

Manternach keeps busy for Cougars

Written by Jim Ecker

Saturday, 26 September 2015 20:48 - Last Updated Saturday, 26 September 2015 20:53



Many high school kids would love to excel in the classroom, compete at a high level in sports or perform on stage.

Darby Manternach does all three at Kennedy High School.

Manternach, a sophomore, carries a 4.1 GPA in her classes, she's one of the top swimmers in the Mississippi Valley Conference and she's also a member of show choir at Kennedy.

That's quite a trifecta and keeps her very busy.

"It can be a lot sometimes, especially with my homework and AP (Advanced Placement) classes," she said Saturday. "But, I don't know, I manage."

She manages quite well.

Manternach placed second in the 50 freestyle and 100 freestyle races Saturday at the Kennedy Invitational. She also helped the Cougars finish second in the 200 freestyle relay and place third in the 400 freestyle relay.

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Manternach has been slowed by a back injury this season and was happy with Saturday's results.

"It was really good to get back in the water," she said. "Getting second is a big accomplishment, especially considering the teams and the people we're swimming against. They're so incredibly fast."



Pleasant Valley edged Johnston, 553-546, for the title in the seven-team meet. Pleasant Valley is currently ranked 14th in the state, but is sure to rise. Johnston is ranked second in the state.

"PV and Johnston are solid teams. No doubt," said Kennedy coach John Ross.

The Cougars, who are ranked sixth, finished second in seven events and placed third in four others. Ross was proud of their efforts, especially since eight of his swimmers are battling walking pneumonia.

"The kids were a little sore today," he noted.

Manternach battled shoulder problems last season as a freshman and began having problems with her back during preseason practice in August. "When we went on our training trip, I pushed myself really, really hard," she said.

Manternach works with a stretching coach and is ready to get going again.

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"I feel really good," she said after the meet. "There was a lot of adrenaline, but right now I feel pretty great."

Ross liked what he saw. "She had a good day today," he said. "She's a horse."

Ross said he has lots of girls on the team who excel in the classroom and the water, along with other activities.

"You could go right down the line," he said. "They're all like that. It's an amazing group. They really are. It's a joy to coach."

Kennedy's other second-place showings were submitted by Jayden Lovell in diving, the 200 medley relay, Mackinzee Macho in the 200 IM and Jessica Williams in the 100 backstroke.

Team standings

1. Pleasant Valley 553, 2. Johnston 546, 3. Kennedy 450.5, 4. Iowa City West 225, 5. Decorah 223, 6. Iowa City High 181.5, 7. Jefferson 108.

Winners

Diving - Claire Park, Pleasant Valley, 478.85

200 medley relay - Johnston 1:52.20

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200 free - Libby Staver, Pleasant Valley, 1:57.71

200 IM - Erica Hsu, Iowa City West, 2:13.35

50 free - Lexie Winnett, Johnston, 24.98

100 fly - Lexi Horner, Johnston, 58.57

100 free - Olivia White, Johnston, 55.60

500 free - Libby Staver, Pleasant Valley, 5:12.76

200 free relay - Johnston 1:41.03

100 back - Ali Staver, Pleasant Valley, 1:00.69

100 breast - Christy Bishop, Pleasant Valley, 1:09.46

400 free relay - Pleasant Valley 3:40.20