



BREATHE EASY Junior **Kerem Dogruer** takes a quick breath. Before the meet, he practiced rigorously with his teammates. "Being on the team has really helped me improve because we get to swim like we have dual meets every week so it's more opportunities to grow and get better," Dogruer said. *Photo by Hyein Kim*

a STROKE of inspiration

DIFFERENT STROKES PROVIDE CHALLENGES FOR SWIMMERS

QUICK LIKE A BUTTERFLY **Brian Ling** (10) moves to take a quick breath. Although a taxing stroke, the butterfly took more technique than strength. "Swimming is mostly technique, rather than brute strength. You can be the strongest person in the world but without good technique, you're not going to go anywhere," Ling said. *Photo by Hyein Kim*



From freestyle to butterfly and backstroke to breaststroke, swimmers use different types of strokes in the pool. Each swimmer had a specific stroke that was their go to. Junior **John Tahk**'s specialty was freestyle.

"My favorite stroke is freestyle. To be honest, [it's] the only one I'm good at but also compared to other strokes, freestyle is just the absolute fastest that you can go," Tahk said. "And it's being able to improve your stroke little by little to go faster is a really good kind of goal to work towards every practice."

Meanwhile, there were also strokes for which almost every swimmer struggled.

"Butterfly is notoriously the hardest stroke because it uses both of your arms and at the same time, and it's pretty exhausting. And it takes up a lot of oxygen to do butterfly; it's not for everyone," **Adam Tsou** (10) said.

However, learning all the different strokes came with rewards and unique opportunities while competing.

"Knowing multiple strokes is useful because it allows you to know how to swim different events at meets," **Andrew Yip** (9) said. "So if you know breaststroke and you can only swim breaststroke and a relay. But if you know all the strokes then you get all the different races and relays."

Story by Hyein Kim and Anna Kwon



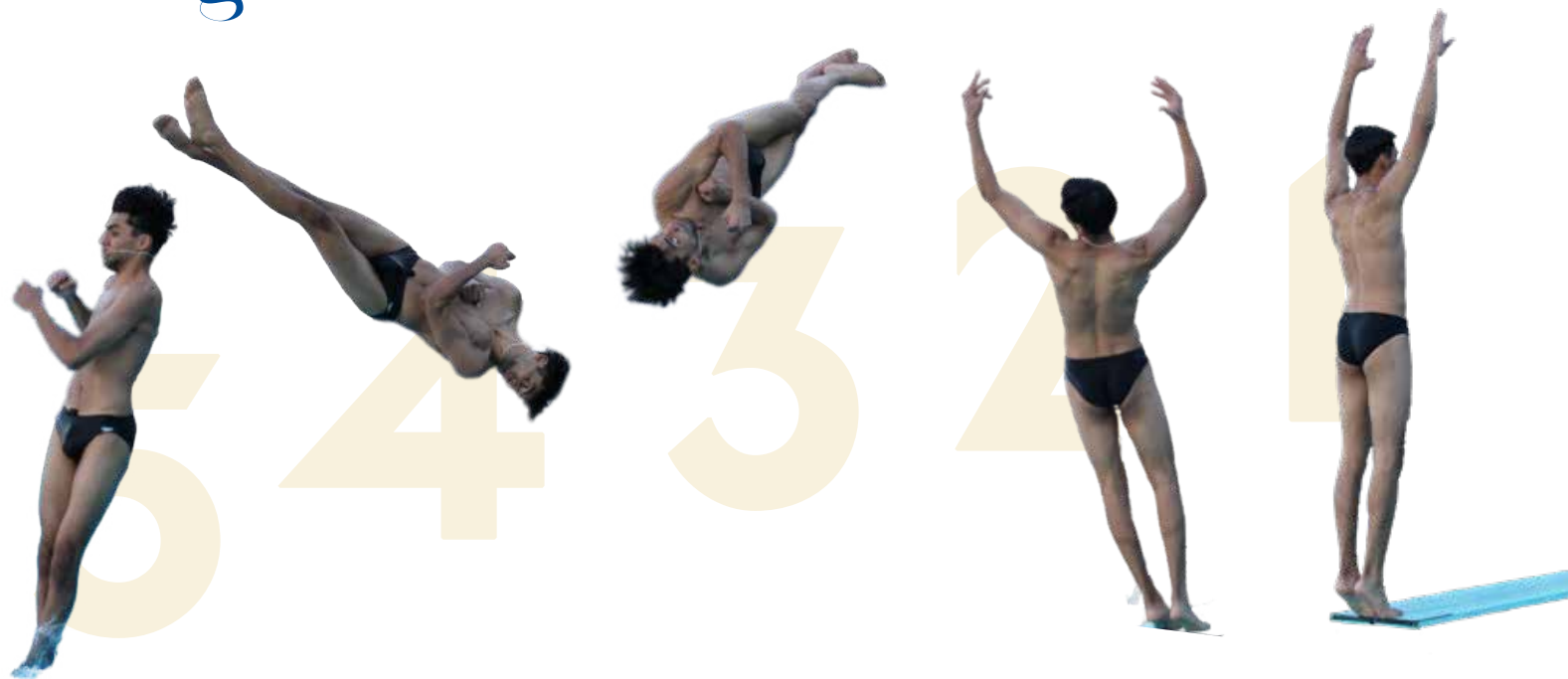
IN LINE **Nicholas Aguilera** (9) grips the diving block and casts his eyes ahead, listening for the start whistle. Having swam for 12 years, he felt people underestimated how hard it was. "It depends on how you [swim], because competitively, it's going to be more demanding. But if you take it slow then it's not that demanding," Aguilera said. *Photo by Hyein Kim*

FLIP OUT Sophomore **Landen Leone** pulls his knees tightly against his chest mid-flip. He worked hard to get his dives to their current level. "A lot of it is training on the boards. But other than that, it's a lot of core exercises in the gym," Leone said. "I started out really not comfortable on the board. But [through] a lot of training and practice I've been able to learn a lot more dives." *Photo by Hyein Kim*

diving DEEPER

RISHI ZAMVAR (12) EXECUTES THE STEPS OF A DOUBLE TWISTING SOMERSAULT DIVE

Photos by Hyein Kim



READY, SET, DIVE! A line of swimmers, including **John Tahk** (11), jump into the pool. Although his comfort zone was short distance races, Tahk competed in a bit of everything. "I'm mainly a sprinter, so I just do very short distance freestyle, but I think most of the events are pretty fun: freestyle and backstroke, breaststroke, and butterfly. There is a good mix; everyone does everything," Tahk said.

Photo by Hyein Kim