

StarTribune



Mike Lanz

Prep athletes of the week

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MIKE LANZ

Maple Grove, swimming

As one of the Crimson's top swimmers, Lanz was not overly pleased with his time in the 200-yard individual medley in a dual meet at Edina.

The senior won last week's race, but his time of 2 minutes, 3.58 seconds was almost five seconds slower than he'd been swimming earlier in the season.

"I wasn't feeling well in the meet before then and I died at the end," he said. "This time I took it slower because I was a little nervous. It wasn't close to my best time. I knew I had to push myself more."

He pushed to win the 100 butterfly and swam on two winning relay teams as Maple Grove beat Edina for the first time in team history, 102-82.

It was only the second time Edina had lost at its home pool, the Art Downey Aquatic Center.

Lanz wasn't the only Maple Grove swimmer to stand out in the meet. Senior Sean Wegerson also had four first-place finishes. Wegerson's twin brother, Michael, had two firsts, a second and a third.

"It's really cool to win there because it shows us where we are as a team," said Lanz, in his fourth year on the varsity. "This is our strongest team since I've been here. We have a lot of depth."

Lanz admitted the victory was a great confidence boost, but only one step on the path to greater success.

"It's nice, but it's not a huge deal. It's still the beginning of the season. There's a long way to go and a lot more to do."