

Sydney Emershaw congratulates teammate Laura Finnegan on her win.



Jared Willis backstrokes for his team.



Swimmers strive for personal bests



Andrew Levandowski prepares for his match.

The Dallas Mountaineer Aquatic Club (DMAC) was started in 2003 by then Dallas High School swim coach Matt Stretanski. With the brand new Natatorium having just opened, Stretanski wanted to give younger students an opportunity to learn competitive swimming.

He started the team with just under 40 swimmers in the first year and it has been growing every year. The team is open to boys and girls ages 5-14 and there are 93 swimmers participating this year. With no residency requirement, the team is comprised of students from the Dallas elementary and middle schools, Lake-Lehman elementary and middle schools, Gate of Heaven, Wyoming Seminary, Apple Tree and those who are home-schooled.

The team participates in the Northeast Pennsylvania Age Group Swim League (NE-PAGSL) which is comprised of 13 teams in the northeast. A current competitor in the B Division, the DMAC swam against Scranton Sea Knights, Elk Lake, Danville, Pittston YMCA, Berwick, Tunkhannock.

The girls' team is currently undefeated while the boys' team has only one loss. However, the club doesn't focus on winning, but rather on getting its members to be better swimmers and display good sportsmanship.

One of the club's most popular incentives is rewarding members with a pin each time they beat a previously-set personal time. The swimmers have responded extremely well to this program and just this year have set over 500 personal best times.



Starting out the swim meet hosted by the Dallas Mountaineers Aquatic Club.

CHARLOTTE BARTIZEK/ FOR THE DALLAS POST



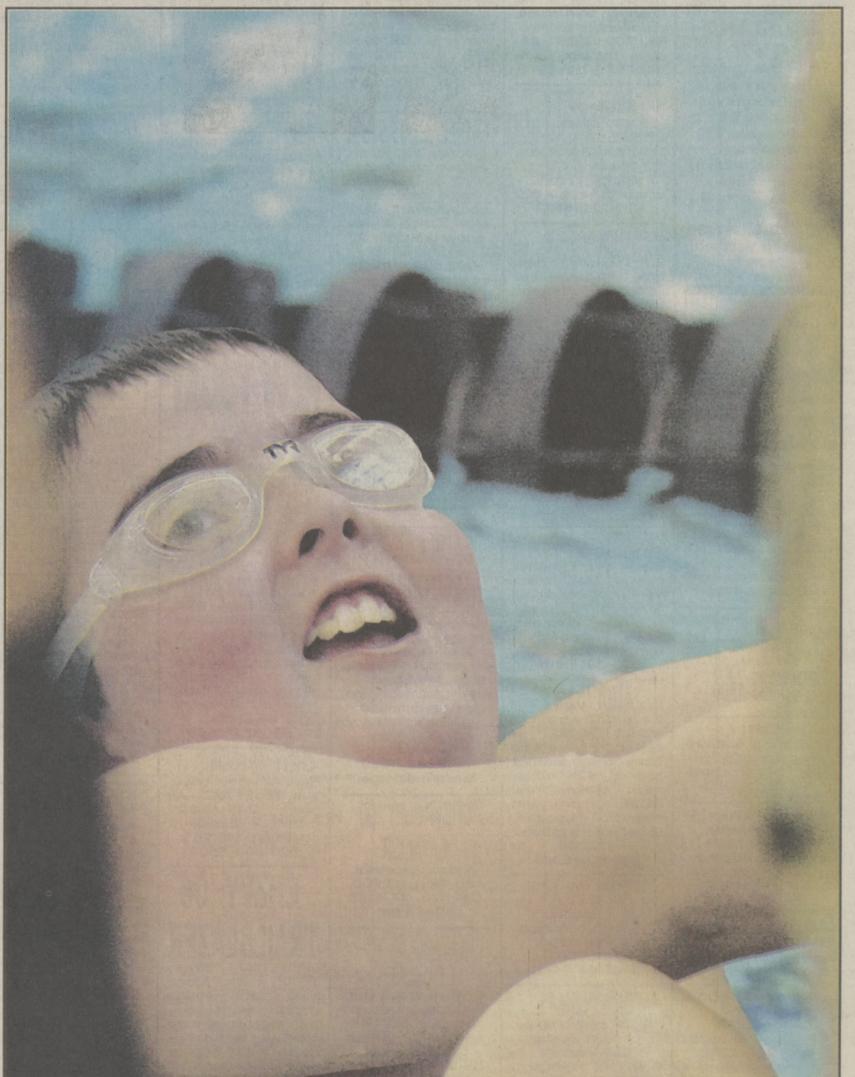
Amanda Schwerdman butterflies for Dallas.

Marcus Wagner wins the 200 freestyle.



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Andrew Herrick wins for the Dallas team.