

Madeira Swimming



“**MADEIRA GIRLS**
have something
to say”

A pool flooded with natural light and team spirit.

A place where no one sits on the bench.



A coach who inspires each girl to achieve her personal best—in the pool and in the classroom.

This is swimming at Madeira.

Melissa

State
Championship
Finalist

Breaststroke
and
Freestyle

I didn't always like the water. My mom says I used to scream in the bathtub, but now I spend more time in the water than I do on land. I don't even smell the chlorine anymore. It's in my skin.

I can't ever remember not wanting to come to Madeira. Before I came here, I didn't "do hugs," but now I've gotten really close with my team and I'm comfortable just being myself. In my downtime I love to teach swimming—whether it's helping "Little Snails" overcome their fear of the water or helping the older kids perfect their strokes.

I love how fast-paced everything is here. I also like the all-girls aspect. You don't have to hide behind make-up with your sisters around all day.

Since I've been at Madeira I've become more confident. I've found my niche in swimming, even though I still get nervous before meets. I want to become a strong woman, just as strong as any man because, ultimately, I believe there's nothing I can't do.



When I was three, my parents plopped me in the pool.

I've basically been swimming ever since. One time in summer league my older sister, Leigh, and I accidentally swam each other's races. Since we look so much alike, no one even noticed.

Leigh went to Madeira first. I used to pick her up from swim practice and loved hanging around the pool. When I was a freshman at Madeira, she was a senior. We swam the same relays and cheered each other on so I felt like part of the team right away.

My sophomore year, I had a roommate from Nigeria. She really opened my eyes to Africa's issues and problems. Now, I have a more diverse group of friends and feel wiser about the world.

I'm not the best student ever. I get Bs, but I wouldn't trade them for As in AP classes at a public school. I think swimming makes me a better student.

When I stopped swimming for a week, I felt like I lost my focus.

Alex



Swimming at Madeira is fun, too. On meet days, we dress up—sometimes in all red or in '80s workout clothes and look like fools. Then we write notes or leave little presents or brownies to pump each other up—signed from your “secret psyche.”

Team Record Holder

100 Butterfly
500 Free



Renee



Sprinter

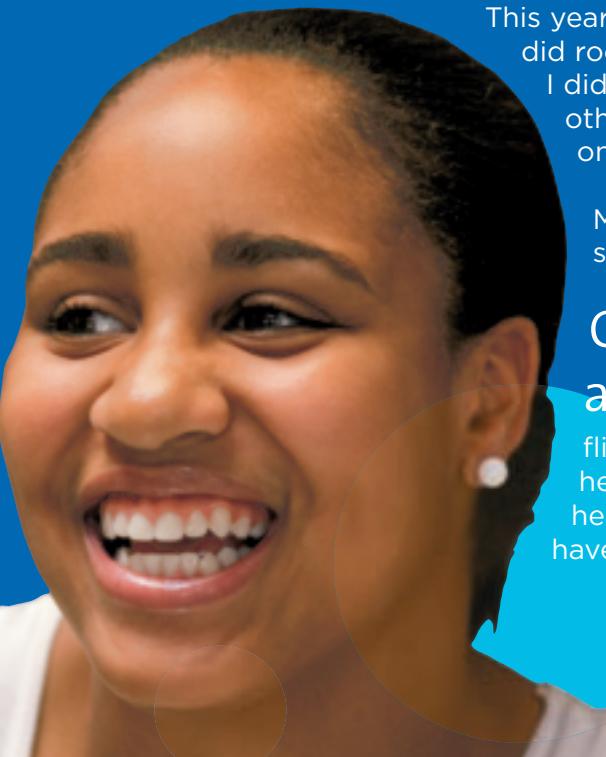


50 Free and
100 Free

My friends say "you swim all the time, don't you ever get tired of it?"
I never get tired of swimming. Swimming is my life.

Coach Montrie doesn't want anyone to feel left out, so he always makes sure that everyone gets a fair chance to swim an event. And he makes me laugh. I laugh a lot. One time in algebra class I laughed so hard that my desk and I both tipped over.

I also like to dance. I don't do ballet or anything like that. Instead, I turn on the music in my room and act silly and have fun. I like R&B, hip hop, rap, and pop, but not country.



This year for my spring Co-Curriculum Program I did rock climbing. I didn't mind the heights, but I didn't like the spiders, beetles, lizards, and other nasty little critters that were crawling on the rocks.

Math is my favorite subject because it's straightforward. $2 + 2$ is always 4.

One day I'd like to become a neonatologist. My mom is a

flight nurse in the Air Force and I'd like to help people the way she does. I worry about her, but when I'm at Madeira I'm happy to have a place to call home.



My mother was a swimmer and I've always loved the water. The pool is my second home here.

Swimming is an ego-stripping sport. Your teammates see you at your worst, so there's a real sense of camaraderie.

When I do my flip turns, I look up and there's my entire team right there, cheering for me.

I've grown up a lot since coming to Madeira. I see the world differently now.

I loved working on Capitol Hill. I got a rush from being in government, because that's where everything happens.

My dream is to do something international that involves traveling. I'll probably end up studying law. But I don't like the snow. I'm a warm-weather person.

Coach Montrie has had a big impact on my life here. Everyone loves him. He makes us want to do well, so we push ourselves. There was a senior on the swim team last year who's now in college. If she has a rough day, she calls Coach Montrie. He's that kind of guy.

Sara-Jane

State
Championship
Finalist

Backstroke
and
Butterfly





Rod Montrie

Madeira Aquatics Director since 1992

U.S. Swimming Club Coach for 25 years

4x VA State High School "Coach of the Year"

NISCA David H. Robertson Excellence in Coaching Award

Academics are the heart and soul of this school. These girls are not student athletes, they are athletic students.

Madeira is a great place for swimmers. Everyone gets a chance to compete, regardless of level—no one sits on the bench. The facility is beautiful and functional and we have a nice range of girls—some are active in summer leagues, some just swim in the winter. But they're all important to me and our program.

The strength of the Madeira swim team is not just our competitive success, it's the camaraderie, and the fun we have.

I am constantly impressed by these girls. They don't expect something from the school, they bring something to the school. Swimming is a tough sport. It takes a lot of dedication and time management. These girls have as much toughness and spirit and gumption as any boys team I've ever coached.

If you are interested in Madeira, I would love to meet you and introduce you to these amazing girls.

Coach Montrie

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About Madeira

The Madeira School is an independent boarding and day school for girls grades nine through twelve. Our 320 students come from across the nation and around the world for our challenging curriculum and close-knit community. Madeira is located in McLean, Virginia, just 15 miles from Washington, D.C.

Madeira Swimming

5 State Championships

30 swimmers, 7 divers—
all Varsity

Regularly send girls to

Division I, II, and III

NCAA colleges

State-of-the-art facility:

Duraflex diving board

Paragon starting blocks

Colorado timing system

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MADEIRA GIRLS
have something
to say

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Visit www.madeira.org/swimming

It has been over 100 years since Madeira began engaging the minds of young women. Since then, the quality of education, the nurturing community, and the opportunities at Madeira have flourished. Consider these four girls as bridges to our larger, vibrant community. They are the voice of Madeira today.