

# RCHS SWIM TEAM

**RESPECT ALL  
RCHS  
FEAR NONE  
LAKER REGIONAL TEAM  
2020**



**RCHS SWIMMING  
2020 REGIONAL TEAM**

**SENIORS**  
CALEB HOWARD      MICHAEL LITTLE  
SETH OVERLY      NIK WELLS

**JUNIORS**  
GABY ALVIZO      MAX LAWSON  
EMMA RAE PHILLIPS      CAMRYN WOODRUM

**SOPHOMORES**  
MORGAN JONES      ELLY RICHARDSON

**FRESHMAN**  
ALLY STEPHENS      ABBY RICHARDS

**8<sup>TH</sup> GRADE**  
AVERY HART      ALLIE MANN  
EMILY HART      BERKELEY CLARK

**7<sup>TH</sup> GRADE**  
BEN JONES      DANICA COE  
ALEXA STEPHENS

**COACHES**  
DEBBIE LOY      GLENDA PRATER

The Russell County Laker Swimmers have wrapped up their regular season schedule and are preparing for the Regional 3 Championship being held in Elizabethtown this coming Friday and Saturday. The team is led this year by 4 Seniors and 4 Juniors that are looking forward to another strong showing at Regional competition this week. Coming off a season where the team was 21-2 in dual meets and invitationals, they are hoping to finish the strong at Regions. Coach Debbie Loy and Coach Glenda Prater have been working them hard with early morning practices and then fast-paced sprint practices in the afternoons. Coach Debbie says, "We have done everything we can, now it is up to the swimmers! They have worked hard and are ready."



**NEVER FINISHED!  
GOOD LUCK  
RAE RAE!!**

**MICHAEL,**

**HAVE FUN AND FINISH STRONG  
AS YOU SWIM YOUR  
LAST REGION MEET!  
LOVE, MOM & DAD**

**MAXWELL,**

**YOU ARE STRONG AND FOCUSED!  
CRUSH YOUR GOALS AT REGIONS!  
WE ARE SO PROUD OF YOU!  
LOVE YOU BEYOND BELIEF!  
MOM & DAD**

## Bank of Jamestown

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Mackenzie Gosser, Regina Wright, Melissa Collins, Wyatt Ryan, Ashley Blakey

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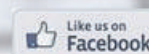


Vanessa Dudgeon, Paula Antle, Katherine Gosser, Karla Thomas



Mary Lynn Smith, Shelbie Landis, Lauren Higginbotham

Bank of Jamestown tellers. Working for you, and with you.



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