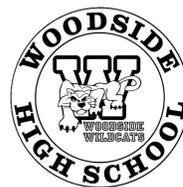


Woodside High School

Spring Athlete Senior Recognition

Swimming

Spring 2020



Congratulations to WHS swim seniors Elena Bonner, Reese Cullen, Lily Dougherty, Lily Mein, Natalie Hallman, Emma James, Zoe Mason, Justin Mills, Ben Sacco

Swimmer Profiles

Elena Bonner



Elena swam for WHS all 4 years. When she started out as a freshman she was still refining her strokes. However, over the years she excelled in backstroke and freestyle and became a strong swimmer and asset for the team. On record, her 100 free was a 1:11.41 for her sophomore year however at the 2019 PAL's she did a 1:04.95 in Varsity Finals. In backstroke, she had a time of 1:29.39 her freshman year; last year she finished with a 1:13.27 in Varsity Finals. Elena made huge progress over the years. She will most likely be attending the University of Colorado in the fall.

Reese Cullen



Reese was a solid swimmer with a great attitude and love for swimming. She brought maturity and commitment to the team. She swam the 100 free, 100IM, 100 Fly and 100 Back all with solid times. Reese is attending Chico State University in the fall.

Lily Dougherty



Lily swam all 4 years for WHS. She was a consistent backstroker and very good at the 100IM. Last year at PAL's she finished 8th at PAL's finals with a time of 1:17.00. Lily also swam a fast 100 back in a 1:18.20 during the season. Lily's times were all solid in many events- 100 Free - 1:06.31, 200 free 2:28.65 and 500 free 6:40.02.

Lily Mein



Lily Mein swam for WHS all 4 years. Lily brought maturity and commitment to the pool. Lily was put in the 500 free more times than ever desired, however she blew us all away with last year's PAL final time of 6:01.18. She dropped 13 seconds from her prelim time and finished 11th in PAL Finals. Lily is attending Chapman college and is hoping to swim D3 for the team. If anyone can do it, Lily can.

Natalie Hallman



Natalie swam for WHS all 4 years. Natalie was our butterflyer and IMer. Natalie swam the 50 fly probably in every swim meet she swam in for us. She had an amazing attitude and a positive smile. Last year at PAL's she swam a 36.93 in the 50 fly and a 1:26.28 in the 100IM. Natalie was given many coaches awards for being an exceptional human being as well as a contributing team member.

Emma James



Emma James swam for WHS all 4 years and was extremely committed and hard working. Emma was a great breaststroker! She usually swam the 50 free, 50 breast or 100 breast and was very consistent. At the 2019 PAL's she finished the season with a 1:33.06 for her 100 breaststroke. Emma quietly worked hard in every practice and was awarded the coaches award for her outstanding attitude last year. She will be attending Chapman University this fall.

Zoe Mason



Zoe also swam for WHS all 4 years and was extremely hardworking and committed. Zoe would swim anything without complaint but was strongest in the freestyle events. Last year she swam a great 500 free with a 6:45. She was a consistent 100/200 freestyler with a 1:08 and a 2:27. Zoe always worked hard in practice and would swim in the faster lanes in hopes of improving. Zoe has been admitted to Seattle University and hopes to attend there this fall.

Justin Mills



Justin is a lifelong competitive USA swimmer who will be swimming D1 for Cal Poly in the fall. Justin grew up swimming for Peninsula Covenant Aquatics as many of our swimmers did. However, he switched to PASA when his swimming skills proved that he needed a higher level of training to get him where he wanted to go. Justin swam every year for WHS and was our top swimmer for our CCS relays. Justin received our most Valuable Swimmer each year. His best events were the 50 and 100 free. His times are incredible - His 50 free best time was a 20.18; 100 free was a 45.71.



Ben Sacco

Ben swam for WHS all 4 years and was a captain of the team his junior and senior year. Ben was a leader and always graciously took the lead when the pool covers needed to be put on, lane lines needed to be put in, basically anything that needed to be taken care of. Ben was one of the most respectful kids on the team. Ben swam the 50 and 100 fly, and the 200 and 500 free. He improved his times every year including this year in the 50 fly- 28.94, 100 fly- 1:04.11 and 50 free - 26.94. Ben will be attending Cal Poly San Luis Obispo this fall.

Woodside Athletic Department

Study hard, practice hard, play hard!