

Notes for Seton Swimming Awards – '21-'22

• Koehr Introduction

- It was another amazing season for Seton Swimming
 - Our girls won the **Regular Season Conference Championship for the 28th year in a row!**
 - That streak is so long, we have parents in the room who participated in it
 - Our **Girls** also were:
 - **3rd in the State for VISAA Division II (11th overall) including**
 - **Our Girls 200 Medley of Lucy Garvey, Angie Testani, Clara Condon, and Mary Pennefather taking the 7th place medal**
 - **Angie Testani taking 4th and 16th in 100 Breaststroke and 200 IM**
 - **Clara Condon taking 11th in both 100 Fly and 100 Breaststroke**
 - **Our Girls 200 Free Relay and our Girls 400 Free Relay both scored in 15th**
 - **VCAC Conference Meet Champions**
 - **VISAA Division II Invitational Championship Champions**
 - **Our Girls Regular Season record was 21-0**
 - Since 2002 - Girls: 409-54-3
 - **Our girls also broke three (3) team records**
 - **Clara Condon in 100 Breaststroke**
 - **Angie Testani in 100 Breaststroke about 5 minutes later**
 - **Mary Clare Waldron in Diving for 6-dives.**
 - Our **Boys** were:
 - **VCAC Conference Meet Champions**
 - **without winning a single gold medal!**
 - **VISAA Junior Varsity Invitational Meet Champions**
 - **VCAC Regular Season Conference Runner-ups**
 - **They've won 25 of the last 28 Conference championships**
 - **Our boys regular season record was 15-3**
 - Since 2002 - Boys: 391-73-0

- **7th in the State for VISAA Division II (22nd overall) including**
 - **Our Boys 400 Free Relay of Joe Wilson, David Hudson, JJ Brox and Drew Nguyen** miraculously jumped up to the B-Final to score in **16th place**
 - The boys also did some **serious scoring in Diving**
- Our new Diving Team entered its 2nd year under Coaches Ashley Keapproth and Seamus Koehr
 - Brought seven (7) Divers to States with
 - **Connor Koehr** medaling in 7th place
 - **Josh and Mick Fioramonti** scoring in 12th and 14th respectively.
- It was another **great season for many other reasons too:**
 - **It was great because:**
 - We had **126 kids** on the team this year, counting our Team Managers.
 - That's **36%** of the whole school!
 - **It was great because:**
 - Of our **1,003 Personal Records!**
 - We needed 15 more at States to break 1,000 and we got 18
 - **It was great because:**
 - Of our **fourteen (14) All-Conference Swimmers**
 - **It was great because:**
 - We raised **\$25,512 for Cystic Fibrosis.**
 - **It was great because:**
 - **Our new web site** got just under **80,000 pageviews this season, and**
 - **Over 195,000 pageviews** since it launched in September 2019.
 - **It was great because:**
 - I saw a team that **lived our GEMS:**
 - **Gratitude**
 - **"Who has it better than us? Nobody!"**
 - **Excellence**
 - **We focus on better. Good takes care of itself.**
 - **1,003 PRs!**
 - **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** in establishing and then **improving swimming in the new VCAC**
 - **Sacrifice**
 - **We offer it up. We love our teammates.**
 - I wrote in my blog from the Winter Invitational this 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 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.**
- **Which brings me to the biggest reason this season was great.**
 - **It was great because:**
 - **We had a full season!**
 - **We hosted ten (10) meets**, for the second year in a row that was more than any other school in the State of Virginia, public or private.
 - This season was **not just** a string of **victories for the Seton Swim Team**
 - It was a **triumph of the entire Seton Community.**
 - We had enormous obstacles to overcome, and
 - **We overcame.**
 - **We did not cower in fear.**
 - It starts at the top
 - **Mr. Pennefather** and **Mr. Vander Woude** were far more supportive than any of the other School Director or Athletic Director in our Conference.
 - Or in the entire VISAA as far as I could see.

- They knew that their **priority** was the **emotional, physical, mental, and spiritual well-being** of our kids, and
 - they **let us run**.
- **Run we did.**
 - I am not always the most faithful person, but
 - I continue to be **amazed** at **the way the Holy Spirit works in this school**.
 - **We had sixteen (16) coaches** at a time when we needed 16 coaches to even run practices.
 - Why did **Pat Mulhern, DD Ross, Ross Palazzo, Kimberly Dalrymple, Ashley Keapproth** and **Seamus Koehr** all come back without having any kids on the team?
 - Where did **Joe Hurley, Anne Judge, Sandy Osilka, Vanessa Oswald, Joanne Pretz, Adam Irving, Patrick Heiny** come from when we needed help to handle so many kids this year?
 - Can you imagine Seton Swimming without **Jerry Zadnik**? Or **Madelyn Zadnik's** help coaching?
 - Why did **Bill Dealey** and **Paul Fifield** bring their enormous gifts to this team?
 - I often joke that Seton Swimming is the only high school swim team with our own IT and video production department!
 - Where did **Pat Haggerty** come from?
 - And **all the parents** who made the effort be trained as **Stroke & Turn judges**?
 - And the **Godfather of Seton Swimming, Charles Seltman**?
 - We have the infrastructure at Seton Swimming to be completely self-sufficient.
 - It was long-ago clear that we were not going to get meaningful help from other schools.
 - It was that self-sufficiency that gave us the confidence to help found a new conference this year.

- I was pushing on it hard with Mr. Pennefather and Mr. Vander Woude because I knew you all had our back
 - In retrospect, I am still **blown away by how easily it all came together.**
 - **All I had to do was ask,**
 - And in a lot of cases, I did not even have to do that.
 - **Parents see a need and fill it.**
 - **I don't even remember the last time I asked Kimberly Dalrymple to do something**
 - She just tells me what she's doing!
 - And thank you **Jessica Morales** for jumping in to help with our event here today
 - **Seton is just a different kind of place.**
 - The **results we see** from the Swim Team year-in and year-out are but **one manifestation of that difference.**
 - **What Mrs. Carroll has created** since she started this school with just a few kids in 1975, as I said in one of my blogs, **must astound even her.**
 - She is the **most powerful conduit for the Holy Spirit** that I have ever met in my life.
 - **I sure hope that woman is praying for me!**
- **Given how many of you were involved** in making this season happen,
 - Let me start this awards celebration by **recognizing all the volunteers** who made this season possible.
 - On **behalf of my own children, I am so grateful to so many** people who have helped make Seton Swimming what it has become.
 - Captains can you join me please?
 - We're going to keep this moving, so when I call your name, just come on up to receive your gift.

- **Thank the Captains**
 - **Girls**
 - Teresa Bingham
 - Isabelle Luevano
 - Lily Byers
 - Mary O'Malley
 - Ceili Koehr
 - **Boys**
 - Joe Wilson
 - JJ Brox
 - Joey Dealey
 - Kevin Orellana
 - **Captains stay up to help recognize the parent volunteers.**

- **Recognize Parent Volunteers**
 - I am about to recognize 59 different names of people who made this season so incredible
 - Unbelievable!
 - How many schools could come up with 59 separate volunteers to make their swim season possible?
 - Coaches
 - Coach Pat Mulhern
 - Coach Ross Palazzo
 - Coach DD Ross
 - Coach Kimberly Dalrymple
 - Coach Jerry Zadnik
 - Coach Joe Hurley
 - Coach Joanne Pretz, The Godmother of Seton Swimming
 - Coach Patrick Heiny
 - Coach Adam Irving
 - Coach Anne Judge
 - Coach Vanessa Oswald
 - Coach Sandy Osilka
 - Coach Seamus Koehr, Diving
 - Coach Ashley Keapproth, Diving
 - Coach Madelyn Zadnik, Group 5
 - Coach Ceili Koehr, Group 5
 - Godfather of Seton Swimming, Charles Seltman, Referee
 - Seton Sports Network
 - Paul Fifield, Production Manager

- Bill Dealey, Production IT Manager
- Haley Fifield, President, Seton Sports Network, Banquet Slide Show
- Kevin Orellana
- Gabriel Orellana
- Gabe Hambleton
- Kyleigh Fifield
- Dry Deck Officials
 - Bill Dealey, Head of Dry Deck. Even helped Coach!
 - Hank Konstanty, Dry Deck, CTS
 - Anne O'Malley, Dry Deck, Scoring, State Meet host
 - Melissa Sokban
 - John Kleb, The Voice of Seton Swimming
- Wet Deck Officials
 - Pat Haggerty, Head Official
 - Will Waldron, Head Timer, Head Timer Recruiter and Diving Scorer
 - David Wilson
 - Rosanne Garvey
 - Claire Nguyen, Stroke & Turn, State Meet transportation
 - Richard Borneman
 - Eric Beltran
 - Bea Pennefather
 - Mike Rohan
 - Mel Hawley
 - Tommy Reynolds
- Other Key Volunteers
 - Katie Lynch, Head Apparel Coordinator
 - Paul O'Keefe, Hospitality
 - Alexandra Luevano, Team Nurse, Logistics Coordinator, Photography
 - Katie Condon, Logistics Coordinator
 - Jessica Morales, Team Nurse, Screener and Banquet
 - Mary Pat Blanchette, Banquet
 - Michael Bingham, regular timer
 - Jim and Christi Brox, regular timer
 - Chris Condon, regular timer
 - Matt Testani, regular timer
 - Andy Lynch, regular timer
 - Terry Flynn, regular timer
 - Everardo Luevano, regular timer

- Ellen Gibbons, State Meet host, Team Nurse
 - Host Families
 - Andrew and Ellen Gibbons Family
 - Kevin and Anne O'Malley Family
 - Banquet Coordinators
 - Kimberly Dalrymple
 - Jessica Morales
 - Behind the Scenes Super Volunteers Keeping Coach Koehr sane
 - Colleen Koehr
 - Kimberly Dalrymple
- **Recognize Team Managers**
 - Wystan Byers
 - Matt Block
- **Recognize Seniors** with gift towels – **Present at Senior Dinner, not here.**
 - Bianca Barber
 - Teresa Bingham
 - Emma Brox
 - Lily Byers
 - Theresa Byers
 - Emma Catabui
 - Lily Clune
 - Rebekah DeWolf
 - Emily Flynn
 - Lucy Garvey
 - Jacinta Gonzalez
 - Sophia Kanazeh
 - Maggie Kleb
 - Céilí Koehr
 - Isabelle Luevano
 - Elizabeth Maranian
 - Mary O'Malley
 - Maria Pennefather
 - Mary Clare Waldron
 - Sophia Zadnik
 - Matt Block
 - Wystan Boyers
 - Kevin Orellana
 - Justin Orr
 - Joseph Rowzie

- **Recognize Families Ending Long Careers at Seton Swimming**
 - Kleb Family
 - Started in the '03-'04 season when Kelsey and Kirsten joined as 7th and 8th graders
 - Christian (aka Rocky) joined as an 8th grader in the '06-'07 season
 - Connor came as a 7th grader for the '08-'09 season
 - John Paul joined as a 7th grader for the '11-'12 season
 - Jeremy came for the '14-'15 season
 - Maggie came as an 8th grader in '17-'18 season
 - After a little time off, she came back for her senior season
 - The final Kleb!
- **Top Cystic Fibrosis Fundraisers**
 - Swim-a-thon
 - 63 participants
 - 61 completed 200 lengths.
 - 5,000 yards or nearly 3 miles
 - The most ever!
 - **More than half** participated in fundraising.
 - **Raised \$25,512**
 - The most ever by far!
 - Almost 2.5X
 - **Top Fundraising Teams**
 - Team Ceili (Koehr, \$6,300)
 - Team Nathan (Luevano, \$4,755)
 - Team, Team JJ (Brox, \$4,750)
 - **Top Fundraisers, all with 4-digit totals:**
 - Gus Kohlhaas
 - Drew Nguyen
 - Michael McGrath
 - Clara Condon,
 - Betsy Arnold, and
 - Ceili Koehr

Diving Team – Coach Seamus Koehr and Coach Ashley Keapproth

1. Varsity

- Mary Clare Waldron, SR
 - 2nd Varsity letter
- Emma Catabui, SR
 - 2nd Varsity letter
- Connor Koehr, FR
 - 2nd Varsity letter
- Mick Fioramonti, SO
 - 2nd Varsity letter
- Josh Fioramonti, 8
 - 1st Varsity letter
- JJ Brox, JR
 - 1st Varsity letter
- Rose Waldron, FR
 - 1st Varsity letter

2. Junior Varsity

- Jacob Oswald, FR
 - 1st JV letter
 - 5th VCAC Champs
- Theresa Byers, SR
 - 1st JV letter for Diving
 - Previous JV letter for Swimming

3. SFH Team Members

- Dominic Miller, SO
 - Previous Seton letter winner
- Tom Waldron, 6

Girls' Varsity Team

- Angie Testani FR
 - High Point Award
 - i. 299.00
 - 2nd Varsity Letter
 - Holds team record in 100 BR
 - State Meet Qualifier
 - i. 4th 100 BR
 - ii. 16th 200 IM
 - iii. 7th 200 Medley Relay
 - iv. 15th 400 FR Relay
 - National Catholics
 - i. 4th 100 BR
 - ii. 14th 200 IM
 - iii. 6th 200 Medley Relay
 - iv. 10th 200 FR Relay
 - 2X All-Conference
 - Swimmer of the Meet, VCAC Champs
 - New VCAC Record, 200 Medley Relay
 - VCAC Champs
 - i. Gold 200 IM
 - ii. Gold 500 FR, beating her TCS! rival
 - iii. Gold 200 Medley Relay
 - iv. Gold 400 FR Relay
 - VISAA D-II Invite
 - i. Gold 100 BR
 - ii. Bronze 500 FR
 - iii. Gold 200 Medley Relay
 - iv. Silver 200 FR Relay
 - NoVa Catholics
 - i. 5th 100 BR
 - ii. 8th 200 FR
 - iii. 4th 200 Medley Relay
 - iv. 7th 200 FR Relay
 - Co-Swimmer of the Meet, VISAA JV Invite
 - New VISAA JV Invite Meet Record 200 BR Relay
 - VISAA JV Invite
 - i. Gold 50 FR
 - ii. Gold 0 BR

- iii. Silver 100 IM
 - iv. Gold 200 BR Relay
 - v. Gold 200 FR Relay
- 200 FR 2:15.66 to 2:09.85
- 500 FR 5:57.25 to 5:37.69
- 100 BK 1:16.80 to 1:12.12
- 100 BR 1:07.65 to 1:05.77
- 200 IM 2:23.62 to 2:19.85
- Clara Condon FR
 - 287.00
 - 2nd Varsity Letter
 - Broke team record in 100 BR
 - States
 - i. 11th in 100 Fly
 - ii. 11th in 100 BR
 - iii. 7th 200 Medley Relay
 - iv. 200 “B” FR Relay
 - National Catholics
 - i. 6th 100 FL
 - ii. 8th 100 BR
 - iii. 6th 200 Medley Relay
 - iv. 10th 200 FR Relay
 - New VCAC Record, 200 Medley Relay
 - VCAC Champs
 - i. Gold 100 FL
 - ii. Gold 100 BR
 - iii. Gold 200 Medley Relay
 - iv. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. Gold 200 IM
 - ii. 4th 100 FL
 - iii. Gold 200 Medley Relay
 - iv. 6th 400 FR Relay
 - NoVa Catholics
 - i. Silver 200 IM
 - ii. 6th 100 FL
 - iii. 4th 200 Medley Relay
 - iv. 7th 200 FR Relay
 - New VISAA JV Invite Meet Record 200 BR Relay

- VISAA JV Invite
 - i. Gold 100 IM
 - ii. Gold 50 FL
 - iii. 5th 50 FR
 - iv. Gold 200 BR Relay
 - v. Gold 200 FR Relay
- CF Swim-a-thon Finisher
- 50 FR 28.58 to 27.64
- 200 FR 2:15.13 to 2:11.44
- 100 BK 1:13.53 to 1:05.40
- 100 BR 1:10.35 to 1:07.53
- 100 FL 1:03.85 to 1:00.23
- 200 IM 2:28.15 to 2:19.48
- Our most versatile four (4) stroke swimmer
- Mary Pennefather JR
 - 270.00
 - 5th Varsity Letter
 - National Catholics
 - i. 6th 200 Medley Relay
 - ii. 10th 200 FR Relay
 - State Meet Qualifier
 - i. 45th 50 FR
 - ii. 7th 200 Medley Relay
 - iii. 15th 200 FR Relay
 - iv. 15th 400 FR Relay
 - All-Conference
 - New VCAC Record, 200 Medley Relay
 - VCAC Champs
 - i. Silver 50 FR
 - ii. 5th 100 FR
 - iii. Gold 200 Medley Relay
 - iv. Gold 400 FR Relay
 - VISAA D-II Invite
 - i. Bronze 50 FR
 - ii. 9th 100 FR
 - iii. Gold 200 Medley Relay
 - iv. Silver 200 FR Relay
 - NoVa Catholics
 - i. 9th 50 FR

- ii. 4th 200 Medley Relay
 - iii. 7th 200 FR Relay
 - iv. 7th 400 FR Relay
- CF Swim-a-thon Finisher
- Played State-level basketball for the season
- Continued to fight when the PRs were hard to come by
- Anchored our relays, and I wouldn't want anyone else there.
- Lucy Garvey SR
 - 263.00
 - 2nd Varsity Letter
 - States
 - i. 17th in 100 BK
 - ii. 38th in 200 FR
 - iii. 7th 200 Medley Relay
 - iv. 15th 200 FR Relay
 - National Catholics
 - i. 11th 100 BK
 - ii. 6th 200 Medley Relay
 - iii. 10th 200 FR Relay
 - All-Conference
 - New VCAC Record, 200 Medley Relay
 - VCAC Champs
 - i. Gold 100 BK with 1.00 second PR
 - ii. Silver 200 FR
 - iii. Gold 200 Medley Relay
 - iv. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. 4th 100 BK
 - ii. 6th 200 FR
 - iii. Gold 200 Medley Relay
 - iv. Silver 200 FR Relay
 - CF Swim-a-thon Finisher
 - 100 BK 1:03.32 to 1:01.68
 - 50 BK 29.38 to 28.95
 - 100 FL 1:11.95 to 1:10.60

- Isabelle Luevano SR
 - 246.50
 - 5th Varsity Letter
 - State Meet Qualifier
 - i. 43rd in 50 FR
 - ii. 15th 200 FR Relay
 - iii. 15th 400 FR Relay
 - National Catholics Qualifier
 - All-Conference
 - VCAC Champs
 - i. Bronze 100 FR with 1.50 second PR
 - ii. 4th 50 FR
 - iii. Silver 200 FR Relay
 - iv. Gold 400 FR Relay
 - VISAA D-II Invite
 - i. 6th 50 FR
 - ii. 6th 100 FR
 - iii. Bronze 200 Medley Relay
 - iv. 6th 400 FR Relay
 - NoVa Catholics
 - i. 8th 50 FR
 - ii. 10th 100 FR
 - iii. 4th 200 Medley Relay
 - iv. 7th 400 FR Relay
 - 50 FR 27.04 to 26.65
 - 100 FR 1:00.03 to 57.93 – blew through the 1:00 barrier
 - 100 BR 1:20.86 to 1:17.84
- Mary Clare Waldron SR
 - 195.25
 - 3rd Varsity Letter
 - Varsity Letter for Diving
 - State Meet Qualifier – Swimming and Diving
 - i. 31st 100 BR
 - National Catholics Qualifier Swimming and Diving
 - i. 8th Diving
 - All-Conference
 - VCAC Champs
 - i. Silver Diving
 - ii. 5th 100 BR

- VISAA D-II Invite
 - i. Silver Diving
 - ii. 9th 100 BR
 - iii. Gold 200 Medley Relay
 - iv. 7th 200 FR Relay
- NoVa Catholics
 - i. 4th Diving
 - ii. 10th 100 BR
 - iii. 6th 200 Medley Relay
- 50 FR 30.52 to 29.30
- 200 FR 2:56.12 to 2:50.80
- 100 BR 1:19.82 to 1:15.01
- 100 FL 1:34.99 to 1:29.04
- Mary O'Malley SR
 - 171.50
 - 4th Varsity Letter
 - State Meet Qualifier
 - i. 200 “B” FR Relay
 - National Catholics Qualifier
 - VCAC Champs
 - i. 5th 200 FR
 - ii. 7th 100 FR
 - VISAA D-II Invite
 - i. 10th 200 FR
 - ii. 7th 200 FR Relay
 - iii. 6th 400 FR Relay
 - NoVa Catholics
 - i. 10th 200 FR
 - ii. 10th 200 FR Relay
 - iii. 7th 400 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 29.28 to 27.70

- Emily Flynn SR
 - 167.50
 - 5th Varsity Letter
 - State Meet qualifier
 - i. 200 “B” FR Relay
 - ii. 15th 400 FR Relay
 - VCAC Champs
 - i. 4th 100 FL
 - ii. 5th 500 FR
 - iii. Gold 400 FR Relay
 - VISAA D-II Invite
 - i. 8th 500 FR
 - ii. 9th 100 FL
 - iii. Gold 200 Medley Relay
 - iv. 6th 400 FR Relay
 - NoVa Catholics
 - i. 10th 50 FR
 - ii. 11th 100 FR
 - iii. 6th 200 Medley Relay
 - iv. 7th 400 FR Relay
 - CF Swim-a-thon Finisher
 - Former USA Swimmer when she did her best times, so looking at just the end of last year to this year
 - i. 50 FR 27.57 to 26.93
 - ii. 100 FR 1:00.86 to 59.72
 - iii. 100 FL 1:18.38 to 1:09.73
 - Really came on strong late in the season after missing a bunch of December
- Lily Byers SR
 - 151.50
 - 4th Varsity Letter
 - VCAC Champs
 - i. 6th 500 FR
 - ii. 7th 200 FR
 - VISAA D-II Invite
 - i. 12th 200 FR
 - ii. 8th 400 FR Relay
 - iii. 6th 200 Medley Relay
 - NoVa Catholics

- i. 10th 200 FR Relay
- CF Swim-a-thon Finisher
- 200 FR 2:33.64 to 2:25.88
- 500 FR 6:55.70 to 6:44.56
- Kept fighting when the PRs were coming slowly
- Teresa Bingham, SR
 - 150.50
 - 5th Varsity Letter
 - State Meet Qualifier
 - VCAC Champs
 - i. 10th 100 FL
 - ii. 12th 200 IM
 - VISAA D-II Invite
 - i. 6th 200 IM
 - ii. 12th 100 FL
 - iii. 8th 400 FR Relay
 - NoVa Catholics
 - i. 8th 500 FR
 - ii. 9th 400 FR Relay
 - 100 FR 1:03.01 to 1:01.37
 - 500 FR 7:04.04 to 6:46.65
 - 100 FL 1:12.75 to 1:11.71
 - 200 IM 2:38.38 to 2:37.15
 - Lives the virtue of gratitude

- Maggie Gibbons SO
 - 127.50
 - 3rd Varsity Letter
 - State Meet Qualifier
 - i. 200 “B” FR Relay
 - VCAC Champs
 - i. 5th 100 BK
 - ii. 7th 50 FR
 - iii. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. 12th 50 FR
 - ii. Gold 200 Medley Relay
 - iii. Silver 200 FR Relay
 - NoVa Catholics
 - i. 6th 100 BK
 - ii. 11th 200 FR
 - iii. 7th 200 FR Relay
 - iv. 9th 400 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 27.60 to 27.04
 - 200 FR 2:26.76 to 2:21.88
 - 100 BK 1:19.96 to 1:11.31
 - i. Found success in this event this year
 - Was key to a lot of relay points
- Elodie Brox FR
 - 109.50
 - 1st Varsity Letter
 - State Meet Qualifier
 - i. 15th 200 FR Relay
 - National Catholics Qualifier
 - VCAC Champs
 - i. 5th 50 FR
 - ii. 6th 100 BR
 - VISAA D-II Invite
 - i. 10th 50 FR
 - ii. 7th 200 FR Relay
 - iii. 8th 400 FR Relay
 - iv. 6th 200 Medley Relay
 - NoVa Catholics

- i. 10th 200 FR Relay
- New VISAA JV Invite Meet Record 200 BR Relay
- VISAA JV Invite
 - i. 6th 50 FR
 - ii. 9th 100 IM
 - iii. 11th 100 FR
 - iv. Gold 200 BR Relay
 - v. Gold 200 FR Relay
- 50 FR 31.40 to 27.12
- 100 FR 1:13.29 to 1:05.42
- 100 BK 1:26.63 to 1:23.32
- 100 BR 1:32.61 to 1:19.49
- 100 FL for the first time 1:30.00
- This was a breakout season for Elodie
- Madelyn Zadnik SO
 - 69.00
 - 2nd Varsity Letter
 - VCAC Champs
 - i. 6th 200 IM
 - ii. 9th 200 FR
 - VISAA D-II Invite
 - i. 8th 200 IM
 - NoVa Catholics
 - i. 11th 200 IM
 - 50 FR 30.16 to 29.77
 - 200 FR 2:45.10 to 2:32.08
 - 100 FL 1:23.41 to 1:21.19
 - Incredibly patience coach, really moved the needle for some kids

- Jacqueline Oswald JR
 - 67.00
 - 2nd Varsity Letter
 - VCAC Champs
 - i. 6th 100 BK
 - ii. 8th 100 FR
 - VISAA D-II Invite
 - i. 7th 200 FR Relay
 - ii. 8th 400 FR Relay
 - NoVa Catholics
 - i. 11th 500 FR
 - ii. 9th 400 FR Relay
 - 100 FR 1:06.26 to 1:04.90
 - 200 FR 2:33.97 to 2:37.54
 - 500 FR 7:05.89 to 6:55.42
 - Fought through elbow problems
- Haley Fifield FR
 - 58.75
 - 1st Varsity Letter
 - VCAC Champs
 - i. 5th 200 IM
 - ii. 7th 100 BK
 - VISAA JV Invite
 - i. 6th 50 BK
 - ii. 7th 100 FR
 - iii. 6th 200 Medley Relay
 - iv. Silver 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 33.19 to 31.30
 - 100 FR 1:12.07 to 1:06.83
 - 500 FR 7:38.68 to 7:23.47
 - 100 BK 1:20.71 to 1:14.96
 - 100 BR 1:35.01 to 1:31.51
 - 200 IM 3:16.11 to 2:45.53
 - Incredibly helpful with the livestream and this slide show
 - Coach Judge: Best cheering crowd: freshmen girls Mary Catherine Hurley/Haley Fifield/ Molly Bauer
- Kateri Mantooth JR

- 43.50
- 1st Varsity Letter
- VCAC Champs
 - i. 8th 500 FR
- NoVa Catholics
 - i. 9th 400 FR Relay
- CF Swim-a-thon Finisher
- 50 FR 30.20 to 28.81
- 500 FR 7:33.88 to 7:17.84
- 100 BK 1:35.01 to 1:32.68
- 200 IM for the first time 3:10.65
- Sophia Zadnik SR
 - 38.75
 - 3rd Varsity Letter
 - VCAC Champs
 - i. 6th 100 FL
 - ii. 8th 100 BR
 - CF Swim-a-thon Finisher
 - 100 FR 1:15.69 to 1:14.50
 - 200 FR 2:49.05 to 2:\$7.40
 - 500 FR 7:56.93 to 7:44.22
 - 100 FL 1:18.56 to 1:16.74
 - 200 IM 2L59.41 to 2:57.43
 - I loved how I could put her in any event
 - I loved how she kept fighting when the PRs were coming slowly
- Céilí Koehr SR
 - 27.75
 - 4th Varsity Letter
 - VISAA D-II Invite
 - i. 14th 500 FR
 - NoVa Catholics
 - i. 12th 500 FR
 - CF Swim-a-thon Finisher
 - 50 FR 30.76 to 29.78 – broke :30!
 - 500 FR 7:06.61 to 7:01.47
 - 100 BR 1:33.40 to 1:32.37
 - I loved how she kept fighting when the PRs were coming slowly

Boys' Varsity Team

- Connor Koehr, FR
 - High Point Award
 - i. 233.50
 - 2nd Varsity Letter
 - Varsity Letter for Diving
 - State Swimming and Diving Qualifier
 - i. Championship finalist in Diving, 7th
 - ii. 22nd 200 Medley Relay
 - National Catholics
 - i. 5th Diving
 - All-Conference 2X
 - VCAC Champs
 - i. Silver Diving
 - ii. Silver 500 FR
 - iii. Silver 200 Medley Relay
 - iv. Bronze 400 FR Relay
 - VISAA D-II Invite
 - i. 4th Diving
 - ii. 11th 500 FR
 - iii. 9th 400 FR Relay
 - NoVa Catholics
 - i. Silver Diving
 - ii. 8th 500 FR
 - iii. 7th 200 Medley Relay
 - iv. 7th 200 FR Relay
 - VISAA JV Invite
 - i. Gold 50 BK
 - ii. Silver 100 FR
 - iii. Bronze 50 FR
 - iv. Gold 200 Medley Relay
 - v. Gold 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 29.42 to 25.82
 - 100 FR 1:07.70 to 59.72
 - 200 FR 2:36.98 to 2:26.94
 - 500 FR 6:41.21 to 6:13.10
 - i. Besides Diving, this is where he scored a ton of points
 - 50 BK 30.49 to 29.10

- 100 BK 1:11.97 to 1:10.34
- 100 BR 1:27.41 to 1:21.02
- 200 IM 2:47.33 to 2:43.62
- Joe Wilson, JR
 - 233.00
 - 3rd Varsity Team
 - State Meet Qualifier
 - i. 26th 100 FL
 - ii. 22nd 200 Medley Relay
 - iii. 21st 200 FR Relay
 - iv. Miraculous 16th 400 FR Relay
 - National Catholic Qualifier
 - All-Conference
 - VCAC Champs
 - i. Silver 100 FL
 - ii. 5th 200 IM
 - iii. Silver 200 Medley Relay
 - iv. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. 7th 200 IM
 - ii. 8th 100 FL
 - iii. 8th 200 FR Relay
 - NoVa Catholics
 - i. 5th 200 IM
 - ii. 7th 100 FL
 - iii. 7th 200 Medley Relay
 - iv. 5th 400 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 24.62 to 24.44
 - 100 FR 55.33 to 52.21
 - i. Crazy break out swims at States
 - ii. Led him off to that :52
 - 100 FL 59.37 to 57.29

- JJ Brox, JR
 - 182.25
 - 2nd Varsity Letter
 - Varsity Letter for Diving
 - State Diving Qualifier
 - i. 22nd 200 Medley Relay
 - ii. 21st 200 FR Relay
 - iii. Miraculous 16th 400 FR Relay
 - 2X All-Conference
 - VCAC Champs
 - i. Silver 100 BR
 - ii. Bronze 100 FR
 - iii. Silver 200 Medley Relay
 - iv. Bronze 400 FR Relay
 - VISAA D-II Invite
 - i. 5th Diving
 - ii. 6th 100 BR
 - iii. 8th 200 Medley Relay
 - iv. 8th 200 FR Relay
 - v.
 - NoVa Catholics
 - i. 5th 100 BR
 - ii. 7th 200 Medley Relay
 - CF Swim-a-thon Finisher
 - 50 FR 27.51 to 26.04
 - 100 FR 1:01.26 to 56.95!
 - 500 FR 6:51.00 to 6:35.59
 - 100 BR 1:13.61 to 1:08.66
 - i. Took the BR spot on the medley relay
 - 100 FL 1:12.56 to 1:06.41
- Michael Brox, FR
 - 177.25
 - 2nd Varsity Letter
 - All-Conference
 - VCAC Champs
 - i. Bronze 500 FR
 - ii. 4th 200 FR
 - VISAA D-II Invite

- i. 10th 200 FR
 - ii. 8th 200 FR Relay
 - iii. 12th 400 FR Relay
- NoVa Catholics
 - i. 9th 200 FR
 - ii. 10th 500 FR
 - iii. 7th 200 FR Relay
 - iv. 5th 400 FR Relay
- VISAA JV Invite
 - i. Silver 100 IM
 - ii. Silver 50 FR
 - iii. Gold 200 Medley Relay
 - iv. Gold 200 FR Relay
- CF Swim-a-thon Finisher
- 50 FR 29.78 to 26.34
- 100 FR 1:06.11 to 59.91
- 200 FR 2:23.46 to 2:13.45
- 500 FR 7:15.06 to 6:18.33
- 100 BK 1:19.56 to 1:13.37
- 100 BR 1:26.26 to 1:23.94
- 100 FL 1:17.00 to 1:09.94
- 200 IM 2:44.49 to 2:36.27
- Can't wait to see what he can do once he learns to push himself
- Mick Fioramonti, SO
 - 173.00
 - 2nd Varsity Letter
 - Varsity Letter for Diving
 - State Meet Qualifier – Swimming and Diving
 - i. 14th in Diving
 - National Catholics
 - i. 10th Diving
 - All-Conference
 - VCAC Champs
 - i. Bronze Diving
 - ii. 4th 100 BK
 - VISAA D-II Invite
 - i. Bronze Diving
 - ii. 10th 100 BK

- iii. 8th 200 Medley Relay
 - iv. 9th 200 FR Relay
- NoVa Catholics
 - i. 4th Diving
 - ii. 8th 100 BK
 - iii. 10th 200 Medley Relay
- CF Swim-a-thon Finisher
- 50 FR 29.57 to 26.76
- 100 FR 1:04.13 to 1:02.01
- 200 FR 2:26.98 to 2:18.22
- 100 BK 1:12.49 to 1:05.23
 - i. Scored a lot of points here which allowed me to use our other backstroker in 500 FR
 - ii. 100 FL 1:16.11 to 1:15.76
- Drew Nguyen, FR
 - 171.00
 - 1st Varsity Letter
 - State Meet Qualifier
 - i. 21st 200 FR Relay
 - ii. Miraculous 16th 400 FR Relay
 - All-Conference
 - VCAC Champs
 - i. Bronze 100 BR
 - ii. 4th 100 FR
 - iii. Silver 200 FR Relay
 - iv. Bronze 400 FR Relay
 - VISAA D-II Invite
 - i. 8th 200 Medley Relay
 - ii. 9th 400 FR Relay
 - NoVa Catholics
 - i. 8th 100 BR
 - ii. 9th 100 FR
 - iii. 10th 200 Medley Relay
 - iv. 10th 200 FR Relay
 - VISAA JV Invite
 - i. Gold 50 FR
 - ii. Gold 100 FR
 - iii. Silver 50 BR
 - iv. Gold 200 Medley Relay

- v. Gold 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 29.57 to 25.44
 - 100 FR 1:01.90 to 57.04
 - 200 FR 2:39.43 to 2:18.13
 - 500 FR for the first time 6:54.85, excellent time
 - 100 BK 1:16.06 to 1:12.70
 - 100 BR 1:19.69 to 1:14.26
 - 100 FL for the first time 1:19.78
 - 200 IM for the first time 2:37.99
 - Can't wait to see what he can do once he learns to push himself
- David Hudson, SO
 - 163.00
 - 2nd Varsity Letter
 - State Meet Qualifier
 - i. 22nd 200 Medley Relay
 - ii. 21st 200 FR Relay
 - iii. Miraculous 16th 400 FR Relay
 - VCAC Champs
 - i. 4th 50 FR
 - ii. 5th 100 BK
 - iii. Silver 200 Medley Relay
 - iv. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. 11th 100 BK
 - ii. 9th 400 FR Relay
 - NoVa Catholics
 - i. 9th 50 FR
 - ii. 7th 200 Medley Relay
 - iii. 7th 200 FR Relay
 - 50 FR 26.40 to 25.30
 - 100 FR 59.40 to 58.50
 - 100 BK 1:11.37 to 1:07.82
 - 100 FL 1:07.89 to 1:04.98

- Joey Dealey, JR
 - 150.75
 - 4th Varsity Letter
 - VCAC Champs
 - i. 5th 200 FR
 - ii. 6th 100 BR
 - iii. Bronze 400 FR Relay
 - iv.
 - VISAA D-II Invite
 - i. 11th 200 FR
 - ii. 9th 200 FR Relay
 - iii. 9th 400 FR Relay
 - NoVa Catholics
 - i. 10th 200 FR
 - ii. 10th 200 Medley Relay
 - iii. 5th 400 FR Relay
 - 100 FR 1:01.38 to 59.54
 - 200 FR 2:22.68 to 2:14.95
 - 100 BR 1:24.97 to 1:19.69
 - 200 IM 3:00.47 to 2:42.49
 - From Joanne Pretz: Joey showed such compassion with a younger struggling swimmer to get him moving in the water
 - Highlight was 100 BR at VCAC Invite
- Max Wilson, FR
 - 104.50
 - 2nd Varsity Letter
 - VCAC Champs
 - i. 7th 200 IM
 - ii. 8th 100 FL
 - VISAA D-II Invite
 - i. 12th 100 BK
 - ii. 8th 200 Medley Relay
 - New VISAA JV Invite Meet Record 200 BR Relay
 - VISAA JV Invite
 - i. Silver 50 FL
 - ii. Bronze 100 IM
 - iii. 4th 100 FR
 - iv. Gold 200 Medley Relay
 - v. Gold 200 Breaststroke Relay

- CF Swim-a-thon Finisher
- 50 FR 29.99 to 28.58
- 100 FR 1:08.83 to 1:02.01
- 200 FR 2:33.44 to 2:20.40
- 500 FR 6:56.06 to 6:42.86
- 100 BK 1:12.31 to 1:07.86
- 100 FL 1:16.90 to 1:13.60
- 200 IM 2:40.60 to 2:34.00
- Peter Konstanty, SO
 - 99.50
 - 3rd Varsity Letter
 - State Meet Qualifier
 - VCAC Champs
 - i. 6th 100 FR
 - ii. 8th 200 IM
 - iii. 9th 200 FR Relay
 - VISAA D-II Invite
 - i. 12th 400 FR Relay
 - NoVa Catholics
 - i. 11th 200 IM
 - ii. 10th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 1:04.81 to 1:01.00
 - 200 FR 2:25.44 to 2:22.94
 - 100 BK 1:26.47 to 1:24.28
 - 100 FL 1:31.20 to 1:23.31
 - 200 IM 2:46.91 to 2:40.81
 - Could use Peter in lots of places to score

- William Sokban, FR
 - 93.75
 - 1st Varsity Letter
 - VCAC Champs
 - i. 5th 500 FR
 - ii. 6th 100 FL
 - VISAA D-II Invite
 - i. 12th 500 FR
 - ii. 12th 400 FR Relay
 - NoVa Catholics
 - i. 11th 500 FR
 - ii. 12th 200 FR
 - iii. 10th 200 FR Relay
 - VISAA JV Invite
 - i. 5th 100 IM
 - ii. 5th 100 FR
 - iii. 7th 50 FR
 - iv. Silver 200 Medley Relay
 - v. Silver 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 29.47 to 28.28
 - 100 FR 1:04.41 to 1:02.50
 - 200 FR 2:30.31 to 2:20.01
 - 500 FR for the first time 6:20.12, very competitive
 - 100 FL for the first time 1:12.86
 - 200 IM for the first time 2:46.52
- Seth Kellogg, FR
 - 80.00
 - 2nd Varsity Letter
 - VCAC Champs
 - i. 7th 100 BR
 - ii. 9th 200 IM
 - VISAA D-II Invite
 - i. 10th 200 IM
 - NoVa Catholics
 - i. 12th 100 BR
 - ii. 10th 200 Medley Relay
 - New VISAA JV Invite Meet Record 200 BR Relay

- VISAA JV Invite
 - i. 4th 50 BR
 - ii. 7th 100 IM
 - iii. 7th 100 FR
 - iv. Silver 200 BK Relay
 - v. Gold 200 Breaststroke Relay
- CF Swim-a-thon Finisher
- 50 FR 29.69 to 28.37
- 100 FR 1:09.39 to 1:06.27
- 200 FR 2:59.40 to 2:37.01
- 500 FR 8:22.36 to 7:26.19
- 100 BK 1:40.34 to 1:26.87
- 100 BR 1:26.78 to 1:19.98
- 100 FL 1:33.69 to 1:25.77
- 200 IM 3:13.89 to 2:43.62
- Four (4) stroke swimmer
- Highlight was 100 BR at VCAC Invite
- Part of a very strong freshman class going into the future
- Ryan Beltran, SO
 - 69.50
 - 1st Varsity Letter
 - VCAC Champs
 - i. 8th 50 FR
 - ii. 8th 100 BK
 - VISAA D-II Invite
 - i. 9th 200 FR Relay
 - NoVa Catholics
 - i. 12th 100 BK
 - 50 FR 30.36 to 27.96
 - 100 FR 1:10.30 to 1:06.57
 - 100 BK 1:18.64 1:13.57
 - 100 BR 1:34.30 to 1:29.25
 - 200 IM 3:14.15 to 2:57.18

- Joseph Rowzie, SR
 - 65.00
 - 2nd Varsity Letter, 1st since 8th grade
 - State Meet Qualifier
 - VCAC Champs
 - i. 5th 100 FR
 - ii. 6th 50 FR
 - iii. Silver 200 FR Relay
 - VISAA D-II Invite
 - i. 8th 200 FR Relay
 - ii. 10th 200 FR Relay
 - 50 FR 30.72 to 25.84
 - 100 FR 1:11.35 to 1:02.00
- Michael McGrath, SO
 - 45.75
 - 1st Varsity Letter
 - VCAC Champs
 - i. 6th 200 FR
 - ii. Big Relay split drop to get onto the State team
 - VISAA D-II Invite
 - i. 12th 400 FR Relay
 - CF Swim-a-thon Finisher
 - Sum of improvements of 2:47.83 or 106.2%
 - 50 FR 31.70 to 28.89
 - 100 FR 1:17.14 to 1:03.17
 - 200 FR 3:32.47 to 2:22.64
 - 500 FR 7:34.04 to 7:11.84
 - 100 BK 1:36.89 to 1:26.47
 - 100 BR2:04.12 to 1:42.05
- Jed Albin, SO
 - 43.50
 - 1st Varsity Letter
 - VCAC Champs
 - i. 6th 500 FR
 - ii. 9th 100 BK
 - NoVa Catholics
 - i. 12th 500 FR
 - CF Swim-a-thon Finisher

- 50 FR 30.10 to 28.10
- 100 FR 1:11.96 to 1:03.63
- 500 FR 7:17.20 to 6:36.61
 - i. Found his niche here this season
- 100 BK 1:29.28 to 1:16.63
- Chris Lynch, SO
 - 27.50
 - 2nd Varsity Letter
 - 50 FR 31.05 to 29.53
 - 100 FR 1:12.19 to 1:10.03
 - 100 BK 1:44.01 to 1:31.21
 - 100 BR 1:24.98 to 1:20.39
 - 100 FL for the first time 1:17.14
 - Highlight was 100 BR at VCAC Invite
- Joseph Borneman, FR
 - 23.50
 - 1st Varsity Letter
 - VCAC Champs
 - i. 7th 200 IM
 - ii. 7th 100 FL
 - VISAA JV Invite
 - i. Bronze 50 FL
 - ii. 7th 50 FR
 - iii. 11th 100 IM
 - iv. Silver 200 Medley Relay
 - v. Gold 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 33.74 to 28.15
 - 100 FR 1:15.93 to 1:09.97
 - 200 FR 3:04.54 to 2:23.67
 - 100 BK 1:35.36 to 1:26.45
 - 100 BR 1:53.60 to 1:37.14
 - 100 FL for the first time 1:15.30
 - 200 IM for the first time 3:09.66
 - Really came on strong in the last half. Going to a be a good one

Group 1 and 2 Junior Varsity

- Emma Brox SR
 - 12.75
 - 2nd JV Letter
 - 200 FR 3:01.71 to 2:57.73
 - 200 IM for the first time 3:23.89
 - Star of the Brox family CF Video
- Lily Clune SR
 - Previous Varsity Letter winner
 - Participated with us for practice only
 - Swam for fun in one meet
- Patrick Hartung, JR
 - 21.00
 - 5th JV Letter
 - 50 FR 31.45 to 30.43
 - 100 FR 1:14.81 to 1:09.94
 - 500 FR 7:30.47 to 7:25.97
- Aaron Bishop, SO
 - 3rd JV Letter
 - CF Swim-a-thon Finisher
 - Sum of improvements of 3:08.50 or 105.5%
 - 50 FR 40.13 to 31.46
 - 100 FR 1:31.47 to 1:14.99
 - 200 FR 3:30.07 to 2:52.56
 - 500 FR 9:19.49 to 7:57.98
 - 100 BK 1:49.29 to 1:36.58
 - 100 BR 2:24.64 to 1:53.02
- Dominic Miller, SO, SFH
 - Previous Varsity Letter winner
 - 50 FR 29.46 to 27.75
 - 100 FR 1:10.36 to 1:08.36
 - 500 FR 7:29.82 to 7:07.00
 - 100 BR 1:53.97 to 1:31.72
 - 200 IM 3:24.84 to 2:58.31
 - Hoping to get Dominic back at Seton next season

- Lucy Cunningham FR
 - 5.00
 - 3rd JV Letter
 - VISAA JV Invite
 - i. 8th 200 Medley Relay
 - ii. Silver 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 34.29 to 31.95
 - 100 FR 1:14.93 to 1:12.03
 - 100 BK 1:25.90 to 1:18.70
 - 100 FL for the first time 1:24.64
- Shannon O'Malley FR
 - 56.75
 - 3rd JV Letter
 - NoVa Catholics
 - i. 10th 200 FR Relay
 - VISAA JV Invite
 - i. 9th 50 FR
 - ii. 11th 100 IM
 - iii. 6th 200 Medley Relay
 - iv. Silver 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 32.12 to 30.00
 - 500 FR 8:45.00 to 7:22.63
 - 100 FL 1:39.84 to 1:25.53

- Rose Waldron FR
 - 95.00
 - 3rd JV Letter
 - Varsity Letter for Diving
 - National Catholics Qualifier
 - i. 10th Diving
 - All-Conference
 - VCAC Champs
 - i. Bronze Diving
 - VISAA D-II Invite
 - i. 4th Diving
 - NoVa Catholics
 - i. 8th Diving
 - VISAA JV Invite
 - i. 7th 50 BR
 - ii. 11th 50 FL
 - iii. 8th 200 Medley Relay
 - iv. 4th 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 33.01 to 30.92
 - 100 FR 1:24.22 to 1:10.70
 - 500 FR 8:22.23 to 7:58.36
 - 100 BK 1:38.34 to 1:36.19
 - 100 BR 1:40.23 to 1:30.37
 - 100 FL for the first time 1:28.19
- Lucia Bingham FR
 - 32.00
 - 3rd JV Letter
 - VISAA JV Invite
 - i. 12th 50 FL
 - ii. 6th 200 Medley Relay
 - iii. Silver 200 BK Relay
 - iv. 4th 200 BK Relay
 - 100 FR 1:14.30 to 1:12.17
 - 100 BK 1:26.07 to 1:21.90
 - 100 BR 1:36.53 to 1:31.83
 - 100 FL for the first time 1:32.26
 - 200 IM 3:04.25 to 3:03.45

- Mary Catherine Hurley FR
 - 25.50
 - 3rd JV Letter
 - VISAA JV Invite
 - i. 8th 200 Medley Relay
 - 200 FR 3:15.38 to 2:49.07
 - 500 FR 7:49.85 to 7:39.32
 - 100 BK 1:28.64 to 1:26.88
 - 100 BR 1:37.17 to 1:35.37
 - 100 FL for first time 1:36.65
 - 200 IM 3:12.30 to 3:09.94
 - Coach Judge: Best cheering crowd: freshmen girls Mary Catherine Hurley/Haley Fifield/ Molly Bauer
- Lucy Pennefather FR
 - Previous Varsity Letter winner
 - VISAA JV Invite
 - i. 8th 50 FR with injured ankle
 - Lost most of the season with an injured ankle
 - 50 FR 31.31 to 29.28
 - Adding Lucy with Anastasia and Ariana to the girls team next year is going to leave us pretty strong
- Gus Kohlhaas, FR
 - 4.75
 - 1st JV Letter
 - VISAA JV Invite
 - i. 10th 50 FL
 - ii. 10 50 FR
 - iii. 12th 50 FR
 - iv. Silver 200 BK Relay
 - v. Bronze 200 Breaststroke Relay
 - 50 FR 33.21 to 30.69
 - 100 BK 1:37.00 to 1:36.89
 - 100 BR 1:38.76 to 1:33.42
 - 200 IM for the first time 3:30.04
 - Showed a lot of courage this year

- Max Gonzalez, FR
 - 2.00
 - 2nd JV Letter
 - New VISAA JV Invite Meet Record 200 BR Relay
 - VISAA JV Invite
 - i. 7th 50 BR
 - ii. 8th 50 FL
 - iii. 9th 50 FR
 - iv. Gold 200 Breaststroke Relay
 - v. 5th 200 FR Relay
 - 50 FR 33.14 to 29.65
 - 100 FR 1:23.54 to 1:13.74
 - 100 BK 1:41.73 to 1:39.87
 - 100 BR 1:41.60 to 1:32.77
 - 100 FL for the first time 1:57.99
 - 200 IM for the first time 3:24.70
- Peter Hartung, FR
 - 3rd JV Letter
 - 100 FR 1:18.31 to 1:14.91
 - 100 BK 2:01.93 to 1:50.02
 - 100 BR 2:00.84 to 1:55.48 – legally!
- Anastasia Garvey 8, SFH
 - Previous JV Letter winner
 - CF Swim-a-thon Finisher
 - VISAA JV Invite
 - i. Bronze 50 FL
 - ii. 4th 100 IM
 - iii. 5th 50 BK
 - iv. 5th 200 BK Relay
 - 100 FR 1:09.57 to 1:08.02
 - 200 FR 2:40.21 to 2:27.57
 - 500 FR 7:14.66 to 6:41.09
 - 100 BK 1:22.46 to 1:16.60
 - 100 BR 1:30.52 to 1:27.55
 - 100 FL 1:27.05 to 1:22.97
 - 200 IM 2:55.43 to 2:49.08
 - Four (4) stroke swimmer

- She's going to be fun to watch in the years to come
- Josh Fioramonti, 8
 - 106.25
 - 2nd JV Letter
 - Varsity Letter for Diving
 - State Diving – 12th
 - VCAC Champs
 - i. 4th Diving
 - ii. 7th 50 FR
 - NoVa Catholics
 - i. Bronze Diving
 - VISAA JV Invite
 - i. 5th 50 FR
 - ii. 6th 50 FL
 - iii. 9th 100 IM
 - iv. Silver 200 Medley Relay
 - v. Bronze 200 Breaststroke Relay
 - vi.
- VISAA D-II Invite
 - Silver Diving
- CF Swim-a-thon Finisher
- 50 FR 29.39 to 27.47
- 100 FR 1:12.37 to 1:06.22
- 100 BK 1:38.02 to 1:29.53
- 100 BR 1:44.02 to 1:35.15
- 100 FL 1:39.69 to 1:30.20

- Greg Bauer, 8
 - 8.75
 - 2nd JV Letter
 - New VISAA JV Invite Meet Record 200 BR Relay
 - VISAA JV Invite
 - i. 10th 100 FR
 - ii. 13th 50 FR
 - iii. Silver 200 Medley Relay
 - iv. Gold 200 Breaststroke Relay
 - CF Swim-a-thon Finisher
 - 50 FR 33.27 to 31.71
 - 100 FR 1:17.13 to 1:11.92
 - 200 FR 2:47.73 to 2:40.26
 - 100 BR 1:38.43 to 1:33.33
- Ariana Aldeguer 7
 - 16.50
 - 1st JV Letter
 - NoVa Catholics
 - i. Would have won 200 IM had she been allowed to
 - Co-Swimmer of the Meet, VISAA JV Invite
 - New VISAA JV Invite Meet Record 200 BR Relay
 - VISAA JV Invite
 - i. Gold 100 FR
 - ii. Gold 50 BK
 - iii. Silver 50 BR
 - iv. Gold 200 BR Relay
 - v. Gold 200 FR Relay
 - CF Swim-a-thon Finisher
 - 100 FR 59.07 to 57.84 – for a 7th grader!
 - 500 FR 5:43.10 – for a 7th grader!
 - 100 BK 1:05.10 to 1:04.67 – for a 7th grader!
 - 100 BR 1:18.38 to 1:17.06– for a 7th grader!
 - 100 FL 1:05.08 – for a 7th grader!
 - 200 IM 2:16.76 – for a 7th grader!
 - Four (4) stroke swimmer
 - She’s going to be fun to watch in the years to come

- Daniel Sokban, 7
 - 1st JV Letter
 - VISAA JV Invite
 - i. 8th 50 BK
 - ii. 9th 50 FL
 - iii. 12th 100 IM
 - iv. Silver 200 BK Relay
 - v. 5th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 31.22 to 30.53
 - 500 FR for first time 7:27.07, excellent time for a 7th grader
 - 100 BK 1:32.07 to 1:27.96
 - 100 FL for first time 1:35.20
 - 200 IM for first time 3:14.17

Group 3 and 4 Junior Varsity

- Emma Catabui SR
 - 55.50
 - 4th JV Letter
 - Varsity Letter for Diving
 - State Diving Qualifier
 - VCAC Champs
 - i. 4th Diving
 - VISAA D-II Invite
 - i. Bronze Diving
 - NoVa Catholics
 - i. 9th Diving
 - 50 FR 36.42 to 33.45
 - 100 FR 1:25.71 to 1:19.46
 - 100 BR 1:39.43 to 1:37.49
- Maggie Kleb SR
 - 2nd JV Letter, 1st one in 8th grade year
 - 50 FR 37.43 to 36.53
 - 100 FR 1:29.46 to 1:25.57
 - 200 FR 3:22.68 to 3:16.09
 - 500 FR for the first time 9:13.42
 - 100 BK 1:38.76 to 1:35.07
- Sophia Kanazeh SR
 - 2nd JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 47.89 to 42.21
 - 100 FR 1:58.59 to 1:40.14
 - 100 BK 2:22.94 to 1:51.60
- Jacinta Gonzalez SR
 - 2nd JV Letter
 - Swam with us just to practice, but swam in one meet
 - 50 FR 54.78 to 41.63 this year
 - 100 FR 2:01.81 to 1:43.46 this year
- Elizabeth Maranian SR
 - 1st JV Letter
 - 50 FR 45.10 to 37.41
 - 100 FR 1:47.54 to 1:26.94

- 500 FR for the first time 11:06.21
 - 100 BR 1:58.67 to 1:46.23
- Maria Pennefather SR
 - 1st JV Letter
 - 50 FR 39.87 to 37.20
 - 500 FR for the first time 10:06.31
 - 100 BK 1:58.80 to 1:49.52
 - 100 BR 2:03.89 to 1:58.59
 - Really got off to a great start
 - Had to miss a lot for injury
- Rebekah DeWolf SR
 - 2nd JV Letter
 - CF Swim-a-thon Finisher
 - Sum of improvements of 2:48.27 or 64.8%
 - 50 FR 34.76 to 32.74
 - 100 FR 1:22.34 to 1:20.58
 - 200 FR 3:12.50 to 3:07.71
 - 500 FR 10:17.03 to 8:52.07
 - 100 BK 1:55.10 to 1:47.08
 - 100 BR 3:18.21 to 2:11.49
 - From Bill Dealey:
 - i. She really tried hard during practice and when Kim or Jerry pulled her aside for individual work on her breaststroke, she really tried hard to get it right.
 - ii. At the next swim meet, she came over to Mrs. O'Malley to see if her swim was legal, and when it was, she was just beaming with pride.
 - iii. We heard all her friends scream with joy when she told them she did it without DQ'ing.
- Bianca Barber SR
 - 4.50
 - 1st JV Letter
 - 50 FR 58.46 to 43.66
 - 100 FR 1:51.53 to 1:38.58
 - Really got off to a great start.
 - Had to miss a lot for injury.

- Justin Orr, SR
 - 6.00
 - 1st JV Letter
 - 50 FR 39.53 to 33.15
 - 100 FR 1:24.17 to 1:16.76
 - 200 FR for first time 3:07.58
 - 500 FR for first time 9:13.16
 - 100 BK 1:49.19 to 1:42.64
 - 100 BR 2:13.85 to 1:45.89!
- Kevin Orellana, SR
 - 2nd JV Letter
 - Sum of improvements of 8:14.64 or 148.4%
 - 50 FR 38.32 to 28.54
 - 100 FR 1:35.16 to 1:24.89
 - 500 FR 14:18.23 to 9:02.38
 - 100 BK 2:46.43 to 1:58.51
 - 100 BR 3:58.40 to 2:07.58
- Moira Haggerty JR
 - 3.00
 - 5th JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 32.54 to 31.92
 - 500 FR 7:29.63 to 7:27.89
 - Learned to swim FL, 50 FL 44.26 to 41.40
 - i. Can't wait to see what she can do in 100 FL
- Emma Reynolds JR
 - 2nd JV Letter
 - Sum of improvements 2:50.05 or 82.0%
 - 50 FR 45:80 to 43.31
 - 100 FR 2:25.02 to 1:45.29
 - 100 BR 4:18.89 (2020 Time Trials) to 2:10.96 (2:36.04 in 2021 Time Trials)

- Jenna Novecosky JR
 - 2nd JV Letter
 - CF Swim-a-thon Finisher
 - 100 FR 1:38.80 to 1:31.86
 - 500 FR 11:23.52 to 9:51.97
 - 100 BK 1:59.29 to 1:38.59
- Julia Atkinson SO
 - 7.00
 - 3rd JV Letter
 - 50 FR 33.69 to 32.87
 - 100 FL 1:44.91 to 1:35.33
 - 100 BR 1:37.76 to 1:36.86
 - 200 IM 3:22.16 to 3:13.34
- Cate Waldron SO
 - 3rd JV Letter
 - 50 FR 36.83 to 35.90
 - 100 FR 1:32.95 to 1:27.88
 - 500 FR 10:05.32 to 9:45.71
- Amelia Geary SO
 - 3rd JV Letter
 - 100 FR 1:17.82 to 1:14.54
 - 200 FR 2:53.75 to 2:50.05
 - 100 BK 1:41.89 to 1:38.44
 - 100 FL for the first time 1:33.29
 - 200 IM 3:38.06 to 3:20.66
- Orla Haggerty FR
 - 3.00
 - 3rd JV Letter
 - CF Swim-a-thon Finisher
 - 100 FR 1:17.92 to 1:16.33
 - 500 FR 8:21.93 to 8:06.49
 - 100 FL for the first time 1:49.64

- Elizabeth Francis FR
 - 3.00
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 4th 200 BK Relay
 - ii. 6th 200 BR Relay
 - CF Swim-a-thon Finisher
 - 100 FR 1:23.04 to 1:16.35
 - 200 FR 3:11.59 to 2:56.92
 - 500 FR 8:37.57 to 8:23.17
 - 100 BK 1:35.58 to 1:31.13
 - 100 BR 1:44.32 to 1:41.78
 - 200 IM for the first time 3:@5.39
- Molly Bauer FR
 - 1.00
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 6th 200 BR Relay
 - CF Swim-a-thon Finisher
 - Sum of improvements of 2:09.13 or 56.7%
 - 50 FR 40.74 to 37.26
 - 100 FR 1:38.71 to 1:34.33
 - 500 FR 11:02.23 to 9:44.72
 - 100 BK 2:30.22 to 1:56.36
 - 100 BR 1:44.41 to 1:34.51
 - 100 FL 1:53.58, 1st time
 - 200 IM 3:40.74, 1st time
 - Coach Judge: Best cheering crowd: freshmen girls Mary Catherine Hurley/Haley Fifield/ Molly Bauer

- Maria Miller 8
 - 5.00
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 Medley Relay
 - ii. 9th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 35.28 to 31.77
 - 100 FR 1:16.84 to 1:13.37
 - 500 FR for the first time 7:56.85
 - 100 BK 1:39.65 to 1:26.32
 - 100 BR 1:47.59 to 1:43.50
 - 100 FL for the first time 1:33.51
- Christina Witter 8
 - 2nd JV Letter
 - 50 FR 39.98 to 38.96
 - 100 FR 1:53.78 to 1:30.87
 - 200 FR 3:49.95 to 3:30.87
 - Had to stop because of injury
- Maddie Heiny 8
 - 1st JV Letter
 - The “Major”
 - 50 FR 38.42 to 37.56
 - 200 FR for the first time 3:17.45
 - Played basketball too
- Mary Claire Osilka, 8
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 8th 200 Medley Relay
 - 50 BK 41.08 to 37.99
 - 100 FR 1:25.54 to 1:24.66
 - 200 FR for the first time 3:13.54

- Ryan Baughman, 8
 - 4.00
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 40.37 to 36.27
 - 200 FR for the first time 3:37.63
 - 100 BK 1:50.03 to 1:41.74
 - Hockey player too
- Gabriella Russo 7
 - 1st JV Letter
 - VISAA JV Invite
 - i. 9th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 38.41 to 33.71
 - 100 FR 1L25.36 to 1:19.76
 - 100 BK 1:41.34 to 1:39.77
 - 100 BR 1:53.83 to 1:51.94
- Mariana Bingham 7
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 BR Relay
 - ii. 9th 200 FR Relay
 - 50 FR 35.35 to 32.63
 - 100 FR 1:25.52 to 1:19.00
 - 500 FR 8:58.76 to 8:15.81
 - 100 BR 1:57.63 to 1:42.33
 - 100 FL for the first time 1:44.13
 - 200 IM for the first time 3:20.63
 - Coach Judge: the first swimmer in the water at every M/T/Th practice
- Kyleigh Fifield 7
 - 1st JV Letter
 - 50 FR 37.82 to 35.50
 - 100 FR 1:22.67 to 1:20.26
 - 200 FR 3:13.80 to 3:10.73
 - 500 FR for the first time 8:36.31
 - 100 BK 1:38.46 to 1:34.28

- Michael Zahorchak, 7
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 36.20 to 32.62
 - 100 FR 1:18.12 to 1:13.30
 - 200 FR 3:01.81 to 2:45.15
 - 500 FR for the first time 7:38.58, excellent time for a 7th grader
 - 100 BK 1:39.04 to 1:31.51
- Dominic Judge, 7
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 50 BK
 - ii. 7th 50 FL
 - iii. 12th 100 FR
 - iv. Bronze 200 Breaststroke Relay
 - 50 FR 34.64 to 32.73
 - 500 FR for the first time 7:39.62, excellent time for a 7th grader
 - 100 BK 1:30.13 to 1:28.26
 - 100 FL for the first time 1:33.09
- Jonas Wilson, 6, SFH
 - CF Swim-a-thon Finisher
 - VISAA JV Invite
 - i. 7th 50 BK
 - 50 FR 36.95 to 35.60
 - 500 FR for the first time 7:45.60, very fast for a 6th grader
 - 100 BR 1:42.57 to 1:41.28
 - Looking forward to seeing what he can do in the 200 FR

Group 5 Junior Varsity

- Joseph Minarik, SO, SFH
 - Started on the team last season, late in the year
 - 50 FR 45.21 to 37.71
 - 100 FR 1:47.83 to 1:30.55
 - 100 BK 2:13.58 to 2:04.68
- Anna McGrath FR
 - 1st JV Letter
 - VISAA JV Invite
 - i. 9th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 41.27 to 35.09
 - 100 FR 1:24.21 to 1:22.35
 - 500 FR for the first time 8:22.92
 - 100 BK 1:41.13 to 1:35.66
 - 100 BR legally 2:16.21 to 2:03.97
- Lizzie Rohan FR
 - 1st JV Letter
 - 50 FR 41.62 to 36.58
 - 500 FR for the first time 11:31.64
 - 100 BK 1:52.64 to 1:44.91
 - 100 BR 2:19.00 to 1:55.73
- Briana Shillingburg FR
 - 1st JV Letter
 - Sum of improvements of 1:59.23 or 60.8%
 - 50 FR 50.10 to 45.92
 - 100 FR 2:17.89 to 2:02.91
 - 500 FR 11:42.37
 - 100 BK 2:23.71 to 2:17.39
 - 100 BR 4:11.83 to 2:38.08

- Nick Vaughan, FR
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 FR Relay
 - 50 FR 44.10 to 35.71
 - 500 FR for the first time 11:03.15
 - 100 BK 2:17.93 to 2:03.23
 - 100 BR legally for the first time
- Evan Rodriguez, FR
 - 1st JV Letter
 - VISAA JV Invite
 - i. 5th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 1:24.36 to 34.85 – not a typo!
 - 100 FR 1:35.25 to 1:29.45
 - Can't wait to see what he can do for the 500 FR
- Gabriel Orellana, FR
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 FR Relay
 - 50 FR 41.50 to 36.25
 - 100 FR 1:39.42 to 1:31.00
 - 100 BK 2:16.80 to 2:14.16
 - Can't wait to see what he can do in the 500
 - Lucky to have a brother like Kevin
- John Pugh, FR
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 FR Relay
 - 50 FR 52.60 to 39.64
 - 100 FR 2:19.13 to 1:41.25
 - 100 BK 2:24.41 to 1:53.49
 - I enjoyed watching Coach Pretz enjoy coaching John

- Nora Blanchette, 8
 - 2nd JV Letter
 - CF Swim-a-thon Finisher
 - Sum of improvements of 3:40.04 or 77.3%
 - 50 FR 52.51 to 44.32
 - 100 FR 1:59.70 to 1:41.37
 - 200 FR 5:12.29 to 3:44.51
 - 500 FR 11:28.00 to 9:46.75
 - 100 BK 2:12.12 to 2:08.61
 - 100 BR 1:53.24 to 1:52.26
- Colette Kramer 8
 - 2nd JV Letter
 - Sum of improvements 10:30.40 or 91.6%
 - 50 FR 57.31 to 54.97
 - 100 FR 2:18.76 to 2:05.71
 - 100 BK 2:44.52 to 2:42.72
 - 100 BR 2:53.69 to 2:40.48 and legal!
- Rose Ellis, 8
 - 1st JV Letter
 - Fought through injury that limited her chances to swim
 - 50 FR 48.09 to 43.98
- Helena O'Keefe 8
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 BR Relay
 - 50 FR 41.31 to 36.41
 - 100 FR 1:28.80 to 1:27.99
 - 500 FR for the first time 9:15.13
 - 100 BK 1:54.26 to 1:52.86
 - “If it were easy, they would call it basketball”

- Allison Quispe 8
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 42.62 to 37.19
 - 100 FR 1:40.08 to 1:28.63
 - 500 FR for the first time 9:29.66
 - 100 BK 1:59.14 to 1:47.18
 - 100 BR 2:15.90 to 1:54.07
- Daniel Hurley, 8
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 11th 50 BR
 - ii. 4th 200 Breaststroke Relay
 - iii.
 - CF Swim-a-thon Finisher
 - Sum of improvements of 5:36.20 or 137.8%
 - 50 FR 48.34 to 34.60
 - 100 FR 1:53.13 to 1:25.29
 - 500 FR 13:05.00 to 9:33.21
 - 100 BK 2:07.82 to 1:41.22
 - 100 BR 2:32.09 to 1:35.86
- John Henry Hawley, 8
 - 1st JV Letter
 - VISAA JV Invite
 - i. 5th 50 BK
 - ii. 11th 100 FR
 - iii. 12th 50 BR
 - iv. 4th 200 Breaststroke Relay
 - v. 5th 200 FR Relay
 - 50 FR 34.23 to 32.48
 - 100 BK 1:30.10 to 1:27.55
 - 100 BR 1:44.32 to 1:41.53
 - Can't wait to see what he can do in the 500

- Anthony Morales, 8
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 4th 200 Breaststroke Relay
 - CF Swim-a-thon Finisher
 - Sum of improvements of 9:13.98 or 92.8%
 - 50 FR 40.52 to 36.04
 - 100 FR 1:31.45 to 1:23.80
 - 2500 FR 17:24.00 to 8:58.19
 - 100 BK 1:39.42 to 1:35.47
 - 100 BR 2:33.15 to 2:01.06
- Gabe Hambleton, 8
 - 2nd JV Letter
 - VISAA JV Invite
 - i. Bronze 200 Breaststroke Relay
 - 50 FR 40.98 to 38.31
 - 100 FR 1:48.77 to 1:29.86
 - 100 BK 2:22.50 to 2:02.15
 - 100 BR 2:14.46 to 1:44.48!
- Aidan McCardell, 8
 - 2nd JV Letter
 - VISAA JV Invite
 - i. 4th 200 Breaststroke Relay
 - Sum of improvements of 15:10.11 or 96.3%
 - 50 FR 1:01.84 to 49.75
 - 100 FR 2:20.70 to 2:03.53
 - 500 FR 27:33.00 to 13:08.53
 - 100 BR 2:14.01 to 1:57.63
- Cate Gillson, 7
 - 1st JV Letter
 - Missed Time Trials so I don't have a good starting point
 - 50 FR 53.94 to 44.78
 - 500 FR for the first time 10:55.91
 - 100 BK 2:01.68 to 1:52.94

- Aoife Haggerty, 7
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 42.04 to 37.59
 - 100 FR 1:38.11 to 1:29.07
 - 200 FR for first time 3:32.05
 - 500 FR for first time 10:01.03
 - 100 BR 2:12.27 to 2:06.40
- Penny Kramer, 7
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 1:04.47 to 498.15
 - 100 FR 2:25.55 to 2:16.78
 - 200 FR for the first time 4:41.39
 - 100 BK 2:34.73 to 2:26.74
- Cora Kramer, 7
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - Sum of improvements of 1:20.76 or 70.2%
 - 50 FR 1:08.41 to 47.87
 - 100 FR 2:10.38 to 1:58.23
 - 200 FR 4:08.71, 1st time
 - 100 BK 2:47.52 to 2:27.71
 - 100 BR 2:28.12 to 1:59.86
- Noemi Rodriguez, 7
 - 1st JV Letter
 - CF Swim-a-thon Finisher
 - 50 FR 44.31 to 35.43'100 FR 1:37.61 to 1:25.21
 - 500 FR for the first time 9:15.41
 - 100 BK 2:01.25 to 1:51.13
 - 100 BR 2:28.27 to 2:11.20

- Ben Ellis, 7
 - 1st JV Letter
 - 50 FR 43.21 to 38.89
 - 100 BK 2:03.38 to 1:53.67
 - 100 BR 1:50.79 to 1:44.06
 - Can't wait to see how much he will improve with more time in the water
- Raphaël Likoy, 7
 - 1st JV Letter
 - VISAA JV Invite
 - i. 6th 200 FR Relay
 - 50 FR 1:19.89 to 1:07.52
 - 100 FR 2:53.18 to 2:44.43
 - 100 BR – would have loved to have seen a time.
 - i. Coach Madelyn Zadnik and Coach Pretz would have been proud
- Betsy Arnold, 6, SFH
 - VISAA JV Invite
 - i. 10th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 43.63 to 35.36
 - 100 FR 1:30.27 to 1:28.91
- Veronica Gonzalez 6, SFH
 - Missed Time Trials so I don't have a good starting point
 - 50 FR 51.08 to 45.64
 - 500 FR for the first time 11:48.75
 - i. Lived up to her Grandmother's example with the heart she showed – full googles, 19 flip turns, never stopped
 - 100 BR 2:06.47 to 2:11.08
- Maria McGrath 6, SFH
 - VISAA JV Invite
 - i. 10th 200 FR Relay
 - CF Swim-a-thon Finisher
 - 50 FR 40.47 to 35.48
 - 500 FR for the first time 9:53.62
 - 100 BR 2:14.75 to 2:05.66

- Lily Waldron 6, SFH
 - VISAA JV Invite
 - i. 10th 200 FR Relay
 - 50 FR 41.64 to 36.58
 - 500 FR for the first time 9:58.22
 - 100 BK 1:44.88 to 1:39.97
 - 100 BR 2:10.74 to 1:57.38
- Clare Heiny 6, SFH
 - The “Lieutenant”
 - VISAA JV Invite
 - i. 5th 200 BK Relay
 - 50 FR 45.35 to 37.21
 - 500 FR for the first time 10:02.74
 - 100 BK 1:54.44 to 1:49.28
 - 100 BR 2:13.58 to 2:06.68
- Elizabeth Hurley 6, SFH
 - VISAA JV Invite
 - i. 5th 200 BK Relay
 - CF Swim-a-thon Finisher
 - 50 FR 40.64 to 35.24
 - 500 FR for first time 8:21.76
 - 100 BK 1:33.02 to 1:27.01
- Monica Irving 6, SFH
 - VISAA JV Invite
 - i. 5th 200 BK Relay
 - ii. 10th 200 FR Relay
 - 50 FR 46.35 to 37:25
 - 500 FR for first time 8:54.78
 - 100 BK 1:47.62 to 1:41.09
 - 100 BR 2:02.88 to 1:52.44
 - Really improved underwater
- Sofia Kohlhaas 6, SFH
 - 50 FR 47.91 to 42.54
 - 100 FR 1:49.13 to 1:47.67
 - 500 FR for first time 11:49.37
 - 100 BK 2:10.33 to 2:02.96

- Joey Lynch, 6, SFH
 - VISAA JV Invite
 - i. 9th 50 BK
 - 50 FR 40.16 to 35.00
 - 100 BK 1:44.71 to 1:32.96

Coach Koehr's Talk

How to Sheath Your Sword in Meekness

- Introduction

- Anyone who knows me at all, knows that **I love sports – and I love to win.**
 - **No one bristles more** than me when the words “*winning doesn't matter*” come out of someone's mouth within earshot of me.
 - As parents and/or coaches, we naturally want our children to succeed, but
 - **How do we balance** our very real desires
 - for our **kids to be the best**
 - with ensuring that we first and foremost **focus on the formation of their whole person?**
 - **Pope St. John Paul II**, himself a lover of sport, explored these challenges during a homily on Oct. 29, 2000, on the occasion of a jubilee of sportspeople.
 - “*Playing sports has become very important today, since it can encourage young people to develop important values such as loyalty, perseverance, friendship, sharing and solidarity,*” he said.
 - But he also wisely acknowledged that an examination of conscience is necessary to ensure that sport achieves these positive goals while avoiding any possible pitfalls.
 - “*The educational and spiritual potential of sport must make believers and people of goodwill united and determined in challenging every distorted aspect that can intrude, recognizing it as a phenomenon opposed to the full development of the individual and to his enjoyment of life,*” he said.
 - How should we **reconcile our desire to win with our desire to keep sports in its proper place in our lives?**
 - They way **I attempt to do that is with our GEMS,**
 - Specifically, the “M”, Meekness.
 - You've heard me speak of Meekness often, but **let's explore it a bit more deeply**
 - And then talk about **what it takes to become Meek.**

- **What is Meekness?**

- You've all heard this before, but just to lay some groundwork here, my definition of Meekness is:
 - *“Meekness is neither timidity nor capitulation. Meekness is the spiritual strength to help you opponent over the bar that you raised by winning”*
- Jordan Peterson, not surprisingly, said it better than me”
 - *“In the New Testament, there’s a line, ‘The Meek shall inherit the earth’*
 - *That line always bothered me.*
 - *No way, that’s not right.*
 - *‘Meek’ is not a good word – or it has moved in the 300 years or so since it was translated*
 - *‘Meek’ does not mean ‘meek’, that’s wrong.*
 - *What it means is this: ‘Those who have weapons and know how to use them, but still keep them sheathed, shall inherit the earth.’*
 - *That’s a lot different, man. That’s a lot better.*
 - *It’s so great.*
 - *One of things I tell young men, well young women as well, but the young men really need to hear this more I think, is that ‘you should be a monster’.*
 - *Because everyone says, well, ‘you should be harmless, virtuous, you shouldn’t do anyone any harm’.*
 - *You should sheath your competitive instinct.*
 - *You shouldn’t try to win.*
 - *You don’t want to be too aggressive.*
 - *You don’t want to be too assertive.*
 - *You want to take a back seat.*
 - *No! Wrong!*
 - *You should be a monster, an absolute monster – and then you should learn how to control it.*
- Anyone who knows me well is completely unsurprised that I love Jordan Peterson after that.
- So **where is the balance** between trying to win and trying to develop the whole person?
 - It’s **in the “control”** that Peterson talks about
 - **Meekness is not a lack of passion**

- It is the direction of that passion
- Directing your passions towards good.
- Easier said than done
 - Particularly if you are a very passionate person.

How Do You Become Meek?

- As a particularly passionate person who is not known for concepts like “moderation”,
 - I’ve spent a great deal of time thinking about Peterson’s requirement for “control”.
 - What can help us as swimmers, divers, parents and coaches
 - to keep our passions about youth sports, in general, and
 - high school swimming, in particular,
 - in “control”
 - And directed toward good
- To be Meek, we need some Perspective
 - My favorite passage of the Bible is the **Parable of the Talents**
 - You remember the story?
 - The Master went on a journey and called in his three (3) servants:
 - To one he gave five (5) Talents, to one he gave two (2) Talents, and to one he gave one (1) Talent
 - **“to each according to his ability”**
 - Then the servants with five (5) and two (2) doubled what they had
 - But the one with only one (1) Talent buried his
 - When the Master returned home, he settled accounts.
 - To the ones with five (5) and two (2) Talents, he was well pleased:
 - **“Well done my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your Master’s joy.”**
 - But to the servant who buried his Talent out of fear that he might fail, he was not pleased at all.
 - **“You wicked, lazy servant!”**
 - **“Throw this useless servant into the darkness outside, where there will be wailing and grinding of teeth.”**
 - Whoa!
 - I have spent a lot of time pondering that parable:

- Jesus only had 1,000 days, so I **don't think he was saying anything superfluous.**
 - So **why** did Jesus choose to **tell that story.**"
- Is there **more to our path to heaven than just being a "good" person?**
 - Surely, you can be a "good" person
 - Without working really hard, or
 - Without continually improving yourself, or
 - Without taking any risks
 - Can't you?
 - So, there **must be more to being a "good" person** that just being pious, loving, and kind.
- More to the point we are discussing here though
 - Is there a reason **why**, in Jesus' story, the **Master gave a different number of Talents to each servant?**
 - In my 58 years in this world, I've noticed that it is quite normal to see that the **people around me start with different levels of ability** in various things.
 - Doesn't the fact that Jesus told this story sort of imply that that is **part of God's plan?**
 - If God wanted us all to be great swimmers in the objective sense, wouldn't he have made us all 6'5" tall with big muscles, long arms, and tiny hips?
- And isn't it interesting that the Master **seemed equally pleased** with the servant who returned five (5) Talents and the servant who returned two (2)?
- In pondering this Parable, **the inescapable conclusions** I come to are these:
 - **There IS more to being a "good" person that just being pious, loving, and kind,**
 - It doesn't matter how many Talents we have been given, **as long as we use them to the best of our ability,** and
 - If we have a talent and are afraid to use it, that is a waste of a gift from God.
- It is less common today, but almost **all boys of my generation we played baseball** every spring.
 - After an incredibly undistinguished career on the diamond, I entered my final year in baseball as a **12-year-old** on a recreational league team called **Beacon Barber Shop**
 - I was the kid who **only got 1 Talent.**

- I was always **jealous of Mike Spittle**
 - He was only 12-years old, but he had a **vein down his massive bicep**
 - He even had hair under his arms!
 - He was left-handed and used this massive bat with an extra fat end to smash home runs over the right field fence seemingly every other time he got up to bat.
- **My coach, Mr. Jackson**, was one of the three (3) best coaches I ever had in my life
 - Behind only
 - Mr. Funderburk, my 80-lb football coach and
 - Harry Sober, my high school swimming coach at Bishop Ireton
 - Mr. Jackson **knew my limitations** and always seemed to find a way to work with what little I had.
 - For instance, he always **had me play 3rd base when Mike Spittle was pitching**, because no one could ever get the bat around fast enough to hit it to third base.
 - But more impactfully, he found **a way for me to be successful at the plate**
 - He gave me a 26” bat and had me stand virtually facing the pitcher
 - He told me to keep my back elbow high and bring it down with a half swing into the ball
 - My goal was just to **pop it over 2nd base** which was less than 85 feet from the plate.
 - It was kind of **embarrassing actually**
 - But it worked!
 - It worked so well, that I spent the bulk of the season batting 2nd in the line-up so that I could be on base when Mike Spittle hit a home run.
 - With Mr. Jackson’s help, **I had found my niche** with my one little Talent
- I learned to get some **perspective on swimming early in my career as a parent**
 - I got into coaching because I had a **kid who I thought was a great swimmer.**
 - When you are a parent with such a kid, it is **easy to lose perspective.**

- It can be pretty exciting when your kid wins the State Championship and earns All-America honors.
 - Then he went on to swim at college, and I was reminded of something I already knew, but hadn't fully internalized
 - **No matter how good you are**, unless you are the best on the planet, **there is always someone better**
 - Even Coach Palazzo ran into swimmers in his life who were a lot faster than he was.
- My adult boys **make fun of my lack of natural athletic ability**, but
 - I don't think any one of them **doubts my determination**
 - You may be able to perform better than me, but **you will never try harder than me**
 - That's how you all should think, no matter how many Talents you got.
- That's where you can get some perspective
 - Try to win as if winning is all that matters.
 - But if you lose to someone with more Talents
 - **after doing the best you possibly could** with the Talents that God gave you,
 - then you can be **completely justified in your happiness** about your performance
 - If you know in your heart that you did your best, **then you are free to be able to be happy about your competitor's performance.**
- To be Meek, **don't assign our own personal worth to any talent** or ability that we have
 - **I don't love you more because you are a great swimmer**
 - If you can be a great swimmer, then **I want you to be a great swimmer because I love you**, not the other way around,
 - I don't love you less if you will never be a great swimmer
 - **I want you to be a better swimmer because I love you.**
 - **If you have some perspective about your abilities, or the abilities of your child, it is much easier to appreciate someone else's ability.**
- **It is that perspective that allows you to be Meek**
 - **To sheath your sword because you have the control to know when it is best used**

- **To be Meek, we need some Confidence:**
 - We need to have built an **inner confidence that can only come with experiences overcoming adversity**
 - That's why, when I **see my own kids encountering adversity, I'm often slow to react**
 - And I do the same with you – and your kids
 - I will often **put you guys in difficult situations on purpose**
 - If I didn't know you could handle it, I wouldn't put you there.
 - And that's why I get so upset when you try to get another coach to let you out of swimming something
 - Nope – allowing one of you to skip an event is up to me and me alone
 - **No one can tell you are not good enough unless you have never put yourself out there to find out**
 - When I tell you to **take the first 50 of your 100 out like the race was only 50 yards long**, I'm not expecting you to swim the perfect race
 - What I am doing is trying to get you to **find your limit**
 - If you can push yourself to your limit, you'll build real confidence
 - When I give you grief because you **had too much left at the end of a 500**, I'm trying to help you overcome your fears
 - I love asking you swimmers, **“at what point in the race did your arms and legs go numb?”**
 - You sometimes look at me like I have one-eye
 - **I know you can do more**
 - Deep inside **you know it too**, but
 - You just don't have the confidence yet to risk
 - The pain, or
 - The failure
 - **Once you've put yourself out there and overcome, no one will ever be able to tell you that you are not good enough**
 - You have **put yourself out there in some amazing ways** this season. Some of you
 - Swam or Dove in against the best competition in the State in the Championship or Consolation Finals at the State Championship
 - **Died at the end of a 200 Free** because you took it out so fast
 - **Completed 200 laps** at the CF swim-a-thon for the first time
 - **Swam the 500 Free** in a public race for the first time
 - Got that reverse dive after back-splating multiple times

- Competed in a 100-yard race for the first time
 - Or just **dove off the high blocks** at the Freedom Center in public for the first time
 - In 2002, **I completed an Ironman triathlon**
 - **Yes, it took me 15 hours and 20 minutes**, and I finished in the dark about 40 minutes before they closed the course,
 - **but I apologize to no man!**
 - Even Coach Palazzo hasn't done an Ironman Triathlon
- Once you have taken the risk to willingly put yourself in a massively uncomfortable situation, you never need to apologize to any man either
 - **And if you can get there, you can be happy for a competitor**
- At Seton Swimming, **we are not trying to create “good boys and girls”**.
 - I'm trying to create **strong and generous men and women capable of doing good and thinking of others before themselves**
 - Those people are the ones who have a **hardened confidence that has been forged in the fires of discomfort**
- **It is that confidence that allows you to be Meek**
 - **To sheath your sword because you know that you know how to use it.**
- **To be Meek, we need Intimacy**
 - I was asking the coaches for some input on things that happened this season for the special awards that we will have in a moment, and I got this great story from Coach Jerry Zadnik:
 - ***“One striking moment I saw this season was a Seton swimmer, waiting for her heat to start, turns to the swimmer behind her in line for the next heat.***
 - ***They meet and chat for a moment before their swim.***
 - ***When the Seton swimmer finishes her swim, she gets out of the water, stayed at the starting block and cheers for the swimmer she just met from an opposing team *by name*.***
 - ***When the second girl got out of the water she seemed to be beaming like she just made a new best friend.***
 - ***They shook hands congratulating each other, talked for a bit and went back to their teams smiling.***
 - ***Realize what just happened:***

- *The Seton swimmer reached out and met her opponent and cheers for a faster swimmer from another team by name.*
 - *When our young people reach outside of themselves like that... it matters. ...that's exactly what Seton Swimming encourages the swimmers to do by living our GEMS.*
 - *Of course, there are no enemies on the pool deck, but that that's as close as we get to "love your enemies" in swimming"*
- I know it might be a bit of a personality thing, but **I've gotten to know a lot of our competitors personally.**
 - I enjoy getting to know them because it makes the competition more fun for me
 - At States, I was talking to the kid who eventually got the Bronze medal in 50 Free
 - **Jackson Kiland** from Christchurch.
 - He was a big personality kind of kid
 - I was giving him some good-natured grief about breathing so many times in a 21 second 50 Freestyle
 - He suddenly asked me, "**Is Ross Palazzo one of your coaches?**"
 - I said "Yes, there he is right there"
 - Jackson told me, "I'm from Hudson [Ohio], and Ross Palazzo was one my heroes when I was a little kid."
 - Needless to say, it was a **whole lot easier to cheer for Jackson** that night in the Finals
- As I'm sure you know from my blog posts and the live streams, I've gotten to **know most of the swimmers and parents from our arch-rival Trinity Christian** over the years.
 - Hasn't that made the big battles with them a lot healthier?
 - And a lot more fun?
 - You better believe that when we lost the regular season conference championship to them by a single point
 - **I was not a happy camper**
 - I'm still not, truth be told
 - But **one thing that made it a lot easier for me to accept was the smiles on the faces** of swimmers, coaches, and parents that had become my friends.
 - "Oh well" I thought, "At least somebody's happy."
 - When I went back and analyzed the results, **I didn't just find my huge mistakes**

- I also found that **they had swum very well**, particularly two lesser-known young 8th graders who I was able to highlight in my blog
 - Much to their mothers' delight I'll tell you 😊
 - It was a great example of how **we had competed in a way that made our competitors better**
 - That is Meekness in action
 - Then, when we got to States, the Trinity Captains gave me a **bag of handwritten notes** from everyone on their team to everyone on our team.
 - I'm sure that **I wasn't the only one who felt valued**, as a coach and as a person, by the team with whom we have had so many hard-fought battles
 - I **carried the note from Josh Kim** with the University of Michigan logo on it around in my pocket for the rest of the weekend.
 - Wasn't it so much easier to think of Trinity Christian as our fellow VCAC school rather than our arch-rival because we knew them as people?
- It turns out that it is a **lot easier to have negative feelings about a concept or entity than it is to have them about a person** you have gone to the trouble to get to know.
 - Once you know a person, you have more of an ability to appreciate them
 - And that is one thing that will help you appreciate their success.
 - I was recently at an event in Georgia, and I heard someone tell me:
 - **If I see you as broken, I'll fix you**
 - **If I see you as hurting, I'll heal you**
 - **But the moment I value you, I'll serve you.**
- **It is that intimacy that allows you to be Meek**
 - **To sheath your sword because you just want to make each other better**

Conclusion

- Basil W. Maturin, in his book **Christian Self-Mastery**, wrote:
 - "***Meekness is the blending of gentleness and strength —***
 - ***a strength that has been won by victory over self and passion, and***
 - ***a gentleness that shows that this victory is the outcome of no harshness and bitterness toward self or the world,***

- *but of love.*
 - *Test true meekness by the severest trials to which it can be put,*
 - *and you will find in it no flaw of weakness or harshness,*
 - *but a dauntless courage of the loftiest kind and an inexhaustible gentleness.”*
- If you are **trying to grow in the virtue** of Meekness, bring with you
 - the **Perspective** that comes from our Catholic faith
 - the **Confidence** that come with your experiences in willingly facing and overcoming adversity, and
 - the **Intimacy** that comes with Jesus’ commandment to love your neighbor
- **With those tools**, I think all of us
 - Swimmers, Coaches – and Parents
 - Will be better equipped **to use our opportunities in high school athletics to grow into the strong and generous people** that God wants us to be.

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

Captains for Next Season

1. One big goal for the past several 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 **28th straight Conference Championship**
 - And a return of repeated Conference titles for the boys
 - I'm glad that happened,
 - 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**
 - 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.
 - Staying until the end to cheer for the final struggling swimmers and organize clean-up
4. Picking **Captains for Next Season**
 - **Diving Coaches**, can you please join me?
 - 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 your responses definitely carried the most weight by far.
- So, here is who are **eligible**, based on this criterion, for **Swimming**:
 - Come on up when I say your name:
 - **Girls**
 - **Mary Pennefather (11)**
 - **Kateri Mantooth (11)**
 - **Moira Haggerty (11)**
 - **Maggie Gibbons (10)**
 - **Boys**
 - **Joey Dealey (11)**
 - **JJ Brox (11)**
 - **Joe Wilson (11)**
 - **Kevin Orellana (12)**
- **Coach Keapproth announces:** And here is who are **eligible**, based on this criterion, for **Diving**:
 - **Mick Fioramonti (10)**
 - **Connor Koehr (9)**
- 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!
- Our process to pick captains has worked well for several years, but there is **one thing I’m going to change this year**:

- With such a large team, I've been selecting a large number of Captains
 - It leaves too little accountability.
 - I need some help with holding our team's leaders more accountable.
 - I think it's time for me to also select a **Captain of Captains**
- I've had this thought for a while, so I've been watching
 - And **I've seen a greatness in Mary Pennefather**
 - We have a lot of swimmers from large families. In large families
 - Some are big personalities bringing joy to the house every time they are around
 - Some love to laugh, but quietly serve
 - Some shout out for attention
 - Some just go with the flow
 - Some are vocal opponents of injustice
 - And some are quiet problem solvers
 - Mary is the later
 - I can see this role being quite a challenge for Mary, but
 - I can also see this role being quite a growth opportunity for her
- So, **Mary Pennefather, if you are willing to commit to it**, I'd like to appoint you as the Seton Swimming Captain of Captains.

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 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
 - **Nora Blanchette (8)**
 - Sum of improvements of 3:40.04 or 77.3%
 - 50 FR 52.51 to 44.32
 - 100 FR 1:59.70 to 1:41.37
 - 200 FR 5:12.29 to 3:44.51
 - 500 FR 11:28.00 to 9:46.75
 - 100 BK 2:12.12 to 2:08.61
 - 100 BR 1:53.24 to 1:52.26
 - **Rebekah DeWolf (SR)**
 - Sum of improvements of 2:48.27 or 64.8%
 - 50 FR 34.76 to 32.74
 - 100 FR 1:22.34 to 1:20.58
 - 200 FR 3:12.50 to 3:07.71

- 500 FR 10:17.03 to 8:52.07
- 100 BK 1:55.10 to 1:47.08
- 100 BR 3:18.21 to 2:11.49
- **Honorable Mentions:**
 - **Emma Reynolds (JR)**
 - Sum of improvements 2:50.05 or 82.0%
 - 50 FR 45:80 to 43.31
 - 100 FR 2:25.02 to 1:45.29
 - 100 BR 4:18.89 (2020 Time Trials) to 2:10.96 (2:36.04 in 2021 Time Trials)
 - **Cora Kramer (7)**
 - Sum of improvements of 1:20.76 or 70.2%
 - 50 FR 1:08.41 to 47.87
 - 100 FR 2:10.38 to 1:58.23
 - 200 FR 4:08.71, 1st time
 - 100 BK 2:47.52 to 2:27.71
 - 100 BR 2:28.12 to 1:59.86
 - **Briana Shillingburg**
 - Sum of improvements of 1:59.23 or 60.8%
 - 50 FR 50.10 to 45.92
 - 100 FR 2:17.89 to 2:02.91
 - 500 FR 11:42.37
 - 100 BK 2:23.71 to 2:17.39
 - 100 BR 4:11.83 to 2:38.08
 - **Molly Bauer (FR)**
 - Sum of improvements of 2:09.13 or 56.7%
 - 50 FR 40.74 to 37.26
 - 100 FR 1:38.71 to 1:34.33
 - 500 FR 11:02.23 to 9:44.72
 - 100 BK 2:30.22 to 1:56.36
 - 100 BR 1:44.41 to 1:34.51
 - 100 FL 1:53.58, 1st time
 - 200 IM 3:40.74, 1st time
- Boys
 - **Kevin Orellana (SR)**
 - Sum of improvements of 8:14.64 or 148.4%
 - 50 FR 38.32 to 28.54

- 100 FR 1:35.16 to 1:24.89
- 500 FR 14:18.23 to 9:02.38
- 100 BK 2:46.43 to 1:58.51
- 100 BR 3:58.40 to 2:07.58
- **Daniel Hurley (8)**
 - Sum of improvements of 5:36.20 or 137.8%
 - 50 FR 48.34 to 34.60
 - 100 FR 1:53.13 to 1:25.29
 - 500 FR 13:05.00 to 9:33.21
 - 100 BK 2:07.82 to 1:41.22
 - 100 BR 2:32.09 to 1:35.86
- **Honorable Mentions:**
 - **Michael McGrath**
 - Sum of improvements of 2:47.83 or 106.2%
 - 50 FR 31.70 to 28.89
 - 100 FR 1:17.14 to 1:03.17
 - 200 FR 3:32.47 to 2:22.64
 - 500 FR 7:34.04 to 7:11.84
 - 100 BK 1:36.89 to 1:26.47
 - 100 BR 2:04.12 to 1:42.05
 - **Aaron Bishop (SO)**
 - Sum of improvements of 3:08.50 or 105.5%
 - 50 FR 40.13 to 31.46
 - 100 FR 1:31.47 to 1:14.99
 - 200 FR 3:30.07 to 2:52.56
 - 500 FR 9:19.49 to 7:57.98
 - 100 BK 1:49.29 to 1:36.58
 - 100 BR 2:24.64 to 1:53.02
 - **Aiden McCardell (8)**
 - Sum of improvements of 15:10.11 or 96.3%
 - 50 FR 1:01.84 to 49.75
 - 100 FR 2:20.70 to 2:03.53
 - 500 FR 27:33.00 to 13:08.53
 - 100 BR 2:14.01 to 1:57.63
 - **Anthony Morales (8)**
 - Sum of improvements of 9:13.98 or 92.8%
 - 50 FR 40.52 to 36.04

- 100 FR 1:31.45 to 1:23.80
- 2500 FR 17:24.00 to 8:58.19
- 100 BK 1:39.42 to 1:35.47
- 100 BR 2:33.15 to 2:01.06
- **Evan Rodriguez (FR)**
 - Sum of improvements of 55.31 or 64.8%
 - 50 FR 1:24.36 to 34.85 – not a typo!
 - 100 FR 1:35.25 to 1:29.45

Coach’s Award

From the beginning, I have 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 is never an easy decision because there are many possible choices every year.

Let us start with **Diving**. **Coach Keapproth and Coach Seamus Koehr**, please come up?

- **Mary Clare Waldron (SR)**

And for **Swimming**, the Coach’s Award goes to:

- Girls
 - **Madelyn Zadnik (10)**
 - Stepped up to coach Group 5 on Wednesday’s and Friday’s
 - She gave up the chance to dive or be a Taekwondo instructor
 - Coach Zadnik:
 - “Every teenager seems to have two opposing forces. This stage in human development is where we transition from
 - childhood where we are the center of the universe,
 - to adolescence where we realize other people exist,
 - to adulthood where we realize that giving of ourselves is a much higher calling where we actually find ourselves and experience joy.
 - Some teens hit this realization early, others realize this later and still others will never get there. (I worked with a 40-year-old who was stuck in phase 1).
 - Volunteering to coach on Wednesdays and Fridays was one step we saw in Madelyn where she made a conscious effort to reach out to help others by stepping outside of herself, giving up some sleep and teaching others how to swim better.

- We were thrilled to see this and wanted to support it as much as possible because we were seeing her transition one step closer to adulthood.”
- Honorable Mention
 - Ceili Koehr (SR)
 - Rebekah DeWolf (SR)
 - Haley Fifield (9)
 - Theresa Bingham (SR)
 - Clare Waldron (SR)
 - Lucy Garvey (SR)
- Boys
 - **Kevin Orellana (SR)**
 - Without being the best swimmer on the team, or even a Varsity swimming, he was also to become recognized as a team leader.
 - He has a gift with people, is a great cheerleader, and is always willing to serve.
 - Coach Palazzo: Even after his season was over, it wasn't. He was there volunteering.
 - Honorable Mention
 - Joey Dealey (JR)
 - Justin Orr (SR)
 - Wystan Byers (SR)

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 we would 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 8th for the first day of practice!