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**AT Feature:
Terrapins, Kate Dwelley,
Verbally Commits to Stanford!**

Story by Debbie Johnson, Photos by Gordon Johnson

Aquatic Times Flash Back May 31, 2003-Kate Dwelley was one of the first athletes we featured on our news page.



Kate takes a break in her training to meet with Aquatic Times

October 11, 2006 -- Terrapins' Head Coach, **Ray Mitchell**, told Aquatic Times that Terrapin swimmer, **Kate Dwelley**, "gave a verbal commitment to Stanford University today." She will be attending Stanford on a full-ride scholarship! Kate, now a senior at Liberty High School, had it narrowed down to five teams, including USC, UCLA, Arizona and Arizona State, but chose Stanford after visiting their last weekend because "it was close to home and had the best

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combination of academics and sports." But, Kate said her deciding factor was, "I felt like I fit in with the team." and said she loved the new head coach, **Lea Maurer**, saying "she's excited about coaching and the team can tell." Of course, it didn't hurt that Stanford's swimming complex of four pools is "gorgeous!"



Kate with her coach, Ray Mitchell

Coach Mitchell, had this to say about Kate...

"Kate was one of the top high school recruits this year in the U.S. and I think it was a tough choice for her to pick one school out of the list of great schools she was considering. Each school had some great benefits for Kate, but I think it came down to the superior combination of athletics and academics at Stanford. The academic reputation speaks for itself, and in terms of the swimming, they're, once again, getting some of the top talent in the U.S. and gaining ground very quickly in their quest for an NCAA championship. Hopefully Kate can be a big part of that goal. It's just great to see someone like Kate, who has worked so hard in the pool and in the

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classroom, reach one of her life long goals. We're very proud of her!"



Kate swimming freestyle at NCS last year

Kate has one more high school swim season left before moving on to NCAA Division I swimming. She wants to continue her winning streak at North Coast Sections (NCS) and hopes to set another record in the 100 free (currently 49.41). During the summer, Kate will compete in the 2007 World University Games in Bangkok, Thailand where she will compete in the 200 free and a relay. Her goal is to break the two minute barrier in the 200 free - "I've been right there for a long time." Kate is motivated by her love of swimming and being in the water and told us, "It's pretty boring if you're not improving, so I just want to keep improving."

Katy Erhardt-Diablo Valley College
Blake Henderson
Sean Peneyra-Vista Diablo
Sam Craven-Vista Diablo
Jocelyn Chang
Ryan Wall
Dewing Park 8&un Girls
Jimmy Bailey-Diablo Valley College
Blake Henderson
Chelsea Allard
Suzanne Heim-Bowen
Dave Boatwright
Kate Dwelley
Lauren Rogers



Kate dominated her events in the recent meet at Vallejo

Kate proclaims she wouldn't be where she's at now in swimming if it weren't for the support of her parents, family, coaches and her teammates. "If I was missing any piece of that, I wouldn't be here - my parents drive me to practice everyday. The coaches are amazing! They'll do anything for you. Ray is an awesome coach. He cares so much for all his swimmers and would do anything for them. And, all my best friends are on the team (Terrapins)."



We've been watching Kate since 2003, and about the only time we don't see her smiling is when she's actually swimming a race.

When asked if her Terrapin teammate and current Cal star, **Lauren Rogers**, gave her any advice in deciding what school to choose, Kate said with a chuckle. "She told me, 'Don't go to Stanford!'". But, on a more serious note, Lauren told her to "go where she would be happy."

Kate is looking forward to this year's Cal-Stanford meet, but admitted "It's hard though, because I'm such good friends with Lauren." Of course, this year she will be a spectator, but next year she will be part of the action. "I'm really excited about swimming at college because it's such a team atmosphere. I can't wait!"

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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