

## r for team

Just a tough girl, she works hard in practice and she beats herself up if she doesn't get a good time."

Determined could be a soft way to describe Lange's approach. While beating Miracle was one of her goals, so was taking first place in the Mega Blue in the 100 breaststroke, which she did by knocking five seconds off her time from 1:27 at the start of the year to 1:22.14 in the Mega Blue Relays.

Lange explained it was a direct result of pushing herself so hard to improve.

"Accomplishing the final goal — winning the league — was the most amazing feel-



Swimmer Jen Lange has done nothing but improve her times all season. She is a big part of the team this season.

See LANGE — Page 2-B