- [Ice Hockey: Pennsbury hangs on to edge CB East](#)
- [Courier girls basketball notebook: Wood set for its first crack at state playoffs](#)
- [Girls swimming: UM's Conard shooting for state berth in 500](#)
- [Wrestling: Vollrath success all in the family](#)
- [Boys swimming: Naglich hopes to go the distance](#)

BUCKS★MONT VIDEO
PLAYER

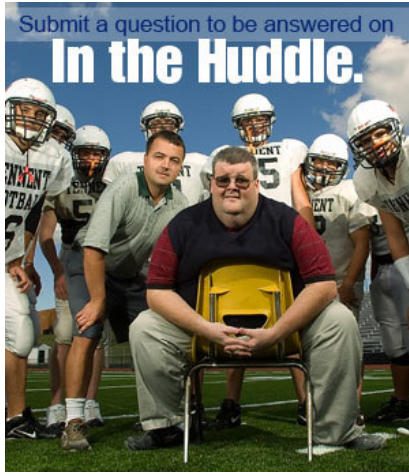
REPLAY
the action VIDEO ARCHIVES

FEATURED VIDEO [View Full Size](#)



See MORE LOCAL VIDEOS at

[couriertimesNOW](#) | [intelligencerNOW](#)



Recent Local Sports Headlines

This feed is currently unavailable.



Your **BEST** online resource to find anything local!



Plumbers Doctors Dining and more...

Experience the power of our search!

Go





Grab our attention

Buy online ads NOW at:
marketplace.phillyburbs.com
 Our Local Search Marketing Center is self-serve, user friendly and quick.

[Entries \(RSS\)](#) and [Comments \(RSS\)](#).

©2008 Copyright Calkins Media Incorporated
All rights reserved. [Privacy Policy](#)