

Swim Bubbling Up

By Alex Taft

Winter is coming. While the fall sports fall down, the winter sports are beginning to spring up. One of these emerging winter sports is Swim, with the Oak Hills Swim team already preparing to participate in the first swim meet of the season on Tuesday, November 29th. With excitement and the smell of chlorine in the air for our OHHS Swim team, I've been given the opportunity to conduct an interview with Swim team captain Lukas Demeter and Swim coach Laura Fightmaster.

Interview With Lukas Demeter

Question: "What events do you do?"

Response: "I do the 200 meter IM." (IM stands for "Individual Medley")

Question: "What's something you're looking forward to this season?"

Response: "I'm looking forward to probably just having a fun time. Having a good fun season of dropping time."

Question: "Why do you enjoy Swim?"

Response: "I really like the team. I think our team is really nice and fun and I just enjoy being able to improve over time."

Question: "What's your favorite Swim memory?"

Response: "Last year when I got under a minute in the 100 free (100 meter free swim) with my friend Ried."

Question: "What would you say is the most difficult part of Swim?"

Response: "It's starting out I think. It's the rough practices at first and trying to get back into it."

Question: "Do you have any specific goals for this season?"



Response: "I want to try to be the best captain I can to the team."

Question: "What got you interested in Swim?"

Response: "I took taekwondo when I was little and I didn't really like it. Then one of my friends who was swimming got me into it."

Question: "What makes Swim stand out as a sport?"

Response: "It's hard and it's kind of unique. There are no other sports in the school that are in the water."

Interview With Coach Fightmaster

Question: "How many years have you been coaching Swim?"

Response: "This is my 11th year coaching."

Question: "What are your hopes for the Swim season?"

Response: "Number one is to understand the swimmers and who they are, and what they can swim and everything like that. But I would love to get some of our swimmers in relays up to State to swim in that meet."

Question: "What coaching strategies do you employ to grow the success of the Swim team?"

Response: "I think the main one is to get everybody together as a team so that you have that team bonding experience so to speak. You have that team attitude that helps everyone together. We have all kinds of individuals, and once you can get everyone to mesh together it's gonna make that season much easier. We also have a lot of hard practices, and we have training in the water, out of the water, in the weight room, and putting all of those together is just gonna make one complete team."

Question: "In your opinion, what are the most important aspects of being a good swimmer?"



Response: "In my opinion, everything needs to come from the mind first. You've gotta be in and you've gotta be dedicated. The way that my other coach and I put it a few years ago was a motto: 'Mind, Heart, Body', and everything starts with your mind. If your mind and your heart are in it then your body's gonna be in it too."

Question: "Why should people join the Swim team?"

Response: "It's a lot of fun, that's number one. But also because of the comradery. The team comradery is there. Everybody is friends with everybody, they support each other, they're friends with each other out of water and not just in the water; I guess just that family feeling. Like I said we like to have fun and do things outside of the pool. We're getting ready to have a 'Swimsgiving'. Right before Thanksgiving, we're going to have a nice Thanksgiving with swimmers and divers."

Question: "What has stood out to you as the most challenging aspect of coaching Swim?"

Response: "That's a good question because there's a lot. One of the most challenging things, I think, is that sometimes swimmers expect to do better in every race that they swim, and it's hard to see them get discouraged when they don't do better. Throughout the season, it's one of those things where they work so hard, and because they're working hard they're not going to do as well as they thought they were going to, but by the end of the season, once they're all rested and everything, they see their hard work has paid off. But it's challenging because you've gotta be patient throughout the season."

Question: "How do you feel the first Swim meet on the 29th will go?"

Response: "I think we'll get a win! I have a good, positive attitude about it. I think our swimmers have a really good shot at rolling out a win for the first meet."

Question: "Is there anything you'd like to say about Swim as a sport?"

Response: "As a sport, I think it's one of the toughest there is. I'm not saying that just because I coach it and I was a swimmer growing up; mentally and physically it really pays a big toll on you. You use every single muscle in your body and even though you may think you're not really working out very hard or sweating, you really are. You work on a really tough set and you're getting all red in the face and all over your body. You don't realize how much you work until you're out of the water and a couple of days later it's like you can't move because you've worked so hard. But I think the biggest thing is

that it's just a real mental sport, and I think that a lot of people don't see that. It's one of those things where you really won't understand what swimming is like until you get in the water and try it."

With a good team atmosphere, vigorous training, and Highlander determination, the OHHS swim team will be sure to take a win for Oak Hills on the 29th!