



## Girls Swimming & Diving: South grabs two more dual wins

*Cougars defeat Bloomington Jefferson and Eastview to go 4-0*

Lakeville South notched two more South Suburban Conference dual meet victories with decisive wins at Bloomington Jefferson on Thursday, September 6<sup>th</sup> and home against Eastview on Thursday, September 13<sup>th</sup>. South scored tallied a 99-86 winning effort at Jefferson and followed up at home posting a 98-85 effort against Eastview. The two dual wins put the Cougars atop the South Suburban Conference with Rosemount at 3-0.

Against Jefferson the Cougars won all 3 relays and logged wins in 7 of 8 individual events. The meet featured the return of All-State swimmer Brianna Alexander to the pool for the Cougars after recuperating from off season ankle surgery. Alexander (2), Carrie Schrock (2), Shea Bougie (1), Bailee Jackson (1) and Taylor Perko (1) led South with individual wins against the Jaguars. Head Coach Rick Ringeisen also lauded the efforts of Jarin Simpson, Jackie Johnson and the rest of his Cougar squad. "The girls continue to work hard and the results are showing on the times they are achieving this early in the season" noted Ringeisen. "Each team member is crucial to our success and every meet this group continues to improve as a group."

Entering the meet against Eastview, the Cougars knew they had a tough opponent on their hands and needed a superior effort in order to compete against a solid Lightning squad. Coach Ringeisen got that effort from the Cougars with his team winning all 3 relay events and 7 of 8 individual races. Ringeisen noted his team's effort started with the first relay event. "The 200 Medley team (Perko, Alexander, Bougie and Schrock) set the tone for the whole meet" said Ringeisen. "They came out and posted a great time and it got everyone really pumped up." From there the Cougars received 2 individual swim victories each from Bougie, Alexander and Schrock and a personal best effort from 8<sup>th</sup> grader Rachel Streit in winning the 500 Freestyle. The Cougars also saw a very fast effort from Schrock, Jackie Johnson, Alexander and Bougie in the 200 Freestyle relay. Ringeisen singled out Johnson, Bailee Jackson, Jarin Simpson, Jaimie McNamee and the diving trio of Mikala DePauw, Tianna Hansen-Brown and Maia Johnson as key cogs in the team victory. "As a group, the team was really focused" noted Ringeisen. "We'll need to continue to work hard as our schedule gets much tougher from here."

Next up for the Cougars is a dual match at Bloomington Kennedy on Tuesday, September 18<sup>th</sup> followed by a dual meet against Lakeville North on Thursday, Sept 20<sup>th</sup> at Kenwood Trail Middle School in Lakeville.

### South Suburban Standings

Lakeville South	3-0
Rosemount	3-0
Prior Lake	2-1
Lakeville North	2-1
Burnsville	2-1
Apple Valley	1-2
Eastview	1-2
Eagan	1-2
Bloom Kennedy	0-3
Bloom Jefferson	0-3