

Notes for Seton Swimming Awards – '19-'20

- Koehr Introduction

- It was another great season:
 - **81 kids** on the team this year, counting our Managers
 - **Girls**
 - **DAC Conference Champions** for **26th** straight year
 - **DAC Championship Meet Runner-up**
 - **VISAA Division II Invitational – 4th Place**
 - **NoVa Catholics – 5th Place**
 - **JV Invitational Champions**
 - **Regular Season Record: 24-4**, losing only to Division I and Public schools
 - **Undefeated in conference dual meet competition**
 - **Boys**
 - **DAC Conference Champions** for the **23rd** time
 - **DAC Conference Championship Meet Champion**
 - **VISAA Division II Invitational Champions**
 - **NoVa Catholics – 4th Place**
 - **JV Invitational Champions**
 - **Regular Season Record: 23-5**, losing only to Division I and Public schools
 - **Undefeated in conference dual meet competition**
 - **694 Personal Records**
 - **Eight (8) All-Conference Swimmers**
 - **Raised \$7,948 for Cystic Fibrosis**
 - **National Recognition** with profile of Seton Swimming in the November 2019 Issue of **SwimmingWorld Magazine**
 - **New web site** that got just under **50,000 pageviews** since it launched in September 2019
- And most importantly to me, I saw a team that **lived our GEMS:**
 - Gratitude
 - **"Who has it better than us? Nobody!"**
 - I just love it when kids thank me after practice. It actually got a bit overwhelming this year.
 - Excellence
 - **We focus on better. Good takes care of itself.**
 - **694 PRs!**

- We won on those.
- Imagine: We **won DAC Champs** for the **Boys** by a wide margin while **winning only two relay events**.
- Meekness
 - **We help our opponents over the bar we raised by winning**
 - Among the things for which I am the most proud is our **strong example of Meekness** that continues to **improve swimming in the DAC**
 - We set the standard for how to run a swim meet
 - We now have other teams **hosting meets**
 - And using our meets as the standard
 - And I've gotten **countless compliments** from parents, coaches and administrators from other schools on things like:
 - How we line up for the **National Anthem**
 - How good we look when we are all in **uniform**
 - How **polite** you all are
 - How we **cheer for kids from other schools**
 - Look at the poster we got from TCS
 - How **classy** it was that **our Captains thanked the Meet hosts** when it was a school other than ours
- Sacrifice
 - **We offer it up. We love our teammates.**
 - I wrote in my blog from DAC Champs last season that one thing we learn about happiness as we get older is **the things that bring us the greatest joy are the things for which we worked the hardest.**
 - It's a big part of the reason that **children bring us such joy.**
 - When our **alarms were going off** all season in the dark and cold of early winter mornings, it was **hard for us to imagine that any joy** was possible from swimming at Seton at all.
 - I'll admit to occasionally **feeling that myself**, but as I've learned in my life so many times,
 - **subjecting yourself to suffering,**
 - in this case the suffering of early mornings and hard workouts,
 - **can lead to great joy.**
 - I saw that kind of joy many times this season.

- It continues to amaze me that I continue to be amazed by that, but in my weakness, I'm once again reminded that it is **Truth: the entire basis of our Catholic faith is that suffering can lead to eternal joy.**

- You will **never** hear me say that winning doesn't matter
 - But **the way we compete** matters just as much
 - Remember our **GEMS, not just while you are swimming**
 - They are **the model** we use to **compete for the glory of God.**

- **Thank the Captains**
 - Shane Koehr
 - Jacob Alsup
 - Christian Ceol
 - Justin Fioramonti
 - Caroline Griffin
 - Katie Dealey
 - Anne Konstanty
 - Mairead Geiran
 - **Captains stay up to help recognize the parent volunteers**

- **Recognize Parent Volunteers**
 - Coaches
 - Coach Pat Mulhern
 - Coach Kimberly Dalrymple
 - Coach Jerry Zadnik
 - Coach DD Ross
 - Coach John Halisky
 - Coach Ashley Cackett
 - Coach Dawn Ceol, Dryland
 - Godfather of Seton Swimming, Charles Seltman, Referee
 - Dry Deck Officials
 - Bill Dealey, Head of Dry Deck and States
 - Hank Konstanty, Dry Deck, CTS
 - Jim Griffin, Dry Deck, CTS
 - Paul Fifield, Dry Deck, CTS in training
 - Anne O'Malley, Dry Deck, Scoring
 - John Kleb, Announcer
 - Robin Given, Announcer
 - Mike McGrath, Announcer in training

- Wet Deck Officials
 - Therese Griffin, Head Official
 - Pat Haggerty, future Head Official
 - David Wilson
 - Mitch Albin
 - **Eric Beltran – not on original list**
 - Jeff Alsup, Head Timer and Head Timer Recruiter
 - Melissa Alsup, Head Timer and Head Timer Recruiter
 - Will Waldron, Head Timer in training
- Other Key Volunteers
 - Katie Lynch, Apparel
 - Anne Geiran, Food at National Catholics
 - Katherine Champney, Pizza Mom
 - Mitch Champney, Pizza Dad
 - Alexandra Luevano, Hospitality and Nurse, Food at States
 - Everardo Luevano, Hospitality
 - Michael Bingham, regular timer
 - Linda Byers, regular timer
 - Phillip Dwane, regular timer
 - Chuck Cunningham
 - Joe Hurley, regular timer
 - Christi Brox, regular timer
 - Jim Brox, regular timer
- Behind the Scenes Super Volunteer
 - Colleen Koehr
- **Recognize Team Manager** with a gift Towel
 - Patrick Wood
 - Callie Couture
- **Recognize Seniors** with gift Towels
 - Katie Albin
 - Jacob Alsup
 - Joey Arnold
 - Christian Ceol
 - Lauran Curley
 - Drew Dalrymple
 - Katie Dealey
 - Theresa Dwane
 - Justin Fioramonti
 - Caroline Griffin

- Jeremy Kleb
- Shane Koehr
- Anne Konstanty
- Elena Morano
- Kathleen O'Malley
- Dominick Tolentino
- **Recognize Families Ending their Careers at Seton Swimming**
 - Kleb Family
 - Ceol Family
 - Griffin Family
 - Alsup Family
- **Top Cystic Fibrosis Fundraisers**
 - Raised \$7,948
 - The most ever by far
 - Swim-a-thon
 - 38 participants
 - 29 completed 200 lengths
 - 5,000 yards or nearly 3 miles
 - **Maddie Given and Lauren Curley** completed 100 lengths!
 - **Top Fundraising Teams**
 - Team Shane \$2,708
 - Team Katie \$1,400
 - **Top Fundraisers**
 - John McGrath \$2,038
 - Maddie Given \$850
 - Lauran Curley \$525
 - Shane Koehr \$420
 - JJ, Elodie and Michael Brox \$400
 - Jed Albin \$380
 - Joey Dealey \$350
 - Coach Koehr \$345
 - Anne Konstanty \$225
 - Emily and Clare Flynn \$200
 - Drew and Jerry Dalrymple \$200
 - Peter Konstanty \$175
 - Sophia Zadnik \$155
 - Jack Champney \$150
 - Haley Fifield \$145
 - Jacob Alsup \$100

Girl's Varsity Team

1. Mary Pennefather (FR)

- 235.00 – High Point Award
- 3rd Varsity Letter
 - i. A Letter-winner in Varsity basketball also
- All-Conference 2X
- DAC – 100 FR – Silver
- DAC – 50 FR – Bronze
- DAC – 200 Medley Relay – Bronze
- DAC – 200 Free Relay – Silver
- NoVA Catholics – 50 FR – Silver
- NoVA Catholics – 100 BR – 10th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 200 Free Relay – 4th
- States – 50 FR – 24th
- States – 400 FR Relay – 13th
- States – 200 Medley Relay – 18th
- States – 200 FR Relay – 17th
- Catholic Nationals – 200 Medley Relay – 11th
- Catholic Nationals – 400 FR Relay – 12th
- Catholic Nationals – 50 FR – 16th
- Catholic Nationals – 100 FR – 17th
- JV Invite – 100 IM – Gold
- JV Invite – 50 FR – Gold
- JV Invite – 100 FR – Gold
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 50 FR 26.20
 - i. 10th all-time
 - ii. Split 25.20
- 100 FR 1:01.09 to 57.52
 - i. 11th all-time
 - ii. Split 56.01
- 200 FR 3:15.00 to 2:31.87
- 100 BK 1:22.57 to 1:21.29
- Part of 11th all-time 200 Medley Relay

2. Mairead Geiran (JR)

- 198.00
- Transferred back to JPtG
- 3rd Varsity Letter
- Captain
- Catholic Nationals – 200 Medley Relay – 11th
- Catholic Nationals – 400 FR Relay – 12th
- Catholic Nationals – 100 BR – 15th
- Catholic Nationals – 200 FR – 7th
- D-II Invite – 200 FR – 5th
- D-II Invite – 100 BR – 5th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 200 Free Relay – 4th
- 50 FR 25.75
 - i. 6th all-time
- 100 FR 54.73
 - i. 4th all-time behind only Anna Kenna, Alex Doonis and Lauren Donohoe
- 200 FR 1:59.43 to 1:59.20
 - i. 2nd all-time behind only Katie Shipko
- 500 FR 5:46.28 to 5:39.98
 - i. 8th all-time
- 100 BK 1:09.05 to 1:07.84
 - i. 12th all-time
- 100 BR 1:10.98
 - i. 3rd all-time behind only Cat Rogers and Katie Shipko
- 200 IM 2:20.85
 - i. 5th all-time
- Part of 11th all-time 200 Medley Relay
-

3. Caroline Griffin (SR)

- 192.00
- 5th Varsity Letter
- Captain
- DAC – 100 FL – 4th
- DAC – 100 BK – 5th
- DAC – 200 Medley Relay – Bronze
- DAC – 200 Free Relay – Silver
- NoVA Catholics – 100 BK – 5th
- NoVA Catholics – 200 IM – 10th
- D-II Invite – 100 BK – 9th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 400 Free Relay – 6th
- States – 100 BK – 23rd
- States – 400 FR Relay – 13th
- States – 200 Medley Relay – 18th
- States – 200 FR Relay – 17th
- Catholic Nationals – 200 Medley Relay – 11th
- Catholic Nationals – 200 FR Relay – 14th
- Catholic Nationals – 100 FL – 38th
- Catholic Nationals – 100 BK – 25th
- 50 FR 28.10 to 28.09
 - i. Split 26.73
- 100 FR 59.22
 - i. 16th all-time
 - ii. Great lead-off for our 400 FR Relay at States
- 100 FL 1:06.86
 - i. 12 all-time
- 100 BK 1:02.04
 - i. 4th all-time behind only Anna Kenna, Jessica Dunn and Alex Doonis
- Part of 11th all-time 200 Medley Relay

4. Emily Flynn (SO)

- 182.00
- 3rd Varsity Letter
- All-Conference
- DAC – 100 FL – Bronze
- DAC – 200 IM – 5th
- DAC – 200 Medley Relay – Bronze
- DAC – 200 Free Relay – Silver
- NoVA Catholics – 100 BK – 8th
- NoVA Catholics – 100 FL – 9th
- D-II Invite – 100 FL – 7th
- D-II Invite – 200 IM – 12th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 200 Free Relay – 4th
- States 100 FL – 41st
- States – 200 Medley Relay – 18th
- States – 200 FR Relay – 17th
- Catholic Nationals – 200 Medley Relay – 11th
- Catholic Nationals – 200 FR Relay – 14th
- Catholic Nationals – 50 FR – 65th
- Catholic Nationals – 100 FL – 42nd
- 50 FR 27.62
 - i. Split 26.70
- 100 FR 1:03.15
- 100 FL 1:08.99 to 1:06.98
 - i. 14th all-time
- 100 BK 1:14.44 to 1:10.70
 - i. 18th all-time
- 200 IM 2:34.08 to 2:31.53

5. Anne Konstanty (SR)

- 180.00
- 4th Varsity Letter
- Captain
- Negative missed practices
- Most Improved Swimmer 2 years ago
- DAC – 200 FR – 5th
- DAC – 500 FR – 7th
- DAC – 200 Medley Relay – Bronze
- DAC – 400 Free Relay – Bronze
- NoVA Catholics – 500 FR – 8th
- D-II Invite – 500 FR – 7th
- D-II Invite – 200 FR – 8th
- D-II Invite – 200 Medley Relay – 8th
- D-II Invite – 400 Free Relay – 6th
- States – 200 FR – 38th
- States – 400 FR Relay – 13th
- States – 200 Medley Relay – 18th
- States – 200 “B” FR Relay
- Catholic Nationals – 200 FR Relay – 14th
- Catholic Nationals – 400 FR Relay – 12th
- Catholic Nationals – 200 FR – 36th
- Catholic Nationals – 500 FR – 28th
- 50 FR 28.66 to 28.19
 - i. Split 27.94
- 100 FR 1:02.77 TO 1:01.56
 - i. Split 1:00.34
- 200 FR 2:13.86 to 2:13.35
 - i. 20th all-time
 - ii. 500 FR 6:06.06
- 500 FR 6:06.06
 - i. 17th all-time
- 100 BK 1:18.40 to 1:13.10
- 100 BR 1:21.51 to 1:20.83
- 100 FL 1:19.69 to 1:17.88
- 200 IM 2:42.27 to 2:39.25

6. Teresa Bingham (SO)
- 153.00
 - 3rd Varsity Letter
 - Negative missed practices
 - Last Year's Coach's Award
 - DAC – 200 IM – 6th
 - DAC – 100 FR – 7th
 - DAC – 400 Free Relay – Bronze
 - D-II Invite – 100 FR – 10th
 - D-II Invite – 200 Medley Relay – 8th
 - D-II Invite – 400 Free Relay – 6th
 - States – 200 “B” FR Relay
 - States – 400 “B” FR Relay
 - 50 FR 29.41 to 29.12
 - i. Split 28.30
 - 100 FR 1:07.04 to 1:03.46
 - 200 FR 2:37.06 to 2:27.67
 - 500 FR 7:18.30 to 7:04.04
 - 100 BK 1:24.42 to 1:17.78
 - 100 BR 1:32.25 to 1:27.78
 - 100 FL 1:13.24
 - 200 IM 2:42.46 to 2:41.57

7. Isabelle Luevano (SO)

- 150.50
- 3rd Varsity Letter
- Negative missed practices
- States – 400 FR Relay – 13th
- States – 200 FR Relay – 17th
- States – 200 “B” Medley Relay
- Catholic Nationals – 200 FR Relay – 14th
- Catholic Nationals – 400 FR Relay – 12th
- Catholic Nationals – 50 FR – 44th
- Catholic Nationals – 100 FR – 40th
- NoVA Catholics – 200 FR – 12th
- NoVA Catholics – 100 FL – 11th
- D-II Invite – 50 FR – 9th
- D-II Invite – 100 FL – 9th
- D-II Invite – 200 Free Relay – 4th
- D-II Invite – 400 Free Relay – 6th
- 50 FR 27.26 to 27.04
 - i. 18th all-time
 - ii. Split 26.89
- 100 FR 1:00.43 to 1:00.29
 - i. Split 58.91
- 200 FR 2:26.71 to 2:18.81
- 500 FR 6:51.92 to 6:33.40
- 100 BK 1:19.00 to 1:14.06
- 100 FL 1:16.10 to 1:09.76
 - i. 20th all-time

8. Kathleen O'Malley (SR)
- 110.50
 - 3rd Varsity Letter
 - Back after 2-year hiatus
 - Negative missed practices
 - DAC – 200 FR – 8th
 - DAC – 500 FR – 8th
 - DAC – 200 Free Relay – Silver
 - DAC – 400 Free Relay – Bronze
 - D-II Invite – 100 FR – 12th
 - D-II Invite – 200 Medley Relay – 8th
 - D-II Invite – 400 Free Relay – 11th
 - States – 200 “B” FR Relay
 - States – 400 “B” FR Relay
 - 50 FR 28.69 to 27.85
 - i. Split 27.41
 - 100 FR 1:06.38 to 1:03.55
 - i. Split 1:02.48
 - 200 FR 2:57.50 to 2:42.64
 - 500 FR 7:36.03 to 7:25.53
 - 100 BK 1:27.18 to 1:23.86
 - 100 FL 1:24.16 to 1:20.33

9. Lily Byers (SO)

- 105.00
- 2nd Varsity Letter
- Negative missed practices
- DAC – 200 IM – 9th
- DAC – 500 FR – 11th
- NoVA Catholics – 500 FR – 11th
- D-II Invite – 200 Free Relay – 14th
- D-II Invite – 400 Free Relay – 11th
- 50 FR 30.91 to 30.13
 - i. Split 29.03 and briefly made the State team
- 100 FR 1:10.28 to 1:06.96
- 200 FR 2:37.14 to 2:33.64
- 500 FR 6:57.51 to 6:55.70
- 100 BK 1:30.57 to 1:20.46
- 100 BR 1:42.42 to 1:33.46
- 100 FL 1:23.59 to 1:18.77
- 200 IM 2:55.00 to 2:54.65

10. Mary O'Malley (SO)

- 95.50
- 2nd Varsity Letter
- Negative missed practices
- DAC – 400 Free Relay – Bronze
- D-II Invite – 500 FR – 10th
- D-II Invite – 200 Medley Relay – 8th
- D-II Invite – 400 Free Relay – 11th
- States – 200 “B” Medley Relay
- States – 400 “B” FR Relay
- 50 FR 31.41 to 30.53
- 100 FR 1:09.93 to 1:08.53
- 200 FR 2:30.73 to 2:24.36
- 500 FR 7:16.12 to 6:44.79
- 100 BK 1:26.97 to 1:19.41
 - i. 50 BK in relays at 34.53

11. Mary Clare Waldron (SO)

- 82.00
- 1st Varsity Letter
- Sum of improvements of :58.29 or 52.5%
- All-Conference
- DAC – 100 BR – Bronze
- NoVA Catholics – 100 BR – 12th
- D-II Invite – 200 Free Relay – 14th
- States – 200 “B” Medley Relay
- 50 FR 34.31 to 31.37
- 100 FR 1:26.68 to 1:13.65
- 200 FR 3:23.31 to 2:56.12
- 500 R 8:18.29
- 100 BK 1:44.22 to 1:35.18
- 100 BR 1:29.05 to 1:22.96
- 100 FL 1:34.99
- 200 IM 3:07.40

12. Katie Albin (SR)

- 71.00
- 2nd Varsity Letter
- Back for senior year after 1-year hiatus
- DAC – 100 FR – 11th
- DAC – 100 BK – 7th
- States – 400 “B” FR Relay
- 50 FR 30.44 to 30.24
 - i. Split 29.39
- 100 FR 1:08.36 to 1:05.91
 - i. Jumped onto State team the last weekend
 - ii. Split 1:04.62 at States
- 100 BK 1:17.94 to 1:15.81

13. Ceili Koehr (SO)

- 55.50
- 2nd Varsity Letter
- Negative missed practices
- DAC – 100 BK – 9th
- D-II Invite – 200 Free Relay – 14th
- D-II Invite – 400 Free Relay – 11th
- 50 FR 32.00 to 31.35
- 100 FR 1:14.28 to 1:12.94
- 200 FR 2:44.31 to 2:40.37
- 100 BR 1:34.65 to 1:33.81
- 200 IM 3:01.38 to 2:58.66

14. Sophia Zadnik (SO)

- 55.50
- 1st Varsity Letter
- Sum of improvements of 1:36.10 or 70.1%
- DAC – 100 BR – 6th
- DAC – 100 FL – 8th
- 50 FR 34.74 TO 23.46
- 100 FR 1:21.39 to 1:15.r69
- 200 FR 3:29.82 to 2:49.05
- 500 FR 8:05.48
- 100 BK 1:35.58 to 1:287.16
- 100 BR 1:35.88 to 1:26.35
- 100 FL 1:26.53 to 1:18.56
- 200 IM 3:15.043 to 2:59.41

15. Maggie Gibbons (8)

- 55.00
- 1st Varsity Letter
- Negative missed practices
- JV Invite – 100 IM – Bronze
- JV Invite – 50 FR – Bronze
- JV Invite – 50 FL – Silver
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- DAC – 50 FR – 7th
- DAC – 100 FL – 7th
- States – 200 “B” FR Relay
- Sum of improvements of 1:04.62 or 62.4%
- 50 FR 33.07 to 28.55
 - i. Jumped onto a State Relay the last weekend
- 100 FR 1:16.40 to 1:10.43
 - i. Split 1:08.06
- 200 FR 3:08.34 to 2:39.04
- 500 FR 7:38.65
- 100 BK 1:32.13 to 1:19.96
- 100 BR 1:44.06 to 1:31.40
- 100 FL 1:18.40
- 200 IM 2:59.56

16. Theresa Dwane (SR)

- 31.00
- 2nd Varsity Letter
- DAC – 100 BR – 15th
- DAC – 50 FR – 16th
- D-II Invite – 200 Free Relay – 14th
- 50 FR 31.84 to 31.13
- 200 FR 2:37.74
- 500 FR 7:41.62
- 200 IM 3:13.47

17. Katie Dealey (SR)

- 16.00
- 2nd Varsity Letter
- Captain
- Shoulder problems limited her to sprinting

Girl's Junior Varsity Team

18. Lauran Curley (SR)

- 1st JV Letter
- JV Invite – 50 FR – 50th
- JV Invite – 50 BK – 41st
- JV Invite – 50 BR – 34th
- JV Invite – 200 Back Relay – 7th
- JV Invite – 200 FR Relay – 8th
- Sum of improvements of :1:33.90 or 59.6%
- 50 FR 1:01.06 to 51.26
- 100 FR 2:15.10 to 2:03.66
- 100 BK 2:33.81 to 2:21.00
- 100 BR 3:43.53 to 2:43.68 (not a typo!)
- Swam all 200 lengths at the CF swim-a-thon

19. Elena Morano (SR)

- 1st JV Letter
- JV Invite – 50 FR – 35th
- JV Invite – 200 Back Relay – 7th
- JV Invite – 200 FR Relay – 8th
- Sum of improvements of 2:33.12 or 87.6%
- 50 FR – 48.68 to 39.08
- 100 FR – 1:45.11 to 1:34.65
- 200 FR – 4:31.47 to 3:41.41
- 100 BK – 3:30.00 to 2:07.00
- Tried the 500 FR, asked to do when she saw an empty lane
 - i. 19 flip turns

20. Virginia Hartung (JR)

- 5.00
- 3rd JV Letter
- Back for junior year after 1-year hiatus
- JV Invite – 100 IM – 17th
- JV Invite – 50 FR – 15th
- JV Invite – 50 BK – 19th
- JV Invite – 200 Back Relay – 6th
- JV Invite – 200 Breast Relay – 4th
- 50 FR 36.47 to 35.26
- 100 FR 1:27.08 to 1:21.62
- 200 FR 3:42.43 to 3:05.61
- 500 FR 8:18.58
- 100 BK 1:52.97 to 1:46.28
- 100 BR 1:58.51 to 1:56.58
- 200 IM 3:37.25

21. Teresa Kerlek (JR)

- 1st JV Letter
- JV Invite – 50 FR – 22nd
- JV Invite – 100 FR – 10th
- JV Invite – 50 BK – 34th
- 50 FR 42.23 to 36.89
- 100 FR 1:37.02 to 1:29.95
- 100 BK 1:59.91

22. Catriona Linton (SO)

- 76.50
- 1st JV Letter
- Previous Varsity Letter winner
- Would have been Varsity but missed too many practices
- DAC – 200 FR – 12th
- DAC – 500 FR – 10th
- 200 FR 2:43.21 to 2:35.44
- 100 FL 1:41.40 to 1:28.74

23. Elizabeth Dwane (SO)

- 7.00
- 2nd JV Letter
- JV Invite – 100 IM – 13th
- JV Invite – 50 FL – 16th
- JV Invite – 50 BR – 10th
- JV Invite – 200 Medley Relay – 4th
- JV Invite – 200 Breast Relay – Silver
- 50 FR 36.52 to 34.78
- 100 FR 1:28.55 to 1:21.69
- 500 FR 8:25.45
- 100 BK 1:46.60 to 1:42.46
- 100 BR 1:41.06 to 1:39.16
- 100 FL 1:52.60 to 1:47.99
- 200 IM 3:32.53

24. Emma Catabui (SO)

- 1.00
- 2nd JV Letter
- JV Invite – 50 FR – 29th
- JV Invite – 50 BK – 25th
- JV Invite – 50 BR – 5th
- JV Invite – 200 Back Relay – 6th
- JV Invite – 200 Breast Relay – 4th
- 50 FR – 40.32 to 39.03
- 100 FR – 1:45.25 to 1:33.43
- 200 FR – 5:25.37 to 3:37.70
- 500 FR – 12:45.00 to 10:35.00
- 100 BK – 1:57.18 to 1:49.82
- 100 BR – 1:57.38 to 1:47.72
 - i. Last year, she never felt comfortable swimming anything beyond a 50
- Sum of improvements of 4:28.80 or 81.5%

25. Maddie Given (SO)
- 4th JV Letter
 - 50 FR 36.06
 - 100 FR 1:22.43
 - 500 FR 9:00
 - Swam all 200 lengths at the CF Swim-a -thon
26. Moira Haggerty (FR)
- 7.00
 - 3rd JV Letter
 - Most Improved Swimmer 2 years ago
 - JV Invite – 100 IM – 15th
 - JV Invite – 50 BK – 15th
 - JV Invite – 50 BR – 18th
 - JV Invite – 200 Medley Relay – 4th
 - JV Invite – 200 Back Relay – Silver
 - 50 FR 33.44 to 32.88
 - 200 FR 3:01.55 to 3:00.47
 - 100 BR 1:53.75 to 1:45.02

27. Ava Hudson (8)

- 65.50
- 2nd JV Letter
- Would have been Varsity but missed too many practices
- JV Invite – 100 IM – 4th
- JV Invite – 50 FL – 7th
- JV Invite – 50 BK – Silver
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 Breast Relay – Gold
- Sum of improvements of 1:33.67 or 51.7%
- DAC – 200 IM – 8th
- DAC – 100 BK – 8th
- 50 FR 33.72 to 33.55
- 100 FR 1:16.53 to 1:13.63
- 200 FR 3:08.22 to 2:43.96
- 500 FR 7:38.97 to 7:05.13
- 100 BK 1:24.87 to 1:16.21
- 100 BR 1:36.48 to 1:28.90
- 100 FL 1:35.05 to 1:34.69
- 200 IM 3:02.29 to 2:46.39

28. Julia Atkinson (8)

- 26.00
- 2nd JV Letter
- JV Invite – 50 FR – 12th
- JV Invite – 50 FL – 12th
- JV Invite – 50 BR – 7th
- JV Invite – 200 Medley Relay – Silver
- JV Invite – 200 Breast Relay – Gold
- 50 FR 35.74 to 34.29
- 100 BK 1:42.92 to 1:40.72
- 100 BR 1:38.11 to 1:37.76
- 100 FL 1:47.39 to 1:44.91
- 200 IM 3:22.16

29. Madelyn Zadnik (8)

- 24.50
- 2nd JV Letter
- JV Invite – 100 IM – 5th
- JV Invite – 50 FL – 4th
- JV Invite – 50 BR – Bronze
- JV Invite – 200 Breast Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 50 FR 33.13 to 31.70
- 100 FR 1:16.84 to 1:11.40
- 200 FR 3:16.60 to 2:47.54
- 500 FR 8:03.30
- 100 BK 1:34.97 to 1:30.45
- 100 BR 1:39.61 to 1:35.90
- 100 FL 1:44.78 to 1:29.47
- 200 IM 3:09.79
-

30. Amelia Geary (8)

- 1st JV Letter
- JV Invite – 50 FR – 19th
- JV Invite – 50 BK – 26th
- JV Invite – 50 BR – 8th
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 Breast Relay – Silver
- 50 FR 39.62 to 36.18
- 100 FR 1:30.98 to 1:24.62
- 200 FR 3:53.94
- 500 FR 9:37.98
- 100 BK 1:55.58 to 1:53.07
- 100 BR 1:44.37 to 1:38.57
- 200 IM 3:38.06

31. Cate Waldron (8)

- 1st JV Letter
- JV Invite – 50 FR – 28th
- JV Invite – 50 BK – 39th
- JV Invite – 50 BR – 30th
- JV Invite – 200 Breast Relay – 4th
- JV Invite – 200 FR Relay – 8th
- 50 FR 43.47 to 37.88
- 100 FR 1:43.07 to 1:32.95
- 200 FR 4:30.21 to 4:15.94
- 500 FR 11:03.82
- 100 BR 2:12.55 to 1:54.73
-

32. Clare Flynn (8)

- 1st JV Letter
- JV Invite – 50 FR – 41st
- JV Invite – 50 BK – 38th
- JV Invite – 200 Back Relay – 7th
- 50 FR 46.74 to 41.45
- 100 FR 1:40.21 to 1:39.25
- 200 FR 4:16.65
- 100 BK 2:10.91 to 2:06.99
- 100 BR 2:37.21 to 2:14.81

33. Jo Hartung (8)

- 2nd JV Letter
- JV Invite – 50 FR – 47th
- JV Invite – 50 BK – 40th
- JV Invite – 50 BR – 31st
- JV Invite – 200 Back Relay – 7th
- 50 FR 46.31 to 42.94
- 100 FR 1:54.50 to 1:43.99
- 200 FR 3:49.00
- 100 BK 2:40.90 to 2:12.82
- 100 BR 2:54.10 to 2:14.05

34. Elodie Brox (7)

- 2.00
- 1st JV Letter
- JV Invite – 100 IM – 11th
- JV Invite – 50 FL – 15th
- JV Invite – 50 BR – 5th
- JV Invite – 200 Medley Relay – Silver
- JV Invite – 200 Breast Relay – Silver
- 50 FR 36.35 to 32.33
- 100 FR 1:18.86 to 1:18.00
- 200 FR 3:17.54 to 3:08.31
- 500 FR 8:15.68
- 100 BR 1:41.63 to 1:38.91
- 200 IM 3:26.70

35. Mary Catherine Hurley (7)

- 1st JV Letter
- JV Invite – 50 FR – 6th
- JV Invite – 50 FL – 13th
- JV Invite – 50 BK – 9th
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 Breast Relay – Silver
- 50 FR 34.82 to 31.65
- 100 FR 1:17.53 to 1:15.00
- 200 FR 3:15.38
- 500 FR 8:13.54
- 100 BK 1:30.00 to 1:28.64
- 100 R 1:44.69 to 1:40.06

36. Rose Waldron (7)

- 1st JV Letter
- JV Invite – 50 FR – 21st
- JV Invite – 50 FL – 14th
- JV Invite – 50 BK – 16th
- JV Invite – 200 Medley Relay – 4th
- JV Invite – 200 Back Relay – Silver
- 50 FR 42.79 to 36.48
- 500 FR 9:03.65
- 100 BK 1:46.95 to 1:40.88
- 100 1:56.52 to 1:46.63
- 200 IM 3:31.20
- Great underwaters

37. Lucy Pennefather (7)

- 1st JV Letter
- JV Invite – 100 IM – 9th
- JV Invite – 50 FR – 10th
- JV Invite – 50 BR – Gold
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 50 FR 34.25 to 31.31
- 100 BK 1:39.31 to 1:37.61
- 100 BR 1:34.16 to 1:32.33
- 200 IM 3:10.80

38. Shannon O'Malley (7)

- 1st JV Letter
- JV Invite – 100 IM – 8th
- JV Invite – 50 FL – 8th
- JV Invite – 50 BK – 5th
- JV Invite – 200 Medley Relay – Silver
- JV Invite – 200 Back Relay – Gold
- 50 FR 36.22 to 33.58
- 200 FR 3:12.10 to 2:45.65
- 500 FR 8:45.00
- 100 BK 1:25.81 to 1:24.30
- 100 FL 1:39.84
- 200 IM 3:06.56

39. Haley Fifield (7)

- 1st JV Letter
- JV Invite – 50 FL – 5th
- JV Invite – 50 BK – Bronze
- JV Invite – 50 BR – 11th
- JV Invite – 200 Medley Relay – Silver
- JV Invite – 200 Back Relay – Gold
- Sum of improvements of :57.63 or 53.1%
- 50 FR 38.14 to 33.19
- 100 FR 1:23.62 to 1:14.24
- 200 FR 3:17.22 to 2:46.71
- 500 FR 7:38.68
- 100 BK 1:32.61 to 1:22.31
- 100 BR 1:46.39 to 1:43.90
- 100 FL 1:37.42
- 200 IM 3:16.11

40. Lucy Cunningham (7)

- 1st JV Letter
- Niece of former Seton Captain and superstar Meg (Seale) Davis
- JV Invite – 100 IM – 10th
- JV Invite – 50 FL – 11th
- JV Invite – 50 BR – 20th
- JV Invite – 200 Medley Relay – 4th
- JV Invite – 200 Back Relay – Gold
- 100 FR 1:17.84 to 1:15.48
- 200 FR 3:11.03 to 2:49.26
- 500 FR 7:37.73
- 100 BK 1:30.09 to 1:26.93
- 100 BR 1:48.51 to 1:42.29
- 200 IM 3:11.19

41. Meg Blanchette (7)

- 1st JV Letter
- JV Invite – 50 FR – 38th
- JV Invite – 50 BK – 27th
- JV Invite – 50 BR – 19th
- JV Invite – 200 Back Relay – 6th
- JV Invite – 200 FR Relay – 8th
- 50 FR 43.54 to 39.02
- 100 FR 1:34.79 to 1:33.30
- 200 FR 3:53.56 to 3:22.77
- 100 BK 1:57.88 to 1:54.93
- 100 BR 2:00.50 to 1:57.29

42. Lucia Bingham (7)

- 1st JV Letter
- JV Invite – 50 FR – 8th
- JV Invite – 50 FL – 9th
- JV Invite – 50 BK – 8th
- JV Invite – 200 Back Relay – Gold
- JV Invite – 200 Breast Relay – Gold
- 50 FR 35.22 to 32.40
- 100 FR 1:16.81 to 1:14.30
- 200 FR 3:02.57
- 500 FR 8:02.77
- 100 BK 1:28.01 to 1:26.07
- 200 IM 3:07.82

43. Orla Haggerty (7)

- 1st JV Letter
- JV Invite – 50 FR – 30th
- JV Invite – 50 BK – 31st
- JV Invite – 50 BR – 32nd
- JV Invite – 200 Back Relay – 6th
- JV Invite – 200 Breast Relay – 4th
- 50 FR 41.94 to 38.21
- 100 FR 1:36.40 to 1:30.11
- 200 FR 3:53.28 to 3:36.53
- 500 FR 9:34.16

Boy's Varsity Team

1. Shane Koehr (SR)

- 226.00 - High Point Award
- 5th Varsity Letter
- Captain
- All-Conference 2X
- DAC – 200 FR – Silver
- DAC – 100 BK – Silver
- DAC – 200 Medley Relay – Gold
- DAC – 200 Free Relay – Gold
- NoVA Catholics – 100 BK – 7th
- NoVA Catholics – 200 IM – 10th
- D-II Invite – 200 FR – 5th
- D-II Invite – 100 BK – 4th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 200 Free Relay – Gold
- States – 100 BK – 32nd
- States – 200 FR Relay – 15th
- States – 200 Medley Relay – 18th
- States – 400 FR Relay – 17th
- Catholic Nationals – 50 FR – 59th
- Catholic Nationals – 100 FR – 54th
- 50 FR 24.87 to 23.72
 - i. 11 All-time ahead of all brothers except Kevin and Fr. Sean
- 100 FR 55.61 to 53.81
 - i. 14th all-time ahead of all brothers except Kevin and Brian
- 200 FR 2:21.13 to 2:03.35
 - i. 9th all-time ahead of all brothers except Kevin
- 500 FR 6:31.21 to 6:14.72
- 100 BK 1:01.59 to 1:00.60
 - i. 6th all-time ahead of all brothers except Kevin
- 100 BR 1:17.41 to 1:13.51
- 200 IM 2:32.51 to 2:20.25
 - i. 12th all-time ahead of all brothers except Kevin and Daniel
- 11th all-time 200 Free Relay

2. Jacob Alsup (SR)
- 207.00
 - 3rd Varsity Letter
 - Captain
 - All-Conference
 - DAC – 100 FL – Bronze
 - DAC – 100 BR – 5th
 - DAC – 200 Medley Relay – Gold
 - DAC – 200 Free Relay – Gold
 - NoVA Catholics – 200 FR – 9th
 - NoVA Catholics – 50 FR – 12th
 - States – 100 FL – 35th
 - States – 200 FR Relay – 15th
 - States – 200 Medley Relay – 18th
 - States – 400 “B” FR Relay
 - 50 FR 24.89 to 24.85
 - i. Split 23.53
 - 100 FR 57.62 to 56.11
 - i. Crazy 53.37 split at States
 - 100 FL 1:04.56 to 1:00.83
 - i. 10th all-time
 - 200 IM 2:28.21 to 2:25.43
 - i. 20th all-time
 - 100 BR 1:14.25 to 1:10.09
 - i. 15th all-time
 - 11th all-time 200 Free Relay

3. Drew Dalrymple (SR)

- 189.50
- 4th Varsity Letter
- Back for senior year after 1-year hiatus to St. Gregory's
- Our leading sprinter
- All-Conference
- DAC – 50 FR – Silver
- DAC – 100 FR – Bronze
- DAC – 200 Medley Relay – Gold
- DAC – 200 Free Relay – Gold
- NoVA Catholics – 100 FR – 6th
- NoVA Catholics – 50 FR – 7th
- D-II Invite – 100 FR – 10th
- D-II Invite – 50 FR – 7th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 200 Free Relay – Gold
- States - 50 FR – 39th
- States – 200 FR Relay – 15th
- States – 200 Medley Relay – 18th
- States – 400 FR Relay – 17th
- Catholic Nationals – 50 FR – 53rd
- Catholic Nationals – 100 FR – 60th
- 50 FR 24.63 to 23.51
 - i. 6th all-time behind Jameson Hill, Nevin Cook, Kevin Koehr, Vincent Dunn and Ray Bennett
 - ii. Only one on team to split under :23
- 100 FR 56.82 to 53.51
 - i. 10th all-time
 - ii. Split 52.58 at States
- 11th all-time 200 Free Relay

4. Nathan Luevano (FR)

- 183.00
- 2nd Varsity Letter
- Last Year's Most Improved Swimmer
- Sum of improvements of 1:06.18 or 64.3%
- States – 200 “B” Medley Relay
- States – 400 “B” FR Relay
- NoVA Catholics – 500 FR – 7th
- NoVA Catholics – 100 BR – 8th
- D-II Invite – 500 FR – 5th
- D-II Invite – 200 IM – 8th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 400 Free Relay – 5th
- JV Invite – 100 IM – 4th
- JV Invite – 50 FL – 5th
- JV Invite – 50 BK – Gold
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 50 FR 29.56 to 25.84
- 100 FR 1:03.17 to 57.54
 - i. Split 56.80
- 200 FR 2:19.14 to 2:14.38
- 500 FR 6:17.51 to 5:54.95
- 100 BK 1:11.42 to 1:06.72
- 100 BR 1:19.84 to 1:12.61
- 100 FL 1:21.68 to 1:21.68 to 1:10.75
- 200 IM 2:31.14 to 2:24.49
 - i. 17th all-time

5. Jerry Dalrymple (JR)

- 176.00
- 4th Varsity Letter
- DAC – 50 FR – 8th
- DAC – 100 FL – 5th
- DAC – 200 Medley Relay – Gold
- NoVA Catholics – 50 FR – 10th
- NoVA Catholics – 100 FL – 11th
- D-II Invite – 100 FL – 6th
- D-II Invite – 200 IM – 7th
- D-II Invite – 200 Medley Relay – 5th
- D-II Invite – 400 Free Relay – 5th
- States – 200 Medley Relay – 18th
- States – 400 FR Relay – 17th
- States – 200 “B” FR Relay
- 50 FR 24.51 to 24.31
 - i. 19th all-time
- 100 FR 53.87
- 200 FR 2:06.48
- 500 FR 5:46.90
- 200 IM 2:26.70 to 2:25.74

6. Joe Wilson (FR)

- 167.00
- 1st Varsity Letter
- All-Conference
- DAC – 200 IM – Bronze
- DAC – 100 FL – 4th
- NoVA Catholics – 100 FL – 6th
- NoVA Catholics – 500 FR – 8th
- D-II Invite – 100 FL – 4th
- D-II Invite – 100 BK – 11th
- D-II Invite – 200 Medley Relay – 8th
- D-II Invite – 400 Free Relay – 5th
- JV Invite – 100 IM – Gold
- JV Invite – 50 FL – Gold
- JV Invite – 50 BK – Silver
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- States – 200 “B” Medley Relay
- States – 400 “B” FR Relay
- 50 FR 26.21 to 25.60
- 100 FR 57.31
 - i. Split 56.92
- 200 FR 2:23.06 to 2:14.00
- 500 FR 6:21.16, great time for a Freshman
- 100 BK 1:18.64 to 1:15.49
- 100 FL 1:02.45, fast
 - i. 16th all-time
- 200 IM 2:24.98, fast
 - i. 19th all-time

7. Christian Ceol (SR)

- 153.5
- 3rd Varsity Letter
- Captain
- DAC – 100 FR – 5th
- DAC – 50 FR – 9th
- DAC – 200 Free Relay – Gold
- NoVA Catholics – 100 FR – 9th
- NoVA Catholics – 200 IM – 12th
- D-II Invite – 100 FR – 8th
- D-II Invite – 50 FR – 10th
- D-II Invite – 200 Free Relay – Gold
- D-II Invite – 400 Free Relay – 5th
- States – 400 FR Relay – 17th
- States – 200 “B” FR Relay
- Catholic Nationals – 50 FR – 67th
- Catholic Nationals – 100 FR – 68th
- 50 FR 25.50 to 24.39
 - i. Split 23.96
- 100 FR 58.19 to 55.50
 - i. Split 54.97
- 200 FR 2:22.95 to 2:20.72
- 500 FR 6:48.93 to 6:34.48
- 200 IM 2:40.37 to 2:33.20
- 12th all-time 200 Free Relay

8. Evan Wilson (JR)
- 150.25
 - 2nd Varsity Letter
 - All-Conference
 - DAC – 100 BK – Bronze
 - NoVA Catholics – 100 BK – 12th
 - D-II Invite – 200 IM – 9th
 - D-II Invite – 200 Medley Relay – 8th
 - D-II Invite – 200 Free Relay – 7th
 - States – 200 “B” Medley Relay
 - 50 FR 26.77 to 25.45
 - 100 FR 1:00.58 t 58.39
 - 500 FR 6:34.00
 - i. 13th all-time
 - 100 BK 1:11.56 to 1:03.32
 - i. 9th all-time
 - ii. Top backstroker going into next year
 - 100 BR 1:17.97 to 1:12.29
 - 100 FL 1:14.37 to 1:08/73
 - 200 IM 2:31.27 to 2:25.47

9. Joey Arnold (SR)

- 106.5
- 1st Varsity Letter
- 1st year back since his 8th grade year in '15-'16
- Sum of improvements of 2:25.59 or 126.6%
 - i. Compared to his 8th grade year
- DAC – 200 FR – 4th
- DAC – 100 BR – 11th
- NoVA Catholics – 200 FR – 12th
- D-II Invite – 200 FR – 11th
- D-II Invite – 200 Medley Relay – 8th
- D-II Invite – 200 Free Relay – 7th
- States – 200 “B” FR Relay
- States – 200 “B” FR Relay
- 50 FR 31.98 to 25.54
- 100 FR 1:11.65 to 59.49
- 200 FR 3:@5.00 to 2:13.46
- 100 BK 1:43.08 to 1:32.25
- 100 BR 1:41.68 to 1:21.37
- 100 FL 1:40.77 to 1:16.47

10. John McGrath (JR)

- 91.25
- 1st Varsity Letter
- DAC – 200 FR – 6th
- DAC – 500 FR – 6th
- NoVA Catholics – 200 FR – 10th
- D-II Invite – 200 FR – 8th
- D-II Invite – 500 FR – 7th
- D-II Invite – 200 Free Relay – 7th
- D-II Invite – 400 Free Relay – 8th
- States – 400 “B” FR Relay
- Sum of improvements of :47.27 or 55.0%
- 50 FR 29.84 to 25.88
 - i. Split 24.47 at D-II Invite
- 100 FR 1:03.55 to 57.88
 - i. Split 57.27
- 200 FR 2:31.53 to 2:11.76
- 500 FR 6:10.99
- 100 BK 1:26.83 to 1:15.49
- 100 BR 1:37.22 to 1:30.69

11. Liam Kellogg (JR)

- 88.00
- 3rd Varsity Letter
- Most Improved Swimmer 2 years ago
- NoVA Catholics – 100 FR – 11th
- D-II Invite – 50 FR – 9th
- D-II Invite – 200 Medley Relay – 8th
- D-II Invite – 200 Free Relay – Gold
- States – 200 FR Relay – 15th
- States – 200 “B” Medley Relay
- 50 FR 25.02 to 24.64
 - i. Split 23.71
- 100 FR 57.01
- 100 BR 1:14.89 to 1:12.21
- 11th all-time 200 Free Relay

12. Jeremy Kleb (SR)

- 81.50
- 3rd Varsity letter
- DAC – 100 BK – 7th
- DAC – 500 FR – 9th
- NoVA Catholics – 200 FR – 9th
- D-II Invite – 400 Free Relay – 8th
- 50 FR 27.99 to 26.55
- 100 FR 1:02.87 to 58.47
 - i. Split 58.06
 - ii. Just missed State Relay
- 200 FR 2:29.80 to 2:23.54
- 500 FR 6:54.33 to 6:40.31
- 100 BK 1:15.67 to 1:09.41
- 100 FL 1:17.48 to 1:12.19
-

13. Justin Fioramonti (SR)

- 78.50
- 4th Varsity Letter
- Captain
- State Runner-up Soccer Captain
- Last Year's Coach's Award
- DAC – 50 FR – 14th
- DAC – 100 BK – 8th
- D-II Invite – 500 FR – 9th
- D-II Invite – 200 Free Relay – 7th
- D-II Invite – 400 Free Relay – 8th
- 50 FR 27.15 to 26.32
 - i. Split 25.88
 - ii.
- 100 BK 1:14.08 to 1:11.20
- 200 IM 2:44.64 to 2:42.15

14. JJ Brox (FR)

- 70.75
- 1st Varsity Letter
- DAC – 200 IM – 5th
- DAC – 100 BR – 7th
- NoVA Catholics – 100 BR – 12th
- D-II Invite – 400 Free Relay – 8th
- JV Invite – 100 IM – 5th
- JV Invite – 50 FR – 4th
- JV Invite – 50 BR – Silver
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 50 FR 30.48 to 28.42
- 100 FR 1:07.17 to 1:01.26
- 200 FR 2:51.16 to 2:22.88
- 500 R 7:06.96
- 100 BK 1:25.36 to 1:13.46
- 100 BR 1:21.05 to 1:14.74
- 100 FL 1:22.31
- 100 IM 2:37.32
- Sum of improvements of :54.46 or 53.8%

15. Joey Dealey (FR)

- 52.50
- 2nd Varsity Letter
- Last Year's Most Improved Swimmer
- NoVA Catholics – 500 FR – 12th
- JV Invite – 50 FL – 8th
- JV Invite – 50 BK – 9th
- JV Invite – 50 BR – 7th
- JV Invite – 200 Medley Relay – 5th
- JV Invite – 200 Breast Relay – Silver
- 50 FR 30.75 to 28.17
- 100 FR 1:07.07 to 1:05.05
- 500 FR 6:52.82
- 100 BK 1:31.20 to 1:23.00
- 100 BR 1:34.94 to 1:24.97
- 200 IM 3:00.47

16. Peter Konstanty (8)

- 24.50
- 1st Varsity Letter
- DAC – 100 FR – 16th
- DAC – 500 FR – 7th
- D-II Invite – 500 FR – 11th
- JV Invite – 100 IM – 18th
- JV Invite – 50 FL – 15th
- JV Invite – 100 FR – 9th
- JV Invite – 200 Back Relay – Gold
- JV Invite – 200 Breast Relay – Silver
- Sum of improvements of :58.35 or 51.6%
- 50 FR 32.87 to 30.37
- 100 FR 1:18.59 to 1:09.22
- 200 FR 2:51.78 to 2:34.97
- 500 FR 6:57.21
- 100 BK 1:37.60 to 1:29.22
- 100 FL 1:31.20
- 200 IM 3:11.69 to 2:55.90

Boy's Junior Varsity Team

17. Dominick Tolentino (SR)

- 4.50
- 1st JV Letter
- JV Invite – 50 FR – 23rd
- JV Invite – 50 BK – 25th
- JV Invite – 50 BR – 25th
- JV Invite – 200 FR Relay – 8th
- Sum of improvements of 1:03.14 or 70.5%
- 50 FR 47.87 to 33.13
- 100 FR 1:44.42 to 1:24.48
- 100 BK 2:17.88 to 1:49.42

18. Kyle Da Re (JR)

- 1st JV Letter
- JV Invite – 50 FR – 40th
- JV Invite – 50 BK – 31st
- JV Invite – 50 BR – 21st
- Sum of improvements of 1:00.33 or 58.6%
- 50 FR 55.27 to 40.53
- 100 FR 2:03.62 to 1:48.78
- 200 R 4:14.75
- 100 BK 2:34.42 to 2:03.67
- From Coach Zadnik: the "I didn't quit even when I really wanted to" Award

i. Give him the t-shirt courtesy of Coach Halisky

19. Patrick Hartung (FR)

- 3rd JV Letter
- 100 FR 1:26.63 to 1:15.96
- 500 FR 10:30.00 to 7:56.11
- 100 BK 2:01.33 to 1:48.19
- 100 BR 2:05.38 to 1:34.55
- Sum of improvements of 3:28.53 or 72.2%

20. David Hudson (8)

- 74.75
- 2nd JV Letter
- Would have been Varsity but missed too many practices
- Sum of improvements of 1:33.70 or 66.0%
- DAC – 200 IM – 6th
- DAC – 500 FR – 5th
- D-II Invite – 100 FL – 12th
- D-II Invite – 200 FR – 12th
- JV Invite – 100 IM – 7th
- JV Invite – 50 FL – 4th
- JV Invite – 50 BK – 7th
- JV Invite – 200 Medley Relay – Gold
- JV Invite – 200 FR Relay – Gold
- 100 FR 1:10.33 to 1:01.61
- 200 FR 2:35.40 to 2:17.83
- 500 FR 7:10.08 to 6:40.66
- 100 BK 1:19.15 to 1:13.95
- 100 BR 1:33.30 to 1:25.50
- 100 FL 1:21.36 to 1:11.75
- 200 IM 2:57.18 to 2:41.80

21. Mick Fioramonti (8)

- 30.50
- 2nd JV Letter
- JV Invite – 50 FR – 15th
- JV Invite – 50 FL – 14th
- JV Invite – 50 BK – 10th
- JV Invite – 200 Medley Relay – 5th
- JV Invite – 200 Back Relay – Gold
- 50 FR 32.26 to 31.04
- 200 FR 2:42.92 to 2:39.83
- 100 FR 1:23.82 to 1:19.22
- 100 BR 1:41.80 to 1:35.61
- 100 FL 1:38.56 to 1:29.14
- 200 IM 3:07.82

22. Ryan Beltran (8)

- 23.50
- 2nd JV Letter
- JV Invite – 100 IM – 17th
- JV Invite – 50 FL – 19th
- JV Invite – 100 FR – 15th
- JV Invite – 200 Medley Relay – 5th
- JV Invite – 200 Back Relay – Gold
- 50 FR 32.58 to 30.36
- 100 FR 1:16.65 to 1:11.84
- 200 FR 3:09.25 to 3:01.43
- 100 BK 1:28.72 to 1:23.30
- 100 BR 1:46.69 to 1:42.46
- 200 IM 3:14.15

23. Michael McGrath (8)

- 9.00
- 1st JV Letter
- JV Invite – 50 FR – 17th
- JV Invite – 50 BK – 21st
- JV Invite – 50 BR – 23rd
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 FR Relay – 8th
- Sum of improvements of :57.84 or 60.2%
- 50 FR 38.02 to 31.70
- 100 FR 1:31.78 to 1:17.14
- 500 FR 7:34.04
- 100 BK 1:48.47 to 1:36.89
- 100 BR 2:29.42 to 2:04.12

24. Aaron Bishop (8)

- 7.00
- 2nd JV Letter
- 100 FR 1:35.39 to 1:331.47
- 500 FR 9:30.00 to 9:19.49
- 100 BK 1:54.65 to 1:49.29

25. Chris Lynch (8)

- 4.50
- 2nd JV Letter
- JV Invite – 100 IM – 20th
- JV Invite – 50 FL – 17th
- JV Invite – 100 FR – 19th
- JV Invite – 200 Medley Relay – 5th
- JV Invite – 200 Breast Relay – Silver
- 50 FR – 36.66 to 34.27
- 100 FR – 1:25.80 to 1:17.37
- 200 FR – 3:58.06 to 2:57.05
- 500 FR – 9:40 to 8:16.94
- 100 BK – 2:06.50 to 1:45.79
- 100 BR – 1:54.05 to 1:38.93
- Tried the 200 IM 3:14.57
- Sum of improvements of 3:10.72 or 85.9%
-

26. Jed Albin (8)

- 1st JV Letter
- JV Invite – 50 FR – 30th
- JV Invite – 100 FR – 16th
- JV Invite – 50 BK – 19th
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 FR Relay – 8th
- 50 FR 39.99 to 35.06
- 100 FR 1:27.70 to 1:18.10
- 100 BK 1:47.98 to 1:34.69

27. Joseph Dwane (8)

- 1st JV Letter
- JV Invite – 50 FR – 42nd
- JV Invite – 50 BK – 36th
- JV Invite – 50 BR – 24th
- JV Invite – 200 FR Relay – 12th
- Sum of improvements of 1:11.27 or 57.3%
- 50 FR 51.27 to 40.87
- 100 FR 1:52.01 to 1:46.87
- 200 FR 4:05.61
- 500 FR 11:09.06
- 100 BK 3:06.56 to 2:30.07
- 100 BR 2:29.06 to 2:09.82

28. Jack Champney (8)

- 2nd JV Letter
- Last Year's Most Improved Swimmer
- JV Invite – 50 FR – 47th
- JV Invite – 50 BK – 34th
- JV Invite – 50 BR – 26th
- JV Invite – 200 FR Relay – 12th
- 50 FR – 53.32 to 44.84
- 100 FR – 2:13.00 to 1:52.78
- 100 BK – 2:25.89 to 2:02.40
- 100 BR – 3:39.74 to 2:26.60
- Tried 100 Fly 2:39.49
- Sum of improvements of 2:05.33 or 80.5%

29. Max Wilson (7)

- 1st JV Letter
- JV Invite – 100 IM – 12th
- JV Invite – 50 FL – 13th
- JV Invite – 50 BK – 8th
- JV Invite – 200 Back Relay – Gold
- JV Invite – 200 Breast Relay – Silver
- 50 FR 32.23 to 31.27
- 100 FR 1:13.24 to 1:11.53
- 200 FR 2:45.78 to 2:33.70
- 500 FR 6:56.06
- 100 BK 1:18.64 to 1:15.49
- 100 FL 1:24.24
- 200 IM 2:49.81

30. Chris Arnold (7)

- 1st JV Letter
- JV Invite – 100 IM – 22nd
- JV Invite – 50 FL – 22nd
- JV Invite – 50 BK – 18th
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 Breast Relay – 5th
- 50 FR 42.31 to 35.69
- 100 FR 1:31.52 to 1:24.69
- 200 FR 3:33.99 to 2:57.39
- 500 R 8:26.86
- 100 BK 1:36.81 to 1:33.49
- 100 BR 1:53.23 to 1:51.74

31. Michael Brox (7)

- 1st JV Letter
- JV Invite – 50 FR – 27th
- JV Invite – 50 FL – 20th
- JV Invite – 100 FR – 20th
- JV Invite – 200 Breast Relay – 5th
- JV Invite – 200 FR Relay – 8th
- 50 FR 37.43 to 34.94
- 200 FR 3:18.03 to 3:04.51
- 500 FR 8:21.91
- 100 BK 1:39.28 to 1:37.60
- 100 BR 1:45.50 to 1:43.93

32. Peter Hartung (7)

- 1st JV Letter
- JV Invite – 50 FR – 32nd
- JV Invite – 50 BK – 39th
- JV Invite – 50 BR – 28th
- JV Invite – 200 FR Relay – 12th
- Sum of improvements of 40.22 or 51.3%
- 50 FR 53.56 to 36.37
- 100 FR 1:59.80 to 1:36.77
- 500 FR 9:35.87
-

33. Liam Halisky (7)

- 1st JV Letter
- JV Invite – 50 FR – 21st
- JV Invite – 50 BK – 17th
- JV Invite – 50 BR – 18th
- JV Invite – 200 Back Relay – Silver
- JV Invite – 200 Breast Relay – 5th
- 50 FR 33.67 to 32.90
- 500 FR 8:08.52

34. Seth Kellogg (7)

- 1st JV Letter
- JV Invite – 50 FR – 29th
- JV Invite – 50 FL – 21st
- JV Invite – 50 BR – 14th
- JV Invite – 200 Breast Relay – 5th
- JV Invite – 200 FR Relay – 12th
- 50 FR 38.26 to 34.97
- 200 FR 3:22.57
- 500 FR 9:25.04
- 100 BK 1:51.59
- 100 BR 1:40.87

Coach Koehr's Talk

Let's Literally Astound Ourselves

- I **met my future wife** the during the first class period of the first day of my freshman year at Notre Dame
 - **She met me** about two years later
 - It didn't surprise me to quickly learn she was a **Varsity swimmer**
 - I have always been **attracted to athletes** at some level
 - Maybe because, as hard as I tried, **I never really was much of one**
 - Our **first "date"** I decided to see if she'd want to go **swimming** at the Rockne Memorial Gym
 - **"The Rock"**
 - Yes, I knew she was a swimmer, but so was I
 - And **she was a girl**
 - How fast could she be?
 - After she **lapped me in a 200**, I knew I was going to need a Plan "B" for this girl.
- **Fast forward** to a time when I had finally succeeded in making her my wife
 - Now I had to work my way into her family
 - Because we were **out at Notre Dame** and they were from New York, I really **didn't know them very well** at all.
 - It's very **intimidating for a short, fat, cocky, loudmouth**
 - who is very good in school,
 - but was **always the last one picked** on the playground
- **We all start in different places in life**, and the Carey's sure started in a **different place athletically** than me.
 - Both of her parents are in their respective **College Halls of Fame**
 - Her mother is in the **International Swimming Hall of Fame** in Jacksonville, FL
 - Colleen and **all** of her siblings were **college athletes**
 - And **brother John** is 54 or 55 years old and still looks like the **muscle poster in the doctor's office**
- Her **oldest brother Kevin** was the **best athlete** of them all
 - **College football quarterback**, baseball catcher, and 50 Free specialist
 - He was **like an athletic God** to me
 - He even made his living as an exercise physiologist
 - It all seemed to **come so easily** to him
 - He **looked the part** for sure

- He even had a **vein down his bicep** that I always wanted as a kid
- In the **summer of 1986**, the **Carey brothers** were doing a **Triathlon in Baltimore**
 - I was 23 years old
 - Colleen and I **packed up Kaitlyn and a newborn Kelly** to go watch
 - **Wow, I thought.** These guys are racing
 - 1,500 meters of swimming
 - Then 40K (about 25 miles) of **biking**
 - Followed by a 10K (6.2 miles) **run**
 - Continuously!
 - **I could never do that!**
 - A race that takes **3 and half hours**
 - **I would die!**
- Until I realized that I pretty much **had no choice** if I was **going to be part of this family.**
 - So, I set a **goal to finish the 1987 Bud Light Triathlon Series** race in **Baltimore.**
 - I got **new running shoes** and a new Bianchi bike
 - **Kevin gave me a training plan** to follow
 - I know he **may not have thought that I would or could do it**, but he was **surprisingly supportive**
 - His apparent **belief** in me was **somehow inspiring**
 - To my amazement, **I did it!**
 - Without walking!
- I remember thinking to myself, **I can do it faster than that**
 - **Anyone here ever said that** after a race?
 - So, I **trained hard** the next year, even **riding my bike to my consulting project** at the **International Monetary Fund** three days a week.
 - I'd take the long way home through Arlington
- I **don't think Kevin trained very hard** for the **1988 race** in Baltimore, because somehow
 - I was ahead of him after the swim
 - He passed me near the end of the bike
 - And **we started the run at approximately the same time**
- How did this happen?
 - But Kevin being the elite athlete knew he had the mental edge on me
 - He **took up his place right behind me and would not pass me**
 - We both knew that all he had to do was stay with me and he could sprint past me at the end

- **He broke me**
 - I had given all I had and that was more than I could handle
 - But I finished in a much faster time
- I recall thinking, **were we actually racing each other?**
 - Kevin?
 - **Sure he beat me**, but I always figured **that was just a given**.
 - Well maybe it wasn't?
- That year, I got **transferred to a government project** in Virginia Beach
 - I was only **allowed to work eight (8) hours** per day.
 - That's like only 1/3rd of the day.
 - I had so much time on my hands that I **even started taking guitar lessons**, but **most of all, I trained**
 - It's amazing what you **can accomplish** if you don't care who wins **America's Got Talent** or **The Bachelorette**
 - My boss at Arthur Andersen was a great guy named **John McCulla** who was a college running back at William & Mary
 - We started training together
 - In the mornings, I recall **doing 25-mile rides down to the beach**
 - We'd over stop at the beach to swim a half mile against the current and then cruise back to our bikes
 - **Before work!**
 - Then I would do **wind sprints down Ellesmere Court** three nights a week
 - I even **rode my bike to Norfolk**, ran a **10K** and rode home
 - I was ready
- The **next big Carey Brother race** was in mountainous area outside New York City
 - **Harriman State Park**
 - Fortunately for me, Harriman was just a **throwaway race for Kevin**
 - He was so incredibly gifted that he could run it without really training
- The race went **far better than my expectation**
 - The **swim was short**, which didn't help me
 - He got on the bike ahead of me
 - I'm sure he **barely noticed I was in the race**
 - Nor did he probably care where I was
 - On the bike, as we went up a mountain, I could see him ahead of me
 - I had to figure out how to pass him without him seeing me

- If he saw me, it was over because he'd just blow me away
 - He was all the way to the right
 - So I went all the way to the left edge of the road and hid behind a group of bikers that was passing him
 - When I got to the top, I raced ahead as fast as I could hoping to be away before he crested the mountain.
- Then came the **highlight of my athletic career**
 - The run was an **out-and-back run**
 - I was out of the transition area first
 - But that meant there was no way for him to avoid seeing me on the way back.
 - I **had to extend my lead**
 - I made the turnaround and ran surprisingly far before I saw Kevin
 - His younger brother John was running with him encouraging him loudly enough that I could hear
 - **“You’re not going to let Jim beat you!”**
 - I never felt better in my life
- **What a revelation**
 - Being an **“athlete” wasn’t just about natural ability**
 - It was not just about how fast you go
 - Being an **“athlete” is more about how hard you are willing to push yourself**
 - I realized that **anyone could be an “athlete”, even me**
- Over the **next 15 years**, with great support from Kevin, I gradually tested the **limits** of that
 - I ran **10Ks**
 - I did 8 or 10 more **Triathlons**
 - They were sort of fun
 - I wonder if I can run a **Marathon?**
 - Kevin had run New York City before so I tried that
 - I have a great **picture** in my house of **Kevin** jumping in for the last 10 miles of the race with me
 - dressed in his **Halloween costume** from the night before
 - Then I ran 6 other marathons
 - The **dirty little secret of marathon training**
 - Is once you can run **25 miles a week for three weeks** in a row, the hard part is over
 - You are **12 weeks** away from a marathon

- Your cardiovascular system is ready
 - All you need to do is train your muscles to survive that long
 - Muscles get stronger much faster than your cardiovascular system
 - The rest is just how much pain you're willing to take
- By the time I was in my **late 30's**, I started wondering again:
 - I wonder if I can run **2 marathons in the same week?**
 - Richmond and Sunday and Providence, RI the next Saturday
 - I wonder if I could swim across the **Chesapeake Bay?**
 - 4.4 miles in 1:58
 - Still the family record, I'll note for Shane
 - I wonder if I could survive 24 hours with the **Navy SEALS?**
 - The 24-hour Navy SEAL Adventure challenge at Ft. Story in Virginia Beach
 - I wonder if I could do a **Triathlon in combat boots?**
 - New York Playland
 - I wonder if I could do a **Half Ironman**
 - 1.2 mile swim, 56 mile bike, and a half marathon
 - The Eagleman Half Ironman on the Eastern Shore of Maryland
- I wonder if I could do an **Ironman Triathlon**
 - **Kevin had done the Lake Placid Ironman** a few years before, so I determined to try
 - As a professional Exercise Physiologist, he was capable of being a **wonderful coach**
 - And he was
 - He also became my **biggest cheerleader**
 - It was **daunting to even think about**
 - A 2.4 mile open water swim
 - A 112 mile bike in the mountains
 - And a 26.2 mile marathon
 - Without stopping
 - I'm still not sure Kevin thought I could actually do it,
 - But **he was there**
 - For all 15 hours and 20 minutes
 - In this case, **it did almost kill me**
 - But as I was telling myself on the final half of the run
 - **"A gunshot to the head is not going to stop me now"**
 - I'm still amazed I finished
- **Let's reflect** back on that story

- **When I was 23**, in the prime of my life
 - I thought a 3-mile run was a big deal
- But wouldn't I have been **far better equipped to run an Ironman at age 23** rather than age 39?
 - **Why not sooner?**
- Time was certainly part of the answer, but the bigger answer is that
 - **It never occurred to me it was possible**
- What was the **difference between age 23 and age 39?**
 - One difference was that **I had met Kevin Carey**
 - At age 39, he **helped me understand a fundamental truth**
 - **Borne out** from my life experience with
 - Family,
 - Work, and
 - Athletics
 - **You can always do more than you think you can do.**
- **Some of you have already started to figure that out**
 - I saw it at the **Cystic Fibrosis Swim-a-thon**
 - **Maddie Given** has CF and she finished 200 lengths the last two years
 - **Lauran Curley** has never swum before, but she finished the new 3 miles also
 - At the beginning of the season, would Lauran have said she could swim 3 miles continuously?
 - I recall seeing **Jack Champney** behind the blocks at **NoVa Catholics**
 - For **100 Butterfly!**
 - Uh-oh, I thought, that was a mistake on my part
 - It's an easy mistake to make in my software when you are moving with the toggle for 100 Free so close
 - As I started to move to try to fix, I recalled making the same mistake with **Marcie Van de Voorde** at Fork Union Military Academy several years ago
 - Of course, she became a team manager 😊
 - I decided to **let it ride** and see what happened
 - After all, Jack didn't come whining to me
 - And you know what?
 - **He made it!**
 - It took him 2:39, but **he didn't quit.**
 - At the **beginning of the season**

- **Would Jack have said he could finish 100 Fly?**
- My favorite story was **Elena Morano** at the **Seton Winter Invitational**
 - I always use that meet to get a bunch of you in the 500 Free while the older kids are at National Catholics
 - We had an **empty lane** in the girls 500 and Elena asked
 - **“Can I swim it?”**
 - “Heck yeah, you an swim it!”
 - As I ran off to tell Mr. Dealey to add her in, I thought
 - She can do more
 - **“Hey Elena, make sure you do 19 flip turns”**
 - “I can’t do 19 flip turns!”
 - “Tell you what Elena,
 - This is almost certainly the last time in your life that you will race the 500 Free in a competitive situation
 - **Do you want to lay in bed tonight thinking:**
 - **I could have done better?**
 - Why did I only do **18 flip turns?**”
 - 10:34 later, she had done 19 flips
 - And had a big smile on her face
 - At the **beginning of the season,**
 - **Would Elena have said** she could race **500 yards?**
 - Or would she have said that she could do **19 flip turns** in a row?
 - She didn’t even know how to do a flip turn at the beginning of the season
 - **How many of you here today would have said** you could race the 500, like
 - **Peter Hartung**
 - **Emma Catabui**
 - **Joseph Dwane**
 - **Orla Haggerty**
 - **Amelia Geary**
 - **Cate and Rose Waldron**
 - **Seth Kellogg**
 - **Aaron Bishop**
 - **Michael McGrath**
 - **Liam Halisky**
 - **Chris Arnold**

- **Lucia Bingham**
 - **Mary Catherine Hurley**
 - And a bunch more that I haven't mentioned because I know I'd have to list half the team
 - For the rest of you, **think about those 100-yard races**
 - At what point in the race do your **arms and legs go numb**?
 - {Ask the older boys}
 - If you are all being honest with yourselves, I'll be there are a whole bunch of you who have **never experienced that feeling ever**
 - Why not?
 - There's a **PR waiting** for nothing more than you to **want it badly enough**
- So with all of that said, let's **step back and think about the 500 freestyle**.
 - I **understand the fear** that some of you have
 - **You've never been 56 but I've been 13.**
 - I vividly **remember the first time I swam the 500 Free**
 - I was 12 or 13
 - In a meet with the Ft. Belvoir Sharks
 - At an old pool on the Quantico Marine base.
 - I flipped too early at one wall and didn't go back to touch it
 - I got DQ'd
 - Most of you on the team **can swim 500** yards in practice in between 6:00 and 8:00
 - **All** of you can do it in **less than 11:00**
 - Is there anyone in this room who **can honestly tell me that**
 - They **cannot swim continuously** for 11:00
 - Without permanent or physical or psychological damage?
 - **Sounds a little silly** at this point
 - Right Moms?
- **Some of you probably think I've been talking about swimming this whole time**
 - **Swimming ain't about swimming**
 - **Does this all matter in real life?**
 - Or is this just another thing I do in high school that I'll never use again?
 - Let me give you a **few examples** that your parents might be able to relate to:
 - Maybe you really want your kids at **Seton, but you see something that could really be better**

- Are you going to **pray for someone to come fix it?**
 - Or are you going to pray for the grace to take the lead and fix it yourself?
- Think of all the **best things at Seton**
 - **Someone had to step up** on the blocks and dive in
 - Someone has to run the PRO Board or the **Ad Campaign**
 - Someone has to **direct the play**
 - Someone had to take over **apparel for the Swim Team**
 - Someone had to step up to be new **Head Timer**
 - One day, someone is going to have to be the new Swimming Coach
 - Can anyone imagine **Seton without Kimberly Dalrymple?**
 - Yes, Seton was here before Kimberly and it will be after Kimberly, but look at how she's always stepping up
 - She **doesn't start** with "**I can't do that**"
 - She **starts with** "**How can we do that"**
 - Is that **going to be you?**
 - Or **are you not**
 - Ready
 - Willing
 - Able
 - Or do you
 - Not have enough **time?**
 - Not have enough **talent?**
 - **Fear that you will fail?**
- Maybe you thought about Homeschooling
 - You can **think of all the doubts** you have:
 - **Can I do it?**
 - I don't have a teaching certification
 - What if I **do a bad job** and ruin my kids lives?
 - Where do I get **course material?**
 - Will my kids **not be "socialized"** and turn into dorks?

- My husband wants to send them to school
- Or you can think about all the reasons why you can or should:
 - I need to help them **keep their faith**
 - I can make sure they learn about the **greatness of their country**
 - It will **improve our family life** and make our family closer
 - **Lots of people do it who are less capable than me**
 - Surely, I as **loving full-time college educated mother,**
 - can teach a kid **one-on-one** better than most teachers can handle 25 or 30 kids at once
- Which **thought process prevailed** for you?
- Have you ever met someone who was in a job he/she hated?
 - I was starting to **hate my job** right before we came to Seton
 - I **recall driving home** from Dulles Airport
 - in my old man company car
 - that I had tricked out with a stereo system like a teenager with too much money
 - It was 1200 Watts, roughly the same power as the sound system we use for our Seton meets
- “**Working Man**” by Rush came on
 - *“Seems to me, I could live my life,*
 - *a lot better than I think I am.*
 - *That’s why they call me,*
 - *They call me the ‘Working Man’”*
- What do you do?
 - Do you stay miserable because you **don’t think you can do anything else?**
 - Are you paralyzed by the **false security** of working for a company that could lay you off at the next economic downturn?
 - Or do you **quit your VP job** when you wife is 8 months **pregnant** with your 10th child to take the big swing out on your own?
 - Some of you **might say that was foolish**
 - My **father** certainly said that
 - In some very **colorful Navy language**

- I recall my now long-time business partner in a commercial flooring company tell me back then
 - **“We can’t buy a company!”**
 - I just told him, “Why not, **dumber people than us have done it!**”
 - Today, it’s the largest flooring company in Central Virginia
 - Have you ever heard someone say “**We are not ready to have kids?**”
 - **Nobody’s ready to have kids!**
 - Kids are tough
 - My experience tells me that you have **patience for one less kid than you have,**
 - **Independent of the number** of kids you have
 - You can do it
 - And you will be glad you did
 - Are you going to **apply to that college** you might not get in to?
 - You might have to work really hard to **write a great essay**
 - Or you can just say “**I won’t get in anyway**”
 - Or you might have to take Pre-Calc when Seton just requires Algebra II
 - Do you say “**only the smart kids take Pre-Calc?**”
 - Baloney!
- Thomas Edison once said
 - **“If we did all the things we are capable of, we would literally astound ourselves.”**
 - Maybe you’ll be **lucky** enough to have had a **Kevin Carey in your life**
 - So you learn this very important life lesson while you are still young
 - Or maybe you’ll be **even luckier** and have a **Colleen Koehr** in your life
 - Someone to help give you the **courage and encouragement** to **take a risk** when you are afraid
 - Someone who will just say “**Honey, you need to go do this**”
 - But in the **meantime**, we have the 500 Free
 - And we **can definitely do it!**

Now let’s move on to the **final part of our program.**

Captains for Next Season

1. One big goal for the past four (4) seasons was to create the **warmest, most welcoming** and **most fun** team that we've ever had
2. Our **metrics for success**?
 - One was a **26th straight Conference Championship**
 - And a return of repeated Conference titles for the boys
 - I'm glad that happened, but I've had bigger goals
 - But I've had bigger goals:
 - Are we living our GEMS:
 - Gratitude,
 - Excellence,
 - Meekness, and
 - Sacrifice
3. Achieving this 2nd Goal took **leadership** – from our **Captains**
 - This year's captains did a great job, but I'm going to **expect even more than ever** from our Captains next season
 - I hope our Captains next season will
 - **Set the example** with
 - their work ethic
 - their fundraising for the CF Swim-a-thon
 - their performance in the pool
 - their commitment to the team as their **primary activity** for the winter
 - But they will also be the **Servant Leaders** who take the lead by
 - creating **warm, welcoming and fun environment** on our team
 - **knowing everyone's name**
 - Arriving early to every practice and meet to **greet everyone** as they arrive
4. Picking **Captains for Next Season**
 - Several years ago, I **changed the way we do this**
 - We began the tradition of picking the Captains for next season at the end of the previous season
 - Selections based on **three things**:
 - How the coaches saw them **behave all season** long
 - What their **teammates thought**

- How much do I think I can **develop** them into leaders
 - So, it is not a simple vote, but that definitely carried the most weight by far
- So, here's who's **eligible** based on this criteria:
 - Come on up when I say your name:
 - **Girls**
 - Teresa Bingham
 - Isabelle Luevano
 - Lily Byers
 - Mary O'Malley
 - Virginia Hartung
 - Ceili Koehr
 - **Boys**
 - Jerry Dalrymple
 - Liam Kellogg
- I say "**eligible**" because
 - I am first going to **need to hear from each you** that are **willing to commit** to that level of excellence
 - Reread the description of our expectations of you on the web site, think about it, and then let me know
 - I've reposted in at the top of the Blog section on the site
 - If you decide that you cannot make this level of commitment for whatever reason
 - No big deal
 - **We make choices**, and I can respect that
 - But I do want you to know that both the coaches and your teammates think you would be a good captain
 - But the choice is yours
- So, for now, congratulations on earning the respect of your coaches and teammates!

Most Improved

- And now, let's conclude our awards for the season with the two awards that are the most important to me.
 - **Most Improved Awards**
 - **Coach's Awards**
- It's **always tricky** figuring out who's the Most Improved for a couple of reasons:
 - So many people make so much improvement
 - **What's better?** Going from a 40 to a 32 in 50 Free or from 27 to 24?
- So, here's how I do it
 - I **compare everyone's time** from
 - Last year
 - Time Trials this year
 - The end of the season this year
 - Then I sum the time improvements and the percentage improvements for:
 - All of the events
 - For just the 100s and 50 Free
 - I look at just the 100s and 50 Free because sometime the totals can get skewed by a 30 second drop in 500 Free
 - I really like to see 30 second drops in the 500, but not everyone who could have dropped that much got a chance to.
 - Then I sort it all a several different ways, throw in some personal judgment, and pick two boys and two girls - normally.
- This year, the Most Improved Awards go to:
 - Girls
 - **Elena Morano (SR)**
 - 50 FR – 48.68 to 39.08
 - 100 FR – 1:45.11 to 1:34.65
 - 200 FR – 4:31.47 to 3:41.41
 - 100 BK – 3:30.00 to 2:07.00
 - Tried the 500 FR, asked to do when she saw an empty lane
 - 19 flip turns
 - Sum of improvements of 2:33.12 or 87.6%
 - **Emma Catabui (SO)**
 - 50 FR – 40.32 to 39.03
 - 100 FR – 1:45.25 to 1:33.43
 - 200 FR – 5:25.37 to 3:37.70

- 500 FR – 12:45.00 to 10:35.00
- 100 BK – 1:57.18 to 1:49.82
- 100 BR – 1:57.38 to 1:47.72
 - Last year, she never felt comfortable swimming anything beyond a 50
 - Sum of improvements of 4:28.80 or 81.5%
- **Honorable Mentions:**
 - **Sophia Zadnik**
 - Sum of improvements of 1:36.10 or 70.1%
 - **Maggie Gibbons**
 - Sum of improvements of 1:04.62 or 62.4%
 - **Lauran Curley**
 - Sum of improvements of :1:33.90 or 59.6%
 - **Haley Fifield**
 - Sum of improvements of :57.63 or 53.1%
 - **Mary Clare Waldron**
 - Sum of improvements of :58.29 or 52.5%
 - **Ava Hudson**
 - Sum of improvements of 1:33.67 or 51.7%
- Boys
 - Winner(s)
 - **Chris Lynch**
 - 50 FR – 36.66 to 34.27
 - 100 FR – 1:25.80 to 1:17.37
 - 200 FR – 3:58.06 to 2:57.05
 - 500 FR – 9:40 to 8:16.94
 - 100 BK – 2:06.50 to 1:45.79
 - 100 BR – 1:54.05 to 1:38.93
 - Tried the 200 IM 3:14.57
 - Sum of improvements of 3:10.72 or 85.9%
 - **Peter Hartung (7)**
 - Sum of improvements of 40.22 or 51.3%
 - 50 FR 53.56 to 36.37
 - 100 FR 1:59.80 to 1:36.77
 - 500 FR 9:35.87 – he swam the 500!
 - Coach Zadnik:

1. Peter Hartung started the season not being able to put his face in the water at all.
 1. He was no stranger to the water, but he would swim about four-five strokes shifting his head back and forth with his feet dragging before doggie paddling or hanging on the edge of the pool for a breath.
 2. But he was at practice struggling and improving little by little and until I was thrilled to see him finish 50 yard freestyle at time trials.
 3. Peter kept working at his freestyle, then his backstroke and finally his breaststroke.
 1. Vivian the breast-stroker stepped in to help coach for almost two weeks and *she* was the one who helped Peter transition from a stubborn scissor kick to a legal breaststroke.
 2. I'm proud to report that Peter now has a legal breaststroke and took more than 5 seconds off his last 50 free time to end up at 35.37 and a 500 free in 9:35.87.
2. Fortunately, Peter is only in 7th grade so we are looking forward to seeing more of him.

▪ **Honorable Mention:**

- **Joey Arnold**
 - Sum of improvements of 2:25.59 or 126.6%
 - Compared to his 8th grade year
- **Jack Champney**
 - Sum of improvements of 2:05.33 or 80.5%
- **Patrick Hartung**
 - Sum of improvements of 3:28.53 or 72.2%
- **Dominick Tolentino**
 - Sum of improvements of 1:03.14 or 70.5%

- **David Hudson**
 - Sum of improvements of 1:33.70 or 66.0%
- **Nathan Luevano**
 - Sum of improvements of 1:06.18 or 64.3%
- **Michael McGrath**
 - Sum of improvements of :57.84 or 60.2%
- **Kyle Da Re**
 - Sum of improvements of 1:00.33 or 58.6%
- **Joseph Dwane**
 - Sum of improvements of 1:11.27 or 57.3%
- **John McGrath**
 - Sum of improvements of :47.27 or 55.0%
- **JJ Brox**
 - Sum of improvements of :54.46 or 53.8%
- **Peter Konstanty**
 - Sum of improvements of :58.35 or 51.6%

Coach's Award

From the beginning, I've always given an award to the one Boy and one Girl who **best exemplify the values on which I speak and write so profusely.**

It's never an easy decision, because there are many possible choices every year – but this year, the Coach's Award goes to:

- Girls
 - **Lauran Curley**
 - Honorable Mention
 - **Lily Byers**
 - Elena Morano
 - Kathleen O'Malley
- Boys
 - **Jacob Alsup**
 - Honorable Mention
 - Jeremy Kleb
 - John McGrath
 - Christian Ceol

Conclusion

- It certainly has been another great season for Seton.
- I'm already **looking forward to next season**
 1. This isn't like the old days where the only question was by how much would we win the conference
 2. **Trinity Christian** is still gunning for us
 - And we are going to have to get better
 3. We have a **load of good young swimmers** who want to get better
 - Look at this fast crop of middle school girls who are going to count next season
 - And look at what our boy's sophomores and below did this year
 4. **Two things** you can do now:
 - Help **recruit more kids** to the team for next year
 - **If** you think that you have a **gift for swimming** that you want to **develop further**, please talk to me
 1. We are incredibly lucky to have so many great options for competitive swimming in our area
- Thank you again and I'll see you next Tuesday, November 3rd for the first day of practice!