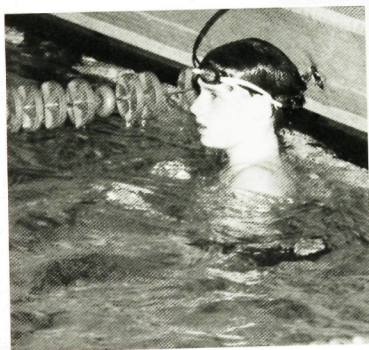
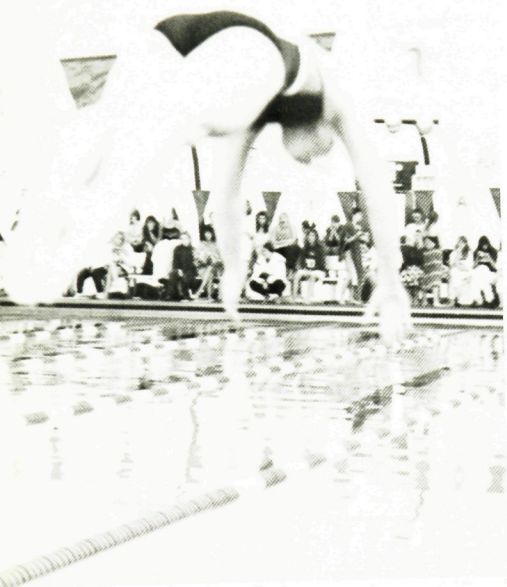


**Four-of-a-Kind: The Raider girls' 200-yd Medley Relay Team of (L-R) Stephanie Sherwin, Christine Knudsen, Lisa Orman, and Lynda Walford.**



**An impromptu "Coach's Clinic" with Coach MaryAnn Degnan and Lynda Walford.**

