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Swimming: LAC has best state meet to date

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Throughout the years, the Lakeside Aquatics Swim Club has found success competing at regional and state youth swim meets. But recently at the Texas Age Group Swimming Championships, the squad had its most impressive performance to date.

LAC qualified one of its largest contingents of swimmers at the meet and followed through on their opportunities by placing fifth as a team. TAGS features 14-and-under swimmers who have to meet challenging qualifying times and is the fastest age group championship meet in the country.

The squad was led by its 10U girls team, which won their division at TAGS, while LAC also had several individuals place in the national rankings, including multiple competitors from Flower Mound and The Colony.

Among the top performers for LAC from Flower Mound was Brandon Feehery (12), who had strong performances in multiple events. Feehery placed 10th in the 100-yard freestyle, 12th in the 200 free, seventh in the 500 free, sixth in the 1,000 free, 19th in the 100 backstroke, ninth in the 200 backstroke and eighth in the 200 individual medley.

Flower Mound's Andy Turner, meanwhile, medaled in all seven events he competed in, including setting six personal best times. Turner nabbed third in the 50 and 100 free, fifth in the 200 free, sixth in the 50 breaststroke, 50 butterfly and 50 back and seventh in the 100 back.

Lauren Chinnis of Flower Mound, meanwhile, earned third in the 100 free, fourth in the 50 free, seventh in the 50 and 100 breaststroke and eighth in the 50 and 100 back. Additionally, she achieved AAAA times in the 50 and 100 free and 50 back, and was part of the 10U relay squads that set LAC records for all of the girls relay events.

The Colony's Emma Garfield, meanwhile, broke multiple LAC records. The nation's No. 1-ranked swimmer in girls 9-10 for the 100 breaststroke took first and set program records in the 200 individual medley (2:22.00 -- a North Texas record), 100 IM (1:05.95) and 100 breaststroke (1:11.67 -- a North Texas and state record). She also earned second in the 100 butterfly (1:04.40 -- team and North Texas record), second in the 100 free (59.85 -- team record), third in the 200 free (2:10.20 -- team record), sixth in the 500 free (5:52.39 -- team record), fourth in the 100 and 200 IM and seventh in the 100 butterfly. Garfield wasn't done, however, as she was a member of the first-place finishing 200 free and 200 medley relays teams and the 400 free relay squad, which finished second.

Garfield now ranks in the top 10 nationally in the 100 breaststroke (first), 200 IM (second), 100 IM (third) and 100 butterfly (sixth).

LAC also had a pair of representatives qualify for the Junior National Championships (18U), including Argyle's Shelbi Ragsdale and Flower Mound's Alex Sellers.

At the junior nationals, Ragsdale (16), who plies her craft at the LAC facility in Flower Mound, set a program record in the 400 IM to qualify for the 2011 Winter National Championships. She also finaled in the 200 IM to qualify for the 2012 US Open.

Flower Mound resident Sellers (15), meanwhile, set a personal record at sectionals in the 50 free, 100 and 200 back and 400 free; while joining Ragsdale, Melissa Leonhart and Danielle Pawlichuk to set a program record in the 400 medley relay. Hannah Gnoza swapped spots with Pawlichuk to take first and set a program record in the 400 free relay.

At the junior national championships, Sellers added a program record in the 200 free, while also competing in the 50 and 100 free, and 50 and 100 back.

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