



AQUATICS



"If you want to be the best, you have to do things that other people aren't willing to do."

-Michael Phelps

The Aquatics team has had an exciting and successful season, showcasing the talent, determination, and sportsmanship that made our school proud. It was a very important year for the school as we got to host the CISCE UP & UK Regional Swimming Competition after many years.

The Inter House Aquatics Meet marked the beginning of the swimming season with the Red house clinching the first place and the Blue following close, by just a single point.

Stavya Agarwal of the Blue House made a clean sweep in the 'A' division by securing the first place in all the four individual events i.e. 50m freestyle, 50m backstroke, 25m butterfly and the 50m breaststroke showing remarkable stamina and inspiring many. Under the leadership of Stavya along with Arnav Tiwari, Aarav Varshney and Nilesh Singh, the Blue house won the 4x25m relay race breaking all past records in this event. This led to Stavya winning all 5 Gold medals.

Yatharth Sinha of the Red House also won three Golds in the 'O' division showing excellent skill and determination. He along with Atharv Pratap Yadav, Arjun Bhanot and Amogh Chaurasia secured 2nd place in the relay race.

Nilesh Singh, Harsh Gulati, Arjun Bhanot, Adwit Rajaram, Achintye Rajaram, Aarav Varshney, Ayan Varshney, Achintya Upadhyay and Atharv Singh Parihar performed extremely well in their events and secured various medals.

Aditya Singh Baghel, Irshit Shrivastava and Aditya Nath Singh despite being the youngest showed exceptional talent and skill.

This year, the St. Joseph's College, Prayagraj got the honour and privilege to host the 3-day CISCE Regional Swimming Competition which was a resounding success, highlighting the exceptional talent and determination of young

swimmers across the region. Here also the stars of Prayagraj shone high. Stavya Agarwal won Gold in the U-17 50m butterfly event, 100m butterfly, a Silver in 4x100m Medley Relay and a Bronze in 4x100m Freestyle Relay. Yatharth Sinha also made us proud by winning a Gold in U-19 50m butterfly, Bronze in 100m butterfly, Gold in 4x100m freestyle relay and Silver in 4x100m medley relay. He along with Stavya represented UP & UK at the CISCE National Swimming held in Bengaluru.

Arjun Bhanot, Atriksh Singh, Atharva K. Mishra, Adwit Rajaram, Achintye Rajaram, Aarav Varshney, Ayan Varshney and Abhiroop Pandey also performed well in their respective events.

Every year, the school presents a memorial award given to the best swimmer of the year in the remembrance of Late Nishit Dixit with a trophy and a cash prize and this year the award was shared between our two best swimmers Stavya Agarwal and Yatharth Sinha.

In the end, I would like to thank our Sports Coordinator Mr. Mohd Shabi Rafique, Sports teachers, Mr. Azhar Usmani, Mr. Danny Ekka, Ms Poonam Singh and Mr. Shubham Chandra for their guidance and support throughout this season. Their dedication made every success possible and inspired us to strive for excellence.

Stavya Agarwal
V. Captain

