

Meet PennLive's 2023-24 Boys & Girls Swimming & Diving All-Star Teams (McD edit)

By [Evan Wheaton | ewheaton@pennlive.com](mailto:ewheaton@pennlive.com)

Natatoriums have cleared out and the PIAA swimming and diving season is over. Pennsylvania's best swimmers are getting club work in now, but PennLive has taken stock of what was accomplished in the pools throughout the winter.

With that said, it's been another strong year for the Mid-Penn Conference. Here are the 2023-24 PennLive Swimming & Diving All-Star Teams:

FIRST TEAM

RJ Duffy

School: Bishop McDevitt

Year: Sophomore



Bishop McDevitt's RJ Duffy competes in the Class 2A 200 IM final during the state swimming and diving championships at Bucknell University's Kinney Natatorium on March 15, 2024.

Buzz: Duffy's performance in the District 3 2A championships was eye-opening. A champion in the 100 breast, 200 IM and 200 free relay, along with a runner-up medal in the 400 free relay, Duffy was the heartbeat of a District 3 2A title-winning Crusaders team. There were other highlights – Mid-Penn silver in the 200 free relay and fourth-place medals in the 100 breast and 200 IM – but the crown jewel was Duffy's first podium stand at Bucknell, eighth in the 2A 200 IM in 1:59.41.

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FIRST TEAM

Isaac Hancock

School: Bishop McDevitt

Year: Senior



Bishop McDevitt's Isaac Hancock holds the District 3 2A boys team championship trophy alongside mom and McD assistant coach, Virginia Hancock. (PennLive photo)

Buzz: Hancock was a major driving force in the Crusaders' District 3 2A team title, reeling in gold medals for the 50 free, 100 free and 200 free relay, as well as silver in the 400 free relay. The followup to that team output was Hancock's first career PIAA medal, clocking in at 21.36 in the 50 free for fourth in the state. Hancock set the baseline of his postseason at the Mid-Penn Conference championships with sixth-place in the 100 free, bronze in the 50 free and silver in the 200 free relay.

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Diver of the Year: Cayden McDonnell, Bishop McDevitt



Bishop McDevitt's Cayden McDonnell is awarded his PIAA Class 2A diving medal during the state swimming and diving championships at Bucknell University's Kinney Natatorium on March 15, 2024.

McDonnell made the most of his postseason, setting the tone early with the Mid-Penn Conference 2A diving title at 376.10 points. The sophomore didn't stop there, racking up 329.35 points to be crowned the District 3 2A champion as well, all while helping his Crusaders to a team title. At Bucknell, McDonnell earned his first PIAA medal, landing eighth in the 2A field with 353.80 points.

Coach of the Year: Kurt Sprowls, Bishop McDevitt

Like clockwork, Sprowles led the Crusaders to their seventh consecutive District 3 2A team title and had three state medalists in RJ Duffy, Isaac Hancock and Cayden McDonnell. Sprowls' coaching accomplishments this year didn't end with the boys team, though. Also overseeing Bishop McDevitt's girls squad, the Crusaders won their first Mid-Penn Conference Keystone Division title in team history. It was the first divisional title for Bishop McDevitt's girls team of any sort in the history of the Mid-Penn since the conference debuted in 1982.

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Girls Team Honors:

HONORABLE MENTION

Bishop McDevitt: Caitlyn Altenburger, Emma Duffy