



VARSITY SWIM & DIVE TEAM

Philosophy

We value team unity, and we believe in supporting each athlete. We emphasize integrity, discipline, and caring for teammates; our coaches focus on developing student-athletes into leaders. Our guiding principle is the Falcon Challenge, which calls us to respect all people, regardless of gender, class, ethnicity, religion, or sexual orientation.

Academics

School is the first priority for Good Counsel swimmers and divers. We believe that it is essential that team members keep up grades and develop solid work habits, so coaches regularly check in with student-athletes.

Team Service Project

In keeping with our Xaverian values, the team provides service to the community, primarily by volunteering with SportsPlus, where our team members swim and interact with children with autism.

Try-Outs: November 5 and 7

Swimmers must be able to swim 3 strokes legally and complete a continuous 300; speed is also a consideration. Divers must be able to complete at least two front dives and at least one dive from two other categories each.

Practices

We have three mandatory ALL-TEAM practices (once a month) per season.

Athletes who train regularly with a club team must attend those three, but they are excused from the remainder of GC practices. Those who train exclusively with our high school team are expected at ALL practices.

Practices are Tues./Thurs. at Gaithersburg Aquatic Center from 4pm – 5pm (bus transportation to and from).

Meets:

We schedule approximately six dual meets between Nov.12th and Jan.31st. Each athlete may expect to be entered in approximately four of the six dual meets.

Athletes who qualify compete in Catholic Championships, WMPSSDL's (private school league meet), WCAC Championships, and METROS in late January/early February. Most athletes qualify for at least one of these meets.

Team Bonding/Social Events

August: Welcome Pool Party

October/November: Grade level socials

December: Christmas Party

January: Team Pasta Dinner

February: Team Banquet

Highlights of the 2018-19 Season:

GC girls won WCAC's and placed 5th at METROS (out of about 40 teams).

GC boys placed 2nd at WCAC's and also finished 5th at METROS, sweeping the freestyle relays.

Two relays (Ryan Vipavetz, Jonathan Crocker, Alex Brun, Drew Munson, Gabe Laracuenta) and two individuals (Vipavetz and Sarah Culkin) earned All-American times.

Two team records were set: Haley Marshall in diving and Ryan Vipavetz in 200 free.



Sarah Culkin, Angelina Casimates, Jenna Kim, Hannah Owings

Coaches:

Beth Kremer Silva is a graduate of Kenyon College, where she was captain of the NCAA D3 champion swim team. Her experience includes almost twenty years coaching in MCSL, as well as several years coaching with PVS clubs. Ms. Silva is an English teacher at GC and the mother of two daughters, one of whom is a junior on the GC team. bsilva@olgchs.org

Jude DeSando Lozupone is a graduate of the University of South Carolina, and she was an Olympic Trials level swimmer herself. She is the director of the Montgomery Stroke Clinic at the Olney pool, and she has numerous years of experience coaching both swimming and diving around Montgomery County. Coach Lozupone has raised three children, all of whom graduated from GC with scholarships. lozupone2000@yahoo.com

John Crocker '88 (Asst. Coach) was a sprint freestyler who helped his Good Counsel team win Metros. John swam at Indian River Junior College and Frostburg State University. He then returned as a GC coach, where he led the girls to 11 straight Metros titles and was named All-Met Coach of the Year 3 times. His son is a junior sprinter on our team.

Angela Lozupone '09 (Dive Coach) Angela was a two-sport athlete, soccer and diving, throughout high school, earning the titles of team captain and MVP two years in a row. She attended Rider University on an academic and athletic scholarship. Angela has coached the Manor Woods Dive Team for six years and the GC Dive Team for five.



Ryan Vipavetz, Gabe Laracuent, Drew Munson at their college signing ceremony