



**AT Feature:
2006 NCS/Les Schwab Tires Swimming & Diving Championships**

Story and Photos by Holly Johnson

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Liberty High School junior, Kate Dwelley diving in for her record setting 200 freestyle (1:46.28 seconds) Kate swims for Terrapin Nationals under head coach Ray Mitchell.

The rain stayed at bay while swimmers set fire to the water. Pumped up swimmers, spirited team cheers, crowd going wild, fast times, successful swims... there is a unique, electrifying feeling buzzing through the air like no other meet of the year.

Saturday's finals were highlighted by Liberty High School junior, Kate Dwelley who broke the NCS 200 freestyle record in a blazing

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1:46.28, a record, Dwelley told AT, she's had in sight since her freshmen year. When asked how Dwelley mentally prepares for a race, she responded, "I don't think [about it] too much... I get excited [and] go and see what happens." Obviously it worked.

Walking around on Saturday's finals, you may have bumped into some of the Cal men's and women's swim team coaching staff. Mens Head coaches Mike Bottom and Nort Thornton and women's assistant Whitney Hite were scouting for Cal hopefuls. And, Dash Rotherberg, a past NCS 50 freestyle champion (now a successful Cal swimmer) was also present to enjoy the excellent competition. Click here for:

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College Prep junior Colin Hanna took 3rd in the 200 IM



Bentley Upper School junior, Sara Davidson



Synchronized Backstroke!



Acalanes senior, Shane Tusup (2nd, 100 backstroke)



Concord High School senior, Jacqueline Elliott anchoring the 400 freestyle relay



Liberty High School junior, Kate Dwelley anchoring the 400 freestyle relay in a blazing 49.04



Acalanes head coach, Dan Cottam



Clayton Valley High School head coach, Mike Dare



Liberty High School head coach, Erica Pantle



Carondelet head coach, Paul Stafford



College Park head coach, Chris Danesi



Acalanes assistant coach, Sarah Stretch



Alhambra coach, Sue Bishop

Is your team not being covered in AT??? Do you have a swimmer(s)/coach that you would like to be featured in AT? Then give us a call at 60 WATER.

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