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Swimming

2005-06 Winter All-Extra

Sunday, March 19, 2006; Page PW12

Boys' Swimmer of the Year

Zach Hayden Stonewall Jackson, Senior

Three-time swimmer of the year and four-time All-Extra overcame a broken leg suffered in the preseason to win his third Virginia AAA championship in two years, each in different events.

Won the state 100-yard freestyle championship with an automatic all-American time of 46.49 seconds. Finished third at states in the 50 freestyle with an automatic all-American time of 21.38 seconds.

Northwestern Region champion in the 50 and 100 freestyle.

Boys' Coach of the Year

Don Regenbogen, Osbourn

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Second-year coach guided the Eagles to their first AAA Northwestern Region championship.

After finishing 16 points behind Osbourn Park at the Cedar Run District meet, Osbourn won one individual event and one relay to capture the region meet by 45 points over the Yellow Jackets.

Boys' First Team

Keep up with the latest developments in The Post Top 20 for basketball: [Boys](#) | [Girls](#).

Find box scores, standings and schedules from all the area basketball teams, and [daily results from all winter sports](#). For current score updates try The Washington Post's new [ScorePost](#) service that can deliver high school football and basketball scores to your cell phone almost as soon as the game ends.



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Joseph Bruno, Battlefield, Jr. -- Placed second in the 200-yard freestyle and third in the 500 freestyle at the AAA Northwestern Region meet. Finished eighth in the 500 freestyle and 14th in the 200 freestyle at Virginia AAA championships.

Nevin Cook, Seton, Soph. -- Placed first at the National Catholic Championships in the 200 individual medley and 100 breaststroke. Helped Conquistadors win the Virginia State Independent Schools Division II championship with second-place finishes in the 200 IM and 100 breaststroke.

Jacob Goodfellow, Osbourn, Jr. -- Repeat All-Extra helped the Eagles win the Northwestern Region title by successfully defending his 200 freestyle championship and finishing second in the 100 freestyle. Placed seventh in the 200 freestyle and 13th in the 100 freestyle at states.

Michael Graveen, Osbourn Park, Jr. -- Won the Cedar Run District 50 freestyle championship to help the Yellow Jackets capture the team title. Placed third in region and 15th in state in the 50 freestyle, and took sixth in region in the 100 freestyle.

Kevin Koehr, Seton, Sr. -- Repeat All-Extra won the VSIS state 100 backstroke championship with an automatic all-American time of 51.98. Finished fifth at the state meet in the 100 freestyle and second in the 100 backstroke at the National Catholic Championships. Will swim at Virginia Tech.

Philip LaRosa, Osbourn, Soph. -- Repeat All-Extra finished second in the 200 individual medley and 500 freestyle and swam on champion 400 freestyle relay at Northwestern Region meet. Placed sixth in the 500 freestyle and 15th in the 200 IM at states.

Matt Marquart, Battlefield, Sr. -- Three-time All-Extra placed fourth in the 100 backstroke and eighth in the 100 butterfly at the Virginia AAA meet. Took third in the 100 backstroke and 100 butterfly at Northwestern Region meet.

Boys' Honorable Mention

Nathan Biglin, Woodbridge, Sr.; David Gartin, Osbourn, Sr.; Ryan Graumann, Osbourn Park, Soph.; Kenny Heidel, Battlefield, Fr.; Devin Jansen, Osbourn, Fr.; Brian Kaehler, Brentsville, Jr.; Matt Penning, Woodbridge, Soph.; Jake Stronko, Osbourn Park, Fr.; Matthew Toland, Osbourn, Jr.; Jamie Way, Forest Park, Sr.

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