

# Coach's personal success inspires team

Grace Wielebinski  
Staff Writer

Jim Montgomery has been head swimming coach and director of aquatics at Greenhill since 1998. Since then, he has developed a program with swimmers than can compete with the best in the conference

"Coach Montgomery has helped me improve my sprinting in the breaststroke and freestyle especially, which is one of his specialties," senior Grace Kittle said, "He really emphasizes the basics of swimming, mainly technique."

Coach Montgomery's swimmers added that he is a great motivator that allows him to excel.

"Coach Monty is always there to work us hard and push us as far as we can go," senior Nick Brice said.

Another factor in Coach Montgomery's success is his own experience as a competitor. At Madison East High School, he won six state championships and went on to swim at Indiana University.

His swimming career consisted of 10 World records, 14 Masters World Championships, 14 National titles, seven NCAA titles,

and nine World Championships. He was also a part of the 1976 USA Olympic team where he earned three gold medals along with one bronze medal and became the first man ever to break 50 seconds for the 100-meter freestyle.

"He takes what he has learned over the years in swimming/racing and tries to transfer that over to us," Grace said.

Aside from being a world champion swimmer, Coach Montgomery has also been a major component of the swimming community throughout Dallas.

He is a partowner of the Dallas Aquatic Masters Swim Club, one of the leading adult exercise programs in the country, he also established the Baylor Aquatic Center at the Baylor-Tom Landry Center, where he served as the director from 1990 to 1999.

Coach Montgomery uses his past accomplishments to inspire the team and try new coaching techniques.

"Over the past years the team has really improved, and I think it is due to Coach 'Monty,'" Grace said, "No season is exactly like the one before it, he is really into trying new things to improve the team. He is also really good at focusing on people individually rather than clumping people together."



Photo by Alexa Kutler

**BREATH OF FRESH AIR:** Junior Ashley Feinberg finishes the butterfly leg of the 200 medley relay in the Dec. 7 meet at Greenhill.

# Freshman additions add different dynamic to team

Ashley Rape  
Sports Editor

For the first time in many years, two members of the boys' varsity basketball team, are not only underclassmen, but freshmen. Fortunately, the team, through extensive off season practicing and playing, was able to incorporate the new members and begin to establish team chemistry.

Freshmen Josh Thornton and Asad Meghani are both new to Greenhill and to the basketball program this year.

"When Coach Neiswender and I saw Josh play in the summer league, we knew he was ready to play varsity," head coach Jaye Andrews said. "With his skill level and athleticism where they are, we

felt he needed to be with the varsity to be competing every day in practice against quicker, stronger, older players. We also felt he would pick up the details of our offensive, defensive, and rebounding concepts faster if he got more reps, which he gets through added practice time of a varsity commitment."

However, Coach Andrews was unaware of Asad's talent until the first practices of the season.

"I had not seen Asad play, but when the first practices started he showed a mature intuition and proved to have enough athleticism and skill to make it at the varsity level," Coach Andrews said.

While the two underclassmen may not get a lot of game experience and playing time this season, Coach Andrews feels that other benefits of playing with the

varsity team will compensate and help the players grow.

"We feel right about these freshmen playing on the varsity team. They are able to practice with older more experienced players and this will definitely accelerate their growth," Coach Andrews said.

The incorporation of freshmen players into the varsity team has affected many of the veteran players who, up until this year, had never really played or practiced with underclassmen.

"The chemistry is different," senior captain Zak Baron said. "I was used to having five upper classmen on the court, whereas this year at any point in the game there could be a member from every class on the court. It will simply take time for the chemistry to develop."

In order to begin to build this chemistry, the team had many opportunities to play together during the off season and summer.

Coach Andrews offered between four and five 45-minute skills sessions a week. Additionally, the team played in a league called the Metrocrest, where they completed against mostly private and some public school teams around North Dallas. The players were also provided the opportunity to coach younger players in the Greenhill basketball camps.

"I think, for the players, being able to coach the game was a great way to internalize concepts and help them view the game from a different perspective," Coach Andrews said.

The culmination of the team's summer practices was a three day

team camp at the University of Oklahoma. In addition, The team played over ten games in three days to several practices,

"We went to Oklahoma and played a lot of games, which was a good bonding experience and helped everyone learn each others tendencies," Zak said.

Both in-season and off-season the practice and game schedule is very demanding. The boys play two to three games a week Monday through Saturday, and when they do not have games they practice.

"The commitment is demanding, and because of this you have to make the decision to be a part of the team and to accept that it would become an important part of your life. This way at all times we know everyone is fully dedicated," Zak Baron said.

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