



The Squall.

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Dexter Women's Swim and Dive team wins Division 2 State Championship for the first time in 13 years.



CHAMPS!

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# Women's Swim & Dive

## Senior-led team cements legacy

Experience. Focus. Chemistry. These are all ingredients the Dexter Women's Swim and Dive team had. Now the Dreads can call themselves Division 2 State Champions.

Dexter went into the meet overlooked and underestimated as a modest 4th seed. The Dreads were excited for the opportunity to prove that ranking wrong.

"I did think we had a chance to win the state championship," said sophomore Division 2 Swimmer of the Year Annette Schultz. "We had been looking at the rankings and we saw that we were ranked 4th and that was just based on times that were tapered and suited and we were like, 'oh we are the real deal, so we have a shot at this.'"

Not only did the swimmers and divers know they were the real deal, Head Coach Cory Bergen did as well.

"I knew we were one of the top teams in the state," said Bergen the Division 2 Coach of the Year, "and I knew we were going to challenge for one of the top three spots."

Early in the meet, Dexter proved what Bergen had thought all along. He tried to install this same confidence in his girls.

"I always look at the medley relay (the first event) as the initial indicator of how our team is going to perform," Bergen said. "Our medley relay broke our varsity record and swam one of the fastest times in state history, and I turned around and told my team were real lets go lets do this we're on. I knew we were going to have a special performance right there."

Going into day two Dexter was head to head against East Grand Rapids. Dexter had a lead going into the final event: the 400 Free Relay. Sophomores Sarah Zofchak, Amelia Kinnard, Annette Schultz and Senior Sarah Lynch held the key to victory in their hands. Tensions and emotions ran high

"I was nervous and excited at the same time," said Sophomore Amelia Kinnard. "We all had to swim our best and nothing less. We got really hyped up and ready to swim fast. We cheered for each other and knew our hard work would pay off and in the end, it did. It was good to have my best friends by my side."

Coach Bergen went into the ready room to ca...  
"I went into the ready room three different tim...  
girls how to be safe on their starts and win the st...

The swimmers were able to stay calm, cool, an...  
"When they hit the water they swam fast," Be...

Once the team received its trophy it was time...  
"At the end of the meet we all ran to the pod...

Due to the rarity and passion that went into w...  
of the swimmers.

"It [being a champion] still hasn't set in," Schult...  
set in."

This victory is not just a victory for the women...  
"Our swim program is a state powerhouse an...

Superintendent Chris Timmis said." "Not only are...  
better people...the commitment and success they've...  
cess in their lives. We couldn't be prouder of the...

Not only did these victors represent Dexter in a...  
will leave an everlasting legacy.

"To finish [the season] off with a state champi...  
already proven to me everything they've needed...  
enjoy as a team."



## Bergen reflects on his seniors

### Rachel Clark

" A great work ethic earned her tremendous respect from her teammates and coaches. A popular captain who dropped time every year and served as a great role model for others. "

### Sarah Lynch

" Amazing journey from freshman to senior year – finally realizing much of her potential to score individually at the state meet and be part of the 400 free relay that clinched the state title. "

### Kate Mesaros

" Improved maybe more than anyone else over four years in the history of our program. Combined her talents with drive, leadership and off-the-charts mental toughness to provide the key components necessary to put us on top. "

### Kaylee Witte

" Strong, tough, consistent performer. Swam for three years and dove for four. Coaches always knew you count on her. Loved the team aspect and was a big reason the whole team was as close as it was. Ended with her highest finish ever at the state meet. "

### Jessica Diestel

" Encountered injuries and setbacks, but always found a way to overcome them. Both swam and dove at different times over four years and was always one of the most supportive people on the team. A true team player. "

### Lizzy Merriman

" A big-time competitor and an emotional leader of the team. The first to say "We can win it" when faced with a formidable challenge and then back it up with her performance. Consistently performed at a high level all four years. "

### Gretchen Schultz

" A versatile, multi-talented swimmer who always swam what was necessary for the team to be successful. Always had a smile on her face and had her best meet ever at the State Championships to help put us over the top. "

# Dive Wins States

## at DHS

m his swimmers.  
 es," Bergen said, "which I had never done before, to emphasize to the  
 ate championship."  
 d collected to secure the victory.  
 gen said. "They swam like champions."  
 to party like champions—and even break the "no pop" rule.  
 um and took our pictures and jumped into the pool with Bergen fully  
 Vild Wings after the meet and drank our first pop of the season."  
 nning this championship, it's still a surreal event and feeling for many  
 z said. "I'm just kinda like, woah, we actually did this, but it still hasn't  
 swim team, but a victory for all of Dexter and its schools.  
 d these young ladies are a point of pride in our community," Dexter  
 hey tremendous athletes, but they are tremendous students and even  
 e demonstrated in the pool and classroom will translate to equal suc-  
 r accomplishments."  
 n outstanding way, but they showed how this school is successful which  
 onship is a legacy this team will always have," Bergen said. "They've  
 t to as a coach. It's a really special honor that they'll have and can

## Sophomore Annette Schultz wins Div. 2 Swimmer of the Year

"I took swim lessons when I was three," said Annette Schultz, Dexter High School sophomore swimmer.

Schultz has come a long way since then, making varsity and state cuts both years she has swam for Dexter. She was named MVP of the DHS swim team this year and received Top 100 All-American honors in two events.

But all of this success did not just happen overnight. And it certainly didn't come without a challenge.

Despite Schultz's recent accomplishments, swimming has not always been smooth sailing for her.

At five years old, Schultz tried out for the local swim team, only to get cut. Not discouraged, the following year she made a second attempt and made it, marking the start of a very successful career.

"I think that my success is driven by my determination, desire, and positive attitude that I have towards swimming," Schultz said.

She also credits her to success to the coaches she has had over the years.

Schultz has been a key component in the recent prosperity of the women's swim team, which has placed in the top four in states for the past two years. Individually, Schultz contributed 40 of Dexter's 256 points by winning both the 200 Free and the 100 Free.

She was also a member of the winning 200 Medley Relay team as well as the 400 Free Relay team that clinched the state championship with a third-place finish.

For her spectacular performance, Schultz's was named Michigan Division 2 Swimmer of the Year.

This offseason, Schultz plans to "whip [her]self into even better shape than [in the] high school season." She hopes to keep her national ranking in the top three for her best four events during USA season.

Next year Schultz plans to drop time, maintain a high GPA, and keep the team connected and positive. This is a big task for any swimmer, but one that Schultz is definitely capable of.

Schultz has already been in contact for recruitment with Big Ten schools such as Indiana University and the University of Michigan, at which she would like to study Biomechanical engineering. She has also looked at top swim colleges across the nation such as the University of Texas and the University of California, Berkeley.

At the young age of 15, Schultz has a very bright future in and out of the pool. She will look to lead the team to more success in her next two seasons at Dexter and expand upon her already impressive swimming resumé.

### HISTORY OF DEXSWIM

18 SEC Titles



2 State Titles



# STATE CHAMPS



**1** - Coaches give the swimmers a pep-talk before warmups. **2** - Senior Captain Lizzy Merriman pours Wyile pool water into the Oakland pool, creating a home-pool advantage. **3** - Seniors Lizzy Merriman and Sarah Lynch celebrate victory. **4** - Sophomore Anneta Schultz recieves 1st Place medal in the 200 Free. **5** - The whole team enters the pool for the first time as state champs. **6** - Varsity record-setting medley relay takes 1st place with a deadly time of 1:44.21. **7** - Team members hold the state championship trophy on the podium. **8** - Senior Gretchen Schultz races toward an All-State honor in the 50 Free.