

# Island Sports

## Lambert, Rudman help lead high school swim teams

By Stephanie Heelan Cotsonas

Going into this season, North Kingstown High School head swimming coach Jillian Oresman wanted to improve the dual meet record of her girls' and boys' teams. So far the records do not reflect how close the Skippers have been coming to reaching their goals. "Our scores compared to last year have improved. Last year we weren't even close and we were right there against Bay View and Prout and then we swam Cumberland and we didn't realize how strong they are," Oresman said.

Although the girls are 0-3, the scores of the first two meets were within four and five points. The Lady Skippers kicked off their season at Bay View Academy on Dec. 15 with their first close loss (49-44). Islander and freshman Jess Rudman was on the winning 200-yard medley and the 400-yard freestyle relays with Olym-

pian Liz Beisel, Kate Perreault and Emma Jackson.

On Dec. 22 versus Prout, the Lady Skippers had a repeat performance and lost 49-45. Once again Rudman was part of the same winning 200-yard medley relay team and she was also part of the winning 200-yard freestyle relay with Hailey Bezubka, Chris Sugrue and Perreault.

Islander Kendra Davis was thrilled with how close the score was against Prout. "We lost by four points against Prout and it was pretty much an amazing victory. Prout is considered one of the best teams in the state and I know we have a lot of talent but we really worked hard on that meet and to come out so close to them was really good," Davis said.

In Monday's loss to Cumberland (58-36), North was a bit more disappointed even though Cumberland is undefeated this

season. Rudman won her first event of her high school career in the 500-yard freestyle and was a part of the winning 400-yard freestyle relay with Beisel, Perreault and Jackson. Rudman also took second place in the 100-yard breaststroke to Jackson. Oresman said, "She (Rudman) always scores in every meet and as a freshman she is a huge contributor."

As one of two seniors from Jamestown, Davis was recently elected captain by the team and is excited to continue her third season swimming for North. She always competes in the two freestyle relays. Both seniors, Emme Lutes and Davis, have been on the team for three years.

"They (Davis and Lutes) are hard workers and would do anything for the team," Oresman said.

Oresman noted that in addition to the team being a young



Island swimmers are making their presence known on the North Kingstown High School boys' and girls' swim teams this year.  
Photo by Jean Lambert

and relatively inexperienced one, pool time has been a big challenge. "As a young team each

year we get more and more pool time at URI and we become more of a priority," Oresman said.

Davis said, "Cumberland definitely had an advantage over us because we were at their home pool. They probably have the opportunity to practice every day and we are lucky if we get to practice three times a week."

In last year's state meet, the Lady Skippers surprised and upset the competition by taking third place. Davis said, "Prout was telling us how we will do for the rest of the season. Liz (Beisel) and Emma (Jackson), who is also really amazing, both had to leave half way through the Prout meet. That alone is saying that we also have talent that is hidden in our team and it is starting to come out now."

Oresman said that islanders Allison Farrelly and Liliane Four are contributors and both have a lot of potential. Other Jamestown residents on the team include Carla Aveledo, Katie Bednarczyk, Ivy Burns and Caia Diepenbrock.

The boys swam at Hendricken on Dec. 18 and lost 71-23. They had better luck against Prout winning by a point 47-46. Islander and senior Victor Lambert was part of the winning 200-yard medley relay and 400-yard freestyle relay teams with Ben Evangelista, Gerrot Graham and Trevor Kenyon. Lambert also won his two individual events, the 200-yard freestyle and the 100-yard backstroke. "He always places in the top three at least and consistently scores points," said Oresman.

Like the Lady Skippers, the boys lost to Cumberland (61-33). Lambert won the 100-yard backstroke again with a time of 1:02.55.

Last season, as a first year team, the boys' held their own at the state meet and placed sixth out of 19 teams and are looking to continue building the program. Freshman Bruce Page is the only other islander on the boys' team.

Both teams will head to the Bayside Family YMCA to take on Barrington tonight at 7:15 p.m.

Introducing

# Your Health

*A wellness magazine for your mind, body & spirit*

Delivered to every home on the island and beyond.

**ADVERTISING DEADLINE  
THURSDAY, JANUARY 29**

Publication Date: February 12

**A great venue for  
ALL Health Care Professionals**

- Hospitals & Clinics
- Physicians
- Wellness Centers
- Dietician & Nutritionists
- Pediatrics
- Chiropractors
- Dermatology
- Dentistry & Orthodontics
- Pharmacy
- Physical Therapy
- Personal Trainers
- Massage Therapy
- Hearing
- Optometry & Ophthalmology
- Medical Supply
- Health Insurance
- Long Term Care
- Yoga & Spiritual
- Counseling
- Therapy
- Acupuncture
- Fitness Centers

**Call 423-3200 to advertise**

**JAMESTOWN  
THE PRESS**

42 Narragansett Avenue • Jamestown

[www.JamestownPress.com](http://www.JamestownPress.com)

