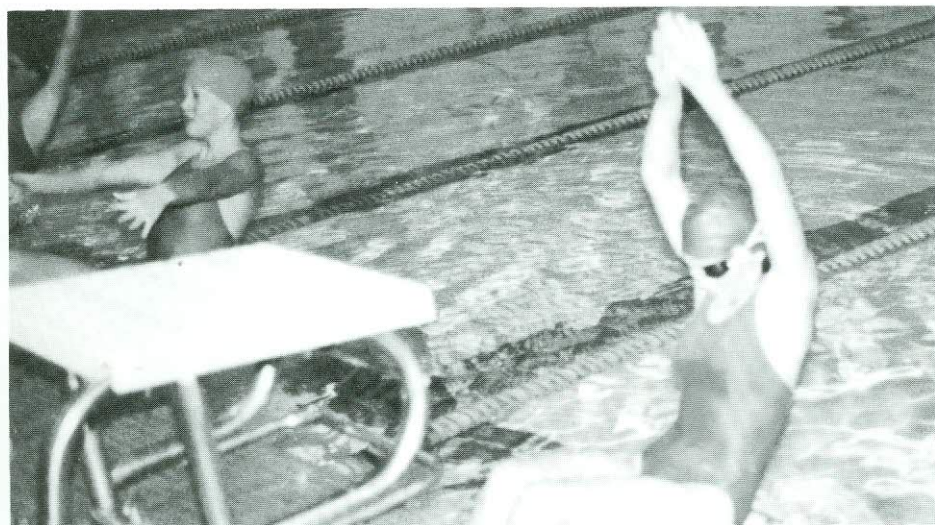


Shannon pikes for 10!



Fun before a meet relaxes Jamie's nerves.



Jamie Rose fires off to a good start.



CHRIS MARTIN
 Girl's Varsity Swimmer (4 yrs.)
 Co-Captain (3 yrs.)
 Most Valuable Swimmer (2 yrs.)
 Mental Attitude (1 yr.)



SHELLY RIGGEN
 Girl's Varsity Swimmer (4 yrs.)
 Co-Captain (3 yrs.)
 Member of record holding
 400 Freestyle Relay Team