

Louisburg girls swim hoping for another trip to state



Louisburg junior Sabra Brueggen will try for a state medal for a third consecutive season.

For the second year in a row, the Louisburg girls swim team ended its season at the state meet and the Wildcats are primed to make a run at a third straight.

Louisburg, which competes on a co-op team with Osawatomie, Paola and Spring Hill, has earned state medals the last two seasons thanks to junior Sabra Brueggen.

The Wildcats return Brueggen, along with juniors Cadence Weichert and Janie Harth, who completed in relays at state a year ago. They will be joined by freshmen Ella Bockelman and Talen McMurray.

It is a small, but experienced group as Louisburg hopes it can

finish the season with some state hardware.

"Cadence and Janie are showing stronger in the pool already," coach Mary Argeropoulos said. "We've had some inter-squad time trials and these two ladies are quickly approaching their season best from the end of their sophomore seasons. Both ladies have times that are close to the state consideration bar, so we will be pushing to see those times come into reach.

"Louisburg also brings in two exciting freshman swimmers, Ella and Talen. Both of these ladies bring swim experience and are stepping into their individual events well and setting up the all-Louisburg relays with a great chance for another state berth."

Brueggen is the most experienced Wildcat. After earning a state medal her freshman season, she responded last year with sixth place finish in the 100-yard backstroke and was eighth in the 50 freestyle.

"Sabra returns to the high school pool with a great offseason experience behind her," Argeropoulos said. "She is in top form and we are hopeful for a spectacular season. As the season progresses, we believe she will qualify for state in numerous individual events and lead her relay partners to state times as well.

"She should have her pick of events in postseason competition again and we look forward to seeing her hard work pay off. We really cannot say enough about this athlete's work ethic and dedication to her craft."

Spring Hill, which joined the co-op team this season, will feature nine swimmers, including junior Maryanne McNally and freshman Camden Strickland.

Paola has two swimmers, including returner Elsie Blackmore and Osawatomie has one on the roster.

“The ladies are getting to know one another and working hard,” Argeropoulos said. “We are focusing on strength and stamina this season and our workouts have been geared towards building and developing the skills we will need for a successful season.”

Louisburg will begin its 2024 campaign Saturday when the Wildcats travel to Lansing. Events begin at noon.