

Brueggen ends high school career with two state swim medals



Louisburg senior Sabra Brueggen swims the 200 individual medley on May 24 during the Class 5-1A Kansas State Swim and Dive Championships in Topeka.

TOPEKA – As Sabra Brueggen stepped onto the state swim podium for the final time, a flood of memories came rushing back.

Memories of when it all started, the friends she made and all her successes along the way. Brueggen has been one of the top swimmers in Class 5-1A the last four years and she proved it once again on May 24 during the Kansas State Swim and Dive Championships in Topeka.

The Louisburg senior ended her high school career with two

state medals and a lifetime full of memories.

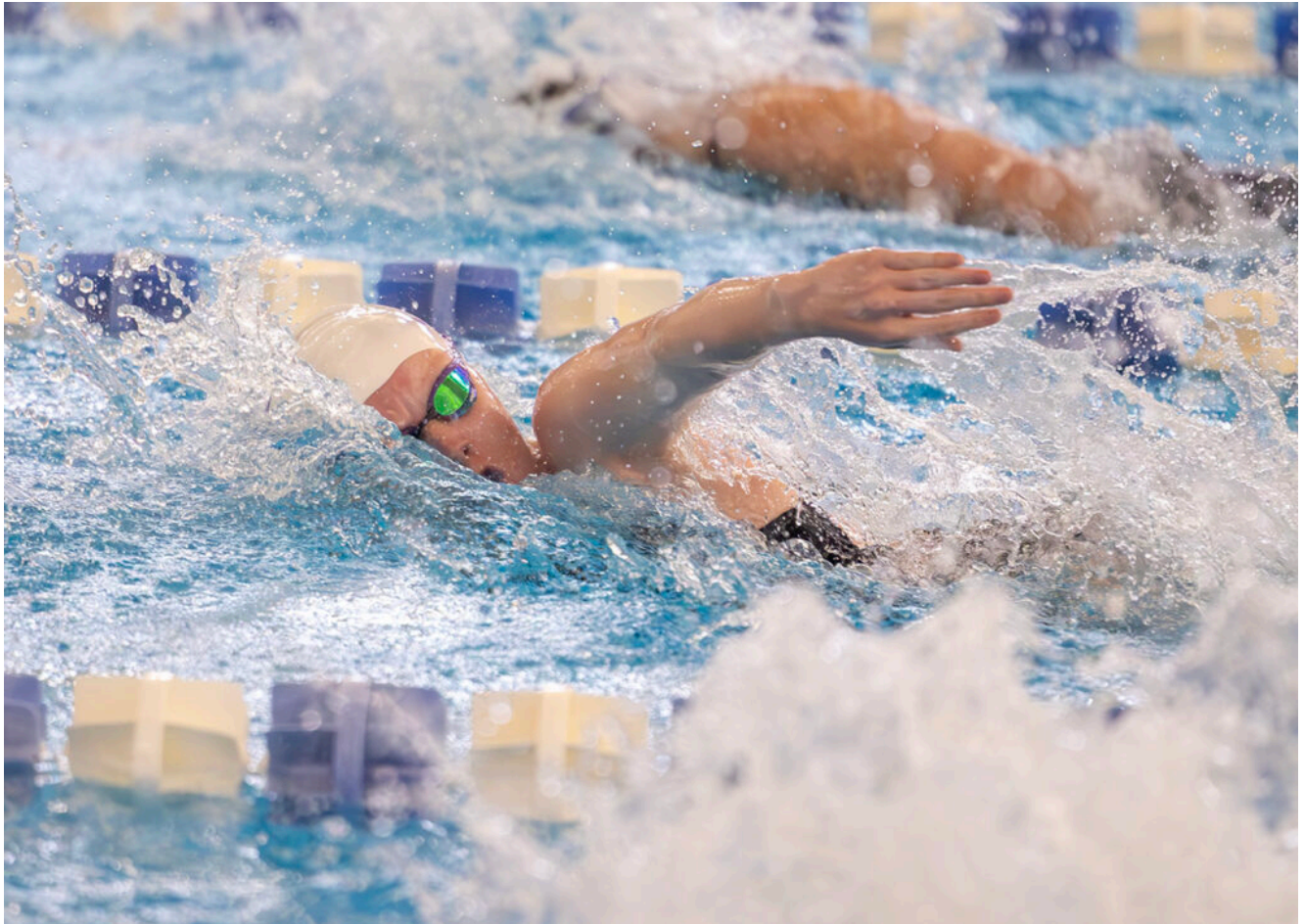
“Ending my high school career was a very sentimental moment for me,” Brueggen said. “It was the last time I would be racing some of the girls I have been swimming against since age six. Being able to share the podium with them one last time made it even more meaningful, making me very proud of how I performed at my final state meet.”

Brueggen had strong swims throughout 2-day meet that began on May 23 at the Capitol Federal Natatorium. In the prelims, she qualified for the finals in fifth in both the 200-yard individual medley and 100 backstroke.

In the finals, Brueggen found her way to the medal stand as she finished sixth in the 200 individual medley in 2 minutes and 14.42 seconds.

The 100 backstroke proved to be much of the same for Brueggen there as she also medaled sixth in a time of 58.81 seconds. It completed a string of four straight years of earning a state medal.

“I was very happy with how I swam in my personal events last weekend,” Brueggen said. “I was right up next to my previous best times and I was able to stay consistent with my performances during both prelims and finals. I had high hopes, and although I didn’t completely reach my goal times, I am still very grateful with how the meet ended.”



Louisburg senior Cadence Weichert swims during the 200 freestyle relay on May 24 in Topeka.

Brueggen also swam in a pair of relays, including the 200 freestyle relay that won the consolation finals. The team of Ella Bockelman, Janie Harth, Cadence Weichert and Brueggen won in a season-best time of 1:48.21 and finished ninth overall – missing a medal by one spot.

Bockelman, Makayla Ellis, Harth and Brueggen also swam in the 400 freestyle relay consolation finals and placed 13th in 4:07.31.

“The success that came through our relays this past weekend was very exciting,” Brueggen said. “Although we did not make ‘A’ final in the 200 free relay during the first day of the meet, our performance during the second day was truly an unforgettable experience. We all swam our best times at the same time, and would’ve medaled had we been top 8 the first day.”

On the first day of competition, the Wildcats also competed in the 200 medley relay as Bockelman, Ellis, Harth and Weichert missed out on the finals as they took 24th in 2:10.80.



Louisburg senior Janie Harth swims the freestyle in the 200 free relay during the Class 5-1A state meet in Topeka.

Last weekend marked the end of the high school careers for Brueggen, Harth and Weichert. This won't be the end for Brueggen in the pool, however, as she will continue to swim at the University of Northern Iowa next season.

"Ending this chapter of life has been very difficult but I know that there are bigger things to come," Brueggen said. "I look forward to being able to just focus on one sport, for the first time in my life, at the collegiate level. I am super excited to see what I can bring to the swim team at the University of Northern Iowa and I can't wait to become a part of the amazing culture they have created.

"My love for the water started at a very young age, and I know

that little me would be super proud of how far I've come and how far I will go in the future."