

## **Ross swimmer Dexter Foos heading to Eastern Michigan**

**BY KEVIN SHIELDS • SPORTS WRITER • APRIL 29, 2010**

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FREMONT -- When Fremont Ross swimmer Dexter Foos started swimming in the eighth grade, you might have mistaken him for a dog.

"I could doggie paddle, but that was about it," said Foos, a three-sport athlete. "I didn't know any of the proper techniques or the form you had to use."

Once he learned, though, Foos quickly started to look more and more like a swimmer and not like our canine friends. His times dropped, as his coach Phil Moran would say, "insanely fast" and he capped his time at Ross with a fifth-place finish in the 50-meter freestyle at the Division I state meet.

The once 5-foot-6-inch dog in water, had turned into a 6-foot missile -- one now that will be on a mission to destroy the Mid-American Conference.

Foos took his final steps in joining the swim program at Eastern Michigan University on Wednesday. He signed his letter of intent in front of family and friends at the Ross Natatorium.

Foos, who also plays golf and baseball for Ross, will be part of an Eagles' program led by 21-year head coach Peter Linn.

Linn, a former high school swim coach in Ohio, knows of the Ross program from when Athletic Director Art Bucci was the coach. That's a fact Moran knows played a key role in his star swimmer becoming an Eagle swimmer.

"I know Peter was pretty excited that Dexter was even interested in Eastern Michigan," Moran said. "But it's a good fit for him. Art Bucci (Ross athletic director) knows coach Linn really well and coach Linn knows our program and he knows how hard we train the kids."

Training wasn't a favorite activity for Foos in his early days as a swimmer, taking a swim class taught by Mr. McNutt. In fact, swimming as a whole wasn't striking a cord with him.

"I was not for it at all," Foos said. "But Mr. McNutt saw a lot of potential in me and talked me into it."

Foos' training during the school year has been limited, as he is also a standout pitcher on the baseball team and pretty good golfer on the links.

"I just swim during the season -- that's it," Foos said. "After my sophomore year I swam in the summer like a month, but other than it's just the four months during the season."

Coach Moran has been amazed at what Foos has done in just 16 total months of training, but still remembers the first month he saw his prodigy.

"He looked like one of those cartoons where the character is just spinning their arms and going nowhere," Moran said. "It just looked horrible. You saw power because he was an athletic kid and he could swim down the pool, but he was so exhausted coming back."

"He probably took as many strokes in 25 meters then as he does in his 200 now."

Foos struggled early at Ross, even contemplating leaving the swim program during his freshman year, but he stuck with it.

His sophomore year he started seeing more success and was starting to get noticed by senior teammate and current Ohio State Buckeye, Lincoln Fahrbach. That year he was able to compete on Fahrbach's relay at the state meet in Canton.

"He's been a great mentor, and he's helped me out a lot," Foos said of the honorable mention All-American at OSU. "Sophomore year he helped me out with my stroke -- he just saw a lot of potential in me, and he's one of the main reasons I'm where I am."

Fahrbach is the hardest worker Moran has coached in his time at Ross, but as good as he was, the coach says his senior sprinter may be more exciting to watch in his first year.

"It's going to be fun watching Dexter swim in college because his time drops are going to be staggering," Moran said. "A guy like Lincoln Fahrbach, we got him pretty fast in high school, so his time drops weren't that big -- Dexter's are going to be insane."

Moran really noticed he had a gem on his hands when Foos anchored the 400 freestyle relay as a junior that took 10th at the state meet in the consolation round.

"We almost got ninth because he almost ran down a kid," Moran said. "I saw the time he had, and I did a double-take on it a couple times. This was a kid who couldn't break 50 seconds and here he is cutting his 400 time by four seconds -- you got to be kidding me."

As big as Fahrbach's influence was for Foos, he still credits his coach the most for getting him to the next level.

"I saw him more than I saw my mom," he said. "He's a great guy, a great coach, and I can't thank him enough."

Ultimately Foos began to enjoy swimming and he qualified for states once again as a junior and was part of nine total Little Giants to go this past season. He was a part of relays that won Greater Buckeye Conference championships, but his state meet performance is by far his top individual feat.

"That was an amazing experience," Foos said. "It was kind of overwhelming, but there hasn't been a better experience than that. Then winning districts, I didn't know how to feel -- just never thought I'd come this far."

There will be more than one GBC swimmer heading to EMU however, Foos will be joined by his rival in the 50 and 100 freestyle, Gus Everson, from Sandusky.

"I found that out on Facebook about a week ago, and I was pumped," Foos said. "It actually got me more excited to go down there and swim -- I have high hopes for that team next year."

In Linn's 21 years as a coach the Eagles have won 17 MAC championships, including one this past season. They had 16 swimmers earn All-Conference accolades, including MAC Swimmer of the Year Derick Roe.



Ross swimmer Dexter Foos signs his letter of intent to go to Eastern Michigan University on Wednesday. With him are his mother, Dawn Horn, and his father, Brent Foos. (Kevin Shields | News-Messenger)



Fremont Ross senior Dexter Foos swims in the 100 yard freestyle during the Section III Swimming and Diving Championship. (NM file photo)