

Oxygen is Overrated



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One by one she takes the stairs. Finally reaching the top she crosses to the edge and peers below into glittering water, clear as the sky. With one last breath she stands on the tips of her toes and jumps head first. Using strength and flexibility she gracefully sculpts her body into tucks, pikes and frees before slicing through the water.

In a jump a diver incorporates a variety of acrobatic techniques down a thirty to a hundred foot dive where they are judged on every movement their body makes until they plunge beneath the surface.

The Grandview Swim team has gained a new member this season, and she has come a long way, literally. Sophomore, Sara Falkenberg is from Denmark. Five years ago Sara had no idea she would be half way across the world, estranged from her culture, and swimming on a varsity team.

"I have only been diving for five years, I wanted to try something new and I found out it was my sport. This is my first year on a high school team," said Falkenberg.

Falkenberg has not been in the water world long, yet she competes at varsity level and already places at meets. She participates in the one meter dive for the Grandview girls swim and dive team. When Sara was preparing to join the exchange student program she made sure diving would be apart of the exchange.

"I didn't choose Grandview but I got to pick Colorado. I wanted to keep diving and I got set up with a family and their son also dives but he is only fourteen and doesn't attend Grandview," said Falkenberg.

Life for Sara is somewhat different here in Colorado compared to her home country, Denmark. Although for Sara, the difference

in environments has benefitted her. Sara has a lot of opportunity and choice in school and she is absorbing the excitements of a different culture. With many changes Sara is learning and enjoying new experiences daily.

"The young people are similar, but here it is a lot bigger and the classes are different. I really like how you can choose fun classes like lifeguarding and photography. Also, in Denmark we cannot drive as much, young people don't have cars and we don't get our license until eighteen," said Falkenberg.

She has gained plenty of support from her team mates and seems to be adapting well to the changes here at Grandview. With all the adjustments Sara continues to focus on her goals and routines. She swims for high school and club teams, receiving dual practices which will boost her chances of qualifying for state. So far Sara has dove her self into two first place positions at the one meter dive event.

"We practice everyday after school in the pool at three, but sometimes I have to skip school practice for my club team. I have made a lot of friends, and we have a good team. I like to watch and relax before I dive, while a lot of people like to listen to music but that stresses me out. I am trying to qualify this season," said Falkenberg.

With determination and dedication from the Grandview girls swim team, alike Sara many are hoping to qualify for the upcoming State competition. The girls swim team competes about twice a week and practices everyday after school Come cheer on the Grandview girls swim and dive team, their state meet will be held on February eleventh and twelfth open for fans and supporters.



Dive into her digits

Date	Event	Time	Place
Dec. 02, 2010	1 Meter Dive, Cherokee Trail vs Grandview	188.00 QF, 1Meter	Second
Dec. 07, 2010	1 Meter Dive, Chaparral vs Grandview	184.75 QF, 1Meter	Second
Dec. 09, 2010	1 Meter Dive, Arapahoe vs Grandview	185.80 QF, 1Meter	First
Dec. 11, 2010	1 Meter Dive, Angels Invitational	298.55 QF, 1Meter	Sixth
Dec. 16, 2010	1 Meter Dive, Smoky Hill vs Grandview	181.90 QF, 1Meter	First
Dec. 18, 2010	1 Meter Dive, Co Invite	124.50 QP, 1Meter	Twenty-second
Jan. 08, 2011	1 Meter Dive, Mountain View Invite	327.50 QF, 1Meter	Seventh
Jan. 13, 2011	1 Meter Dive, Cherry Creek vs Grandview	191.85 QF, 1Meter	Second
Jan. 20, 2011	1 Meter Dive, Eaglecrest vs Grandview	209.90 QF, 1Meter	First

--Compiled by Mati Leier
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